

**A Better Way  
A Better Rest  
Hebrews 4**

**Hebrews is the book of the Better Way**, in Hebrews we have seen,

- **Our Superlative Savior**

- Jesus Christ is not another way to heaven
- Jesus Christ is not a better way to heaven
- Jesus Christ is the **ONLY WAY** to heaven

*John 14:6 - Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.*

- **Our Better Purging** – We are fully Pardoned from our sins when Jesus Christ,

*Hebrews 1:3 - . . . by himself purged our sins, sat down on the right hand of the Majesty on high;*

- **Our Better Stand** – Don't Slip (2.1) Don't let the Word of God slip.
- **Our Better "So Great A Salvation"** (2.3)
- **Our Better Reconciliation** and the Defeat of the Devil (2.17)
- **Our Better Exhortation** (3) – Hear God's Voice

Today we discover that there is a Better Rest offered to the people of God.

### **Read Text**

**God offers mankind rest. Not a worldly, fabricated, artificial rest; they kind of rest only almighty God can offer and give.**

### **A Better Rest**

There is a tranquility, a solace, a comfort and confidence offered to those who belong to our Lord Jesus Christ.

- A rest that no worldly religion can offer – No Tradition can offer.
- A rest that no level of intellectualism can offer – No Philosophy can offer.
- A rest that no Governmental intervention can offer – No rudiment of the world can offer.
- A rest that no level of affluence can offer.

There is a Better Rest to be found in the Lord Jesus Christ and only in Him.

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**A. The Promise of Rest** – The Rest God Promises Us,

### **A. The Promise of Rest**

*Hebrews 4:1* - Let us therefore fear, lest, **a promise being left us of entering into his rest,** any of you should seem to come short of it.

*Hebrews 4:2* - For unto us was the gospel preached, as well as unto them: **but the word preached did not profit them, not being mixed with faith in them that heard it.**

*Hebrews 4:9* - There remaineth therefore a rest to the people of God.

### **The Rest God Promises Us,**

Matt 11.28

#### **1. Salvation Rest**

*Matthew 11:28–29* - Come unto me, all ye that labour and are heavy laden, **and I will give you rest.** <sup>29</sup>Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.

Psalms 37.7

#### **2. Secure Rest**

*Psalms 37:7* - **Rest in the LORD, and wait patiently for him:** fret not thyself because of him who prospereth in his way, because of the man who bringeth wicked devices to pass.

#### **3. Sanctified Rest** – The rest of seclusion, especially spiritual seclusion for the purpose of a spiritual feast. To be sanctified is to be set apart for God. Hence a sanctified rest is a rest from being set apart.

Mark 6.31

*Mark 6:31 - And he said unto them, **Come ye yourselves apart into a desert place, and rest a while:** for there were many coming and going, and they had no leisure so much as to eat.*

Don't let the distractions and constant busy obsessions of this world rob you of the spiritual feast God offers you. There is a tranquility, a spiritual rest to be found through sanctified secluded time spent with our Lord.

#### 4. **Sovereign Rest - Heaven Rest**

Rev 14.13

*Revelation 14:13 - And I heard a voice from heaven saying unto me, Write, Blessed are the dead which die in the Lord from henceforth: Yea, saith the Spirit, **that they may rest from their labours;** and their works do follow them.*

This is the type of life of rest God has intended for humanity since mankind was created. This is the type of life of rest Adam and Eve had before the fall in the garden; A perfect place, with a perfect provision, in a perfect presence, living in perfect pleasure. An abounding life of sovereign rest.

All born again Christians are promised this abounding life of rest in heaven one day. The children of God are also offered this deep spiritual abounding life of rest here in this corporal world. We might have distress in this corrupt world but we can experience a sovereign spiritual rest in spite of these desperate times.

#### **A Better Way A Better Rest Hebrews 4**

- A. The Promise of Rest – The Rest**  
God Promises Us,
1. Salvation Rest
  2. Secure Rest
  3. Sanctified Rest – Spiritual Rest
  4. Sovereign Rest – Heaven Rest

#### **B. The Pattern of Rest**

**Three “rests” are described in this chapter**

1. **CREATION REST (vs 3-4)** - The Sabbath Day and its Rest
2. **CANAAN REST (vs 7)** – God’s invitation into the Promise Land which Israel refused when they refused to enter the promised land the first time.
3. **CHRIST’S REST (vs 11-16)** – Speaks of the rest a born Again Christian has through our Lord Jesus Christ.

#### **C. The Peril Of Failing Rest**

**Hebrews 4:1** - Let us therefore fear, lest, a promise being left us of entering into his rest, **any of you should seem to come short of it.**

How People Fail to Find God's Promised Rest,

1. **THEY DOUBTED THE POWER OF GOD (vs 2)** - For unto us was the gospel preached, as well as unto them: **but the word preached did not profit them, . . .**

Num 13.31

**Consider Israel on the Jordan River,**

**Numbers 13:31** - But the men that went up with him said, We be not able to go up against the people; for they are stronger than we.

**Numbers 14:6–9** - And Joshua the son of Nun, and Caleb the son of Jephunneh, which were of them that searched the land, rent their clothes: <sup>7</sup>And they spake unto all the company of the children of Israel, saying, The land, which we passed through to search it, is an exceeding good land. <sup>8</sup>If the LORD delight in us, then he will bring us into this land, and give it us; a land which floweth with milk and honey. <sup>9</sup>Only rebel not ye against the LORD, neither fear ye the people of the land; for they are bread for us: their defence is departed from them, and the LORD is with us: fear them not.

2. **THEY DISTRUSTED THE LOVE OF GOD**

**Numbers 14:2** - And all the children of Israel murmured against Moses and against Aaron: and the whole congregation said unto them, **Would God that we had died in the land of Egypt! or would God we had died in this wilderness!**

3. **THEY DISBELIEVED THE WORD OF GOD (vs 2)**

**Hebrews 4:2** - For unto us was the gospel preached, as well as unto them: but the word preached did not profit them, **not being mixed with faith in them that heard it.**

**D. The Pursuit Of Rest**

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- A. The Promise of Rest** – The Rest God Promises Us,  
1. Salvation Rest  
2. Secure Rest  
3. Sanctified Rest – Spiritual Rest  
4. Sovereign Rest – Heaven Rest
- B. The Pattern of Rest**  
1. Creation Rest  
2. Canaan Rest  
3. Christ' Rest
- C. The Peril of Failing Rest**  
1. They Doubted the Power of God

**Hebrews 4:11 - Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief.**

For the people of God we will labor to enter into the rest God has given us.

There will be times in our Christian Journey whereby we will be distracted from the rest God has already given us. We will often be spiritually wearied and will nearly faint under our spiritual struggle. Often our Christian journey will feel like the heaviest of burdens. This will always be when we are working in our own way, in our own strength, rather than resting in the Lord's promised and delivering power.

Our spiritual struggle is to labor not in our affairs and distractions, but to train ourselves to lay everything into the hands of our Lord and simply rest in Him.

Hence we must “. . . labour therefore to enter into that rest, . . .”

CrossRoads Baptist Church, August 22, 2021

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- C. The Peril of Failing Rest**
  - 1. They Doubted the Power of God
  - 2. They Distrusted the Love of God
  - 3. They Disbelieved the Word of God
- D. The Pursuit of Rest**