

Message: What is the Sabbath Rest of Hebrews 4? (And does it differ from regular sabbath?)

Text: Hebrews 4:1-11

Call to Worship: Psalm 95:6-11

Date: July 1, 2018

Introduction: Sabbath Rest

I. The Confusion Over Sabbath Rest

This is such a challenging passage to understand and teach from. John Piper identifies 5 “foci” of Sabbath Rest from this passage:¹

1. The Rest From _____ (vv. 3-4; Genesis 2:2)
2. The Rest from _____ (vv. 5-7; Psalm 95)
3. The Rest in the _____ Land (v. 8; Hebrews 3:11 & 18; Joshua 1:11ff)
4. The Rest of True _____ Today (vv. 9-10; Psalm 95:6-8; Matthew 11:28-30)
5. The Rest of _____ in Eternity (v. 11)

In each case, “rest” has something to do with our relationship -- unbroken fellowship -- with God. But the warning of our passage is that it is possible for people to miss this glorious rest!

II. The Gift of Sabbath Rest

- Sabbath rest _____ us (v. 8, 11)
- Sabbath rest _____ us apart (v. 8)
- Sabbath rest _____ us (vv. 9-10)
- Sabbath rest is _____ (v. 11)
- Sabbath rest is an act of _____ (Deuteronomy 5:12-15)

Conclusion: How Well Do You Rest In Jesus?



Love God Extravagantly ~ Love People with Humility ~ Mentor Others to do the Same

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¹ John Piper, *Be Diligent to Enter God's Rest!*, Desiring God, online, <https://www.desiringgod.org/messages/be-diligent-to-enter-gods-rest>, 01 Sep 1996.