

Sunday Morning, May 8, 2016  
*Rest from God*  
Hebrews 4:1-11

- I. The Illustration of Joshua's Rest
  - A. Joshua Gave Rest  
Heb. 4:3; 3:10, 11; Deut. 12:9; Josh. 11:22, 21:43-45
  
  - B. But Joshua's Rest Pictured More Rest to Come
    - 1. More Rest Even in Old Testament Time
  
    - 2. More Rest to Come in the Coming of Christ  
Heb. 11:10; 4:11; 11:14, 16; 13:14
  
- II. The Reality of Jesus' Rest
  - A. Jesus Now Gives Rest in the Gospel. Heb. 4:2, 3a; Matt. 11:28-30
  
  - B. But Jesus' Gospel Rest Also Pictures More Rest to Come  
Heb. 4:1, 8-9; Rev. 14:13
  
- III. Our Response to God's Rest
  - A. We must Strive to Enter God's Rest Heb. 4:11
    - 1. Positive: This Age Is Not Our Time to Coast  
Heb. 3:6, 14; Phil. 3:12-14; 2 Pet. 1:10
  
    - 2. Negative: If One Doesn't Strive, There Are Eternal Consequences  
Heb. 4:1-2; Phil. 3:12-14
  
  - B. We Will Enjoy God's Day of Rest
    - 1. God Instituted the Weekly Sabbath Day to Be Fulfilled in Heaven's Eternal Rest  
Heb. 4:3b-4, 9; Ref Gen 2:2
  
    - 2. We Keep the Weekly Sabbath Looking Forward—Anticipating God's Final Rest  
Heb. 4:10; 2 Thess. 1:10

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*Quotes*

To keep the Sabbath Day now is to "begin to keep the everlasting Sabbath". Heidelberg Catechism

"We jealously guard the Lord's Day because it announces to us and to the world that we were made for more. There is something greater than we can imagine up ahead." Michael Horton

On the Sabbath "we are distracted from the daily news by the news from heaven. And when we are, we actually read the daily news a little differently." Michael Horton