



# PRESSING ON

TO MATURITY

*A Study of the Book of Hebrews*

THE QUEST FOR REST  
HEBREWS 4:1-11

DR. ROBERT JEFFRESS  
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**Introduction:** What comes to your mind when you hear the word “rest”? A much-needed vacation, time on the golf course, or maybe just an hour getting lost in a good book? As pleasurable as those activities might be, they only provide a temporary respite from the chaos of everyday life. In the passage we are going to examine today, the writer of Hebrews talks about another kind of “rest” we can experience, regardless of our external circumstances.

## I. Who? “God’s People” (Hebrews 4:1)

Hebrews 4:1 “Therefore, let us fear lest, while a promise remains of entering His rest, any one of you should seem to have come short of it.”

Hebrews 3:16-19 <sup>16</sup> “For who provoked Him when they had heard? Indeed, did not all those who came out of Egypt led by Moses? <sup>17</sup> And with whom was He angry for forty years? Was it not with those who sinned, whose bodies fell in the wilderness? <sup>18</sup> And to whom did He swear that they should not enter His rest, but to those who were disobedient? <sup>19</sup> And so we see that they were not able to enter because of unbelief.”

Numbers 14:20-23 <sup>20</sup> “So the Lord said, ‘I have pardoned them according to your word; <sup>21</sup> but indeed, as I live, all the earth will be filled with the glory of the Lord. <sup>22</sup> Surely all the men who have seen My glory and My signs, which I performed in Egypt and in the wilderness, yet have put Me to the test these ten times and have not listened to My voice, <sup>23</sup> shall by no means see the land which I swore to their fathers, nor shall any of those who spurned Me see it.’”

## II. What? “Do Not Fail To Enter God’s Rest”

### A. The Meaning of Rest

## B. The Types of Rest

### 1. Our future rest (Hebrews 4:8-9)

Hebrews 4:8-9 <sup>8</sup> “For if Joshua had given them rest, He would not have spoken of another day after that. <sup>9</sup> There remains therefore a Sabbath rest for the people of God.”

### 2. Our past rest (Hebrews 4:10)

Hebrews 4:10 “For the one who has entered His rest has himself also rested from his works, as God did from His.”

Hebrews 4:4 “For He has thus said somewhere concerning the seventh day, ‘AND GOD RESTED ON THE SEVENTH DAY FROM ALL HIS WORKS.’”

### 3. God’s present rest (Hebrews 4:11)

God’s rest is the peace that comes from trusting God when tested, and obeying God when ordered.

Hebrews 4:11 “Let us therefore be diligent to enter that rest, lest anyone fall through following the same example of disobedience.”

### III. When? “God’s Commands + Our Faith = Supernatural Rest”

Hebrews 4:2 “For indeed we have had good news preached to us, just as they also; but the word they heard did not profit them, because it was not united by faith in those who heard.”

Matthew 11:28 “Come to Me, all who are weary and heavy-laden, and I will give you rest.”

Matthew 11:29 “Take My yoke upon you, and learn from Me, for I am gentle and humble in heart; and YOU SHALL FIND REST FOR YOUR SOULS.”

### IV. Where? “In Your Circumstances”

2 Corinthians 1:3-4 <sup>3</sup> “Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort; <sup>4</sup> who comforts us in all our affliction so that we may be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God.”

Philippians 4:6-7 <sup>6</sup> “Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup> And the peace of God, which surpasses all comprehension, shall guard your hearts and your minds in Christ Jesus.”

### V. Why? “There Is No Other Way”

Conclusion