

10/12/2025



Jesus said:

Matthew 11:28-29 – “Come unto Me, all you that labor and are heavy laden, and I will give you rest! Take My yoke upon you and learn of Me...and you shall find rest to your souls.”

Psalms 37:7 – Rest in the Lord, and wait patiently for Him.

Psalms 116:7 – Return unto thy rest, O my soul, for the Lord hath dealt bountifully with thee.

2 Thess. 1:7 – And you who are troubled, rest with us,...

Jeremiah 6:16 – Thus saith the Lord, “stand ye in the ways, and see, and ask for the old paths, where is the good way, and walk therein, and you shall find rest to your souls.” But they said, “we will not walk therein.”

When you are able to have rest, real peace:
What needs to happen?

Hebrews 4:9-16:

- Let's read it...
- Now here in our first text this morning:

A rest unto the people of God.

- A rest that *includes* a sabbatical, physical rest.
- But also speaks spiritually, and means so much more than that! Heart and mind, peace & joy.
- A rest often, never taken advantage of...
- In chapter 3 of Hebrews: a promise to Israel.
- The writer refers us back to **Psalms 95** to speak of rest that can be had by all!!
- A rest not always shared by Christians today; because of *their* disobedience and unbelief.?

The writer of Hebrews:

- Who tells us we can experience the rest God intended for us.
- The rest that Israel *did not get!*
- His concern is – are Christians, **you**, experiencing this rest?

Over

YOU NEED TO BE AT REST WITH GOD.

Why? 3 reasons I want you to see here in this passage:

I. Because of the risk of missing it. (v.10)

- A. Crowded out with stuff
- B. Fear of not having it (v.1)
- C. Labor for it

II. By understanding what this Rest is

- A. Rest is active
- B. Rest is faith and obedience
- C. Rest is ceasing from your own works

PERFECT PEACE

When life's burdens' get so heavy, And it seems I'm all alone,
I cast my care on Jesus, And come boldly to His throne.
I find his grace sufficient As His promises I heed.
For His very life He sacrificed, And He lives to intercede.

Chorus:
He is the Lord of lords, And when He speaks, Winds and waves obey.
When Jesus whispers, “peace be still,” Then darkness turns to day.
And as I'm trusting in my Savior's Word doubts and fears all cease.
And beneath the shelter of His wings I'm at rest in perfect peace.

III. By recognizing God's help

- A. God's Word (v.12)
 - 1. Powerful
 - 2. Penetrating
 - 3. Portraying, proving, manifesting, tells you when you're wrong.
- B. Our great high priest – *intercessor* (vs.14-15)
- C. Prayer (v.16)

Come for grace, come for help, come for needs, come for REST!

CONCLUSION:

- A. God's Word (v.12)
- B. Our great high priest – *intercessor* (vs.14-15)
- C. Prayer (v.16)
 - God gives us these, *why?*
 - So you can be at rest!
 - **Are you at Rest?**