

Sabbath Rest Hebrews 3 (Pg. 1,101)

Hebrews builds a bridge between the Old Testament and the New; between the old covenants and the New Covenant; from the promises to their fulfilment in Christ.

Many references are to the Exodus, the journey and the conquest of the Promised Land.

Background: Hebrews 3:15-19

Their **heart condition** meant they would not enter God's rest.

A. God Rested from His Creative Work 4:3-4

We are invited into God's finished work!
Exodus 31:17

What the rainbow was to the covenant with Noah (Genesis 9:8-17), the Sabbath was to God's covenant with Israel—an attesting sign of Israel's relationship with Him.

B. God Offered Israel Rest in the Promised Land 4:5-8

Psalm 95 states that those who came out of Egypt, yet failed to persevere in faith, were not allowed to enter the Promised Land.

Again under Joshua, the Israelites fell short of total obedience. For centuries they could never rest in peace because the Canaanites continually fought back.

C. All are Invited into the Rest of Salvation 4:9

Today a Sabbath rest remains. The Holy Spirit offers us this **present admonition**.

Salvation is a gift accepted by faith in the atonement of Jesus on the Cross.

We make every effort to repent from sin and walk in obedience. But this transformation comes as a **result** of the Holy Spirit in our lives—NOT an effort to **earn** salvation rest.

D. Timeless Principle of Physical Sabbath Rest 4:10-13

Not just for the Hebrew people, Sabbath is an essential aspect of God's design for living.

The point of Sabbath rest is to set aside time from normal pursuits in order to focus on God. We cease from work to remember and give thanks and **worship**.

The Pharisees attacked Jesus for breaking the Sabbath (John 5:16-17). They were going through the motions, but their heart was all wrong.

My soul finds rest in God alone.

Psalm 62:1