

Work in Progress Series
Week 3 outline
9/24/23
Heb 3:12-4:16

WORK AND REST

I. The Temptation of Work

- We treat rest like a reward for our hard work
- Work becomes an idol when we believe it's our path to:
 1. Physical provision
 2. Mental stability
 3. Emotional well-beingYet our lives instead end up:
 1. Physically exhausted
 2. Mentally stressed
 3. Emotionally spent
 4. Spiritually malnourished

INSTEAD OF WORKING TO FIND REST
WHAT IF WE WERE MEANT TO WORK FROM A PLACE OF REST?

II. The Promise of the Gospel (Heb 3:12-4:5)

THEREFORE...

The promise of entering God's rest still stands
and the vehicle for entering into His promise is called FAITH not work

III. The Power of Rest (Hebrews 4:6-13)

THEREFORE...

The Promise of rest has come to us through the message of the Gospel
and our practice of Sabbath-rest is a response of faith

SABBATH REST IS GOD'S GIFT
THAT BREAKS US FROM THE CHAINS OF AN IDOLATRY OF WORK

IV. The Picture of Sabbath (Heb 4:14-16)

THEREFORE...

We hold firmly through the participation of rest
because we have Jesus who is our rest

A. How do we place our full trust in God and His promises?

1. Accept

-recognizing our total inability to achieve it on our own

2. Believe

-we put our total faith in the sacrifice of Jesus made on our behalf

3. Repent

-we turn from our ways and say yes to His, receiving forgiveness from Jesus our Lord

B. How do we put our faith into practice by remembering the Sabbath? (Vs 16)

"Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."

1. Remember the Good News of Jesus our great High Priest

2. Recognize we are in *"our time of need"*

3. Receive mercy and find grace

4. Approach his throne with confidence

C. Sabbath is a place for:

1. Spiritual Rest

Is my Sabbath rest drawing me deeper into worship?

2. Physical Rest

How can I build ceasing into my life?

3. Emotional Rest

Where is quiet reflection in my life?

4. Intellectual Rest

How do I rest my mind?