

Rest In The Lord

Hebrews 4:1-11 & Psalm 95

When I was in college, I worked on the night crew in a fruit and vegetable warehouse. We loaded trucks for shipment to the grocery stores. On one particular Friday night, one of the members of our work crew wasn't to be found, so we decided to search the building to find him. It turned out that he had curled up in the potato isle fast asleep. He was completely waisted from the strenuous work of the job. This is not the kind of "rest" we will be talking about in this lesson. Sleeping on the job is not "rest."

The "rest" we are talking about is not the kind that you find a couple of weeks in the summer, in a hammock, or in bed or relaxing on the beach or just sitting idle around the house. The rest we see in Hebrew 4 is not a ceasing of activity nor is it hiding away from responsibilities. This rest we are going to see is about **Passion, People and Places of rest.**

But we know that it is important for our bodies to get a proper night's rest, and if we don't, there will be unpleasant consequences. But if physical rest is important to our physical well being, spiritual rest is even more important to our spiritual well being. The author of Hebrews in chapter 1-3 warns us about failure to enter God's rest. It was due to unbelief, a hardened heart, and disobedience that the Israelites failed to enter into the rest God had for them.... **3:10-11**. We now know how we can fail to rest, but it isn't entirely clear just what that "rest" is. I believe the first 11 verses of Hebrews 4 will give us a much better definition of rest. That is the goal of this lesson.

First of all, the theme of Hebrews throughout the book is Jesus... Jesus is better. He is better than the promised land of the Israelites; He is better than Moses and is better than the Angels or the Prophets. And the rest spoken of here in Hebrews 4 is primarily about the rest found in Jesus.

The letter to the Hebrews weaves theology and practical application. After each doctrinal section, it urges the readers to do something as a result. This often takes the form of "Therefore, let us do such and such."

As part of that pattern, chapter 4 begins with the word *therefore*, meaning that the exhortations we read in chapter 4 are built on a point made earlier. So our study of chapter 4 must begin with a review of chapter 3. Chapter 3 tells us to look to Jesus, because he is superior to the angels and to Moses. (We must understand scripture by pointing to other scripture)

To make the point, the author quotes [Psalm 95:7-11](#):

Therefore, as the Holy Spirit says, "Today, if you hear his voice, do not harden your hearts as in the rebellion, as on the day of testing in the wilderness, where your ancestors put me to the test, though they had seen my works for forty years. Therefore I was angry with that generation, and I said, 'They always go astray in their hearts, and they have not known my ways.' As in my anger I swore, 'They will not enter my rest.'" ([Hebrews 3:7-11](#)).

Don't be like your disbelieving, disobedient ancestors, he says. They refused God so many times that he set them aside and shut them out. Don't test his patience, he seems to say. Listen to what God is saying now. To develop this point, he elaborates on the last part of the quote from Psalm 95: Heb. 3:11 "They will not enter my rest." What is this "rest," and what can we learn from it in connection with Jesus? This brings us to chapter 4 of what points us to rest...

V.2 – The Gospel Preached – Jesus. Available to us today

The OT saints who thought that rest came by the way of the promised land or law were disappointed. They did not understand that faith in the Lord concerning the promise of the Messiah would bring rest to their souls and that same offer to them is available to us today.

Matt 11:28 Come unto me all you who labour and are heavy laden and I will give you rest for your soul.

Some things that I have found that points me to Jesus that brings rest to the Soul

MESSAGE POINTS

NATURE: Psalm 95 :3, 4, 5 (find a place to meet Jesus)

- We do not worship nature but nature points us to God
- Sunrise Mt. Manganui (praising the Lord) (see attached photo)
- Three men reading bible
- **Psalm 89:11** The heavens are Yours, the earth also is Yours; The world and all it contains, You have founded them.
- **Psalm 46:10** Be still and know that I am God; I will be exalted among the heathen, I will be exalted in the earth.
- **Psalm 8:3-4** “When I look at your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is man that you are mindful of him, and the son of man that you care for him?”
- **Psalm 19:1** The heavens are telling of the glory of God; And their expanse is declaring the work of His hands.
- **Romans 1:20** For since the creation of the world His invisible attributes, His eternal power and divine nature, have been clearly seen, being understood through what has been made, so that they are without excuse.

THE WORD: find a quiet place to read get the setting just right– not a quick devotional page with the Tv or distractions– if reading a short story about the word in five minutes that concludes with a uplifting message and reading a pre-written prayer is your idea of rest then you are missing something that is life changing and soul stirring.

Psalm 119:11 “Thy word have I hid in my heart that I might not sin against thee”.

Psalm 119:105 Thy word is a lamp unto my feet and a light unto my path.

Psalm 119:47 I will delight myself in thy commandments which I have loved.

Do you Love the Word.

Do you long for it Does your soul pant after the word of God.

Does God’s word feed your soul and quench your thirsty soul.

WORSHIP – includes corporate church worship-

If your mind is on something else you will miss the rest for the soul

MUSIC : Godly music that points us to Jesus

- God created music and gave song as an important part of praising Him (psalms)
- **Ps. 95:1** Come, let us sing for joy to the LORD; let us shout aloud to the Rock of our salvation.
- **EPHS. 5:19** speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord,
- **Ps. 71:23** My lips will shout for joy when I sing praise to you— I whom you have delivered.

Music should point us to Jesus... if your music is about the beat or blending of harmony or I just like the tune or the instruments used are unique without this music or song pointing you to Jesus you will not find rest.

PEOPLE: Psalm 95: three times says “Let Us” v.1, 2, 6

People in your life can point you to Jesus and rest for the soul.

Encouraging people in your life is important. Not just people who throw out compliments but rather point you to Jesus.

- My friend Steve – points to Jesus
- David’s Friend Jonathan pointed him to God –
- When David was in hiding to Saul Jonathan came (1 Sam. 23;16) “and Jonathan went to David in the woods and strengthened his hand in the Lord.” beautiful verse.
- 1 Sam 18:3 – Jonathan loved David as he did his own soul.

- Daniel – three friends Shadrach Meshach and Abednego – Taken in by King Nebuchadnezzar yet refused to defile himself by taking the Kings food.

- Chapter 3 Daniel the three friends put in fiery furnace for refusing to worship the image Nebucanzzar had set up – They said – “Our God will deliver us” and they were right. Influenced by a friend that pointed them to the Lord.

- Chapter 6 Daniel placed in the Lions den for praying when the King had signed a decree to cease from prayer and only acknowledge him... but then the King regretted his decision and said to Daniel - “Your God whom you serve will deliver you” he was influenced and point to the Lord by Daniel.

- Wouldn’t you like to have a friend like Daniel or Jonathan?

- We should find worship minded people – in corporate and private to point us to Jesus.