Hebrews 4:1-11
"BETTER REST"

St. Augustine, "Thou movest us to delight in praising Thee; for thou hast formed us for Thyself, and our hearts are restless till they find rest in Thee"

Blaise Pascall quote from book

What is rest?
- basic idea is that of ceasing from work or from any kind of action— no more self-effort as far as salvation is concerned.
- Freedom from whatever worries or disturbs you (not freedom from hassles but bothered
- Inward quietness and peace
- Lie down, settled, fixed, secure— tied up your boat
- Confident, trustful, maintaining confidence in Him
- Lean on

Matthew 11:28—"Come to me, all who labor and are heavy laden, and I will give you rest"

Since we've been east of Eden, man has sought to find rest. God had a plan all along to reestablish it both in the fractured world and the new one to come.

1. Warning (1-2)
- Therefore means an Inference of 3:19
- For — because
- The message of the gospel has no benefit unless it is believed and accepted by faith
- it's received by faith not earned by works
    - what is faith? What is belief?
    - Faith is trust
    - We enter rest through faith and stay their by faith

2. Nature (3-5)
- Divine— "my rest"
    - It is "His rest"
- Cosmic — "7th day after work"
- Ideal— ultimate rest
- Joyous and satisfying

3. Availability (6-10)
- remains
- Today in Joshua's day
- Today in Noah's day
- Today in the writer of Hebrews day
    - Now and in the future

4. Challenge (11)
- strive to enter it
- Are we to just live a life of fear?
- Hebrews 2:15
- Hebrews 4:3— those who believe
- Faith comes by hearing the Word of God
- More Word, More Faith, More Rest

Small Group Discussion:

1. How did the Holy Spirit speak to you through the Scripture and sermon Sunday? What stood out to you? What questions do you have?

2. Augustine wrote that our hearts are restless until they find rest in God. What are some things people pursue today in an attempt to find rest, peace, or satisfaction? How does true rest in Christ differ from the temporary relief the world offers?

3. Hebrews 4:1–3 teaches that the good news benefits us when it is received by faith. What does it mean to trust Christ rather than rely on our own efforts for salvation? Why is it so easy to fall into the trap of trying to earn God's acceptance?

4. Hebrews 4:6–10 teaches that God's rest remains available to His people. How do we experience God's rest now, even amid life's troubles, and how does the promise of our future rest give us hope as Christians?

5. Hebrews 4:11 commands us to “strive to enter that rest.” How do we reconcile striving to enter God's rest with the truth that salvation is received by faith, not earned by works? In light of Hebrews 3:19 and 4:3, why is unbelief so dangerous, and how can we encourage one another to keep trusting Christ?