

HOW TO FIND TRUE REST

Warning! Don't Miss His Rest

Hebrews 4:1-13

I. BE WARNED, WE CAN MISS HIS REST! (1-2)

A. FEAR! Take God's Word Seriously (1)

1. Israel's Example "Therefore" (1a)

2. There is only a short time remaining to enter His rest (1a)

3. Some of us will fall short (1b)

B. REALIZE why one would fall short of His rest (2)

II. WE MUST ENTER INTO HIS REST BY FAITH (3a)

III. UNDERSTAND WHAT TRUE REST IS (3-10)

A. It is "God's Rest" (1, 3,5,10)

B. It is illustrated in the seventh day of creation (3-5)

C. It is still available (6-8)

D. The Old Covenant Sabbath is a shadow of this New Covenant Rest (9-10)

IV. THEREFORE DON'T MISS IT because... (11-13)

A. If you do you will fall (11)

B. His Word is alive, powerful, cuts to, judges and reveals your heart (12-13)

I. THE SABBATH'S OLD COVENANT SYMBOLISM

A few notes about the Sabbath in the Law-

- 1) Sabbath was **blessed and set apart.** Exodus 20:8-10 (10 Commandments)
Deut 5 (10 commandments restated)
It was given to man so that he could rest and remember His Creator
- 2) Sabbath was **for man's benefit** - Mark 2:27-28
- 3) Sabbath was **Dedicated to God** Ex 31:15 "holy to the Lord"
Set apart for God--- Serious consequences for not observing...death
- 4) Sabbath was **Given as a Sign of the covenant given to Moses** Exodus 31:13-17
It was between Israel and God.

Every covenant had a sign

Sign of the covenant w/ Noah --- Rainbow

Sign of the covenant w/ Abraham-- Circumcision

Sign of the covenant w/ Israel (Old Cov) given to Moses --Sabbath

Rainbow circumcision Sabbath all signs pointing to a covenant between man and God
ALL given as a shadow or a picture!!!

There are many Old Covenant shadows or pictures-

Bread - manna sacrifices (Lambs), burnt offerings, temple, high priest, Sabbath,

NT points out the realities behind the shadows.

BREAD- Jesus is the bread that came down from heaven

we are to **partake of Him only** John 6

Sacrifice- Jesus Lamb of God, John 1:29 "BEHOLD the lamb of God"!

Christ is our Passover Lamb 1 Cor. 5:7

He is the sacrifice all the OT sacrifices looked forward to

burnt offering --fragrant, pleasing aroma of Christ,

Temple, Body of Christ -Jesus tear this temple down and I will raise it in 3 days.

High priest—Jesus our High priest. HEBREW 2 1 Timothy 2:5

II. THE SABBATHS' NEW COVENANT REALITY: CHRIST!!!!

We have see that **all the shadows in the OT point to Christ**

Remember John 6 Luke 24:25

What about the Sabbath?

Col. 2:13-17 reveals **the substance belongs to Christ**

IN Heb 3 & 4 we see that **In Christ we have our Sabbath rest**

We are to rest in Him only

A MISGUIDED FOCUS on the shadow undermines and destroys our relationship with Christ—He becomes secondary and MY observances become primary **I DEPEND ON THEM.** In reality I am actually trusting in my observance rather than Christ--- How deadly

This deception is often used by false teachers **Who take the shadows and elevate them above the reality-** How ludicrous and twisted to focus on the shadow rather than the reality

When Christ's work was finished the shadows were no longer needed.