

The Spiritual Rest We Need

Hebrews 4:1-11

Hebrews 4:7-11

“Today, if you hear his voice, do not harden your hearts.” For if Joshua had given them rest, God would not have spoken of another day later on. So then, there remains a Sabbath rest for the people of God, for whoever has entered God’s rest has also rested from his works as God did from his. Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience.

Finding your way home again

- *The Iliad* – mythical story of the Trojan War
- *The Odyssey* – mythical story of Odysseus' ten year journey home after the war
- *After warfare it can take us a long time to find our way back home again.*

Finding your way home again

- **When we are strongly tempted**
- **When we face rejection and abuse by others**
- **When we experience loss and grief**
- **When loved ones struggle**
- **When we constantly helping others**
- **When we are regularly questioned or threatened**
- **When we are unable to get the rest we need**
- **When we are lonely and need friends**
- **When we go for a period without being fed spiritually with the Word or with spiritual friendships.**

The Spiritual Rest We Need

- **The Personal Cost of the Battle**
- **The Rest of God**
- **How to Enter into the Rest of God**

1. The Personal Cost of the Battle

- Eph. 6:18-20: “...making supplication for all the saints, and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel, for which I am an ambassador in chains, that I may declare it boldly, as I ought to speak.”
- Unsure what to say, brings stress
- Boldness, he had experienced persecution

The Physical Cost

Five times I received from the Jews the forty lashes minus one. Three times I was beaten with rods, once I was stoned, three times I was shipwrecked. I spent a night and a day in the open sea. In my frequent journeys, I have been in danger from rivers and from bandits, in danger from my countrymen and from the Gentiles, in danger in the city and in the country, in danger on the sea and among false brothers, in labor and toil and often without sleep, in hunger and thirst and often without food, in cold and exposure. Apart from these external trials, I face daily the pressure of my concern for all the churches...(2 Cor. 11:24-29)

The Emotional Cost

- **Often Social Isolation and Rejection**
- **Moses' fatigue: "What am I to do with these people?" (Exodus 17:4)**
- **David expressed often the need for spiritual rest: "Too long have I had my dwelling among those who hate peace" (Psalm 120:6).**
- **Elijah: After the Mount Carmel victory fell into depression and despair.**

The Example of Christ

- **The only one to live the Christ life perfectly was Christ Himself.**
- **He prayed regularly, often all night.**
- **He took time to be with God and His Word**
- **He was attended by angels after His temptation.**

2. The Rest of God

“For if Joshua had given them rest, God would not have spoken of another day later on. So then, there remains a Sabbath rest for the people of God, for whoever has entered God’s rest has also rested from his works as God did from his” (Hebrews 4:8-10).

The Rest of God for Israel

“For you have not as yet come to the rest and to the inheritance that the Lord your God is giving you. But when you go over the Jordan and live in the land that the Lord your God is giving you to inherit, and when he gives you rest from all your enemies around, so that you live in safety, then to the place that the Lord your God will choose, to make his name dwell there, there you shall bring all that I command you” (Deut. 12:9-11).

The Rest of God for Israel

- Rest from enemies and living in safety
- Dwelling place of God
- A place of religious sacrifices, tithes, special gifts, and rejoicing
- A place of obedience, witness, righteousness, and social justice.
- Israel was delayed 40 years of entering due to their unbelief.

For the Christian, Spiritual Rest is:

- **The inner assurance of God's salvation**
- **The inner satisfaction of heart and soul**
- **The inner place of worship and fellowship**
- **The joy of obedience and witness**
- **The place to gain strength to face the challenges of life**
- **An inner place to lose your selfishness and gain godliness**

False Ideas about Inner Rest

- **The “rest” is a physical or material reality.**
- **Joshua led them into the Promised Land but could not give them full inner peace.**
- **Your job, position, power, popularity, possessions, etc., cannot give you the peace of God. Only God can.**
- **Death? You do not have to wait until you die to live.**

He makes me lie down...



He makes me lie down...

Sheep lie down IF...

1. Free from fear, safe from predators
2. Free from friction, no conflicts with other sheep
3. Free from flies, not pestered by flies
4. Free from hunger

(Philip Keller, A Shepherd Looks at Psalm 23)

3. How to Enter into God's Rest

- **“Make every effort to enter this rest” (Heb. 4:11).**
- **Stop trusting in yourself**
- **Start trusting in God and His Word**

Let go, refocus, trust

- **Stop worrying about what you don't have. "Be still before the LORD and wait patiently for Him; fret not when men prosper in their ways" (Psa. 37:7).**
- **Commit your way to the Lord: "Delight yourself in the LORD and he will give you the desires of your heart. Commit your way unto the Lord" (Psalm 37:4-5).**
- **Third, trust that the Lord will give you this joy and peace, the inner sanctuary of safety, the assurance of His presence, the freedom to worship, the joy of His presence.**