

Hebrews 4:1-13

Two types of rest: present and future.

Present rest is peace in our minds on earth.

Future rest is eternal salvation through Christ.

Missing God's present rest would be living in a frustrated life with spiritual frenzy, basically trying to do everything on your own.

You can't have either rest without Christ being your Lord and Savior as it says in verse 1.

"Applied to our relationship with God, to rest means no more self-effort as far as our salvation is concerned. It means the end of trying to please God by our feeble, fleshly works. God's perfect rest is a rest in free grace. Rest can also mean a freedom from whatever worries or disturbs you. It means freedom from guilt over sin."

"To enter into God's rest means that for the remainder of our lives and for all eternity we can lean on God."

God's rest includes His peace, confidence of salvation, reliance on His strength, and assurance of a future heavenly home.

Matthew 11:29

"Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."

4:9 The only rest (sabbatismos) in the NT meaning Sabbath rest in relation to verse 10 and in Genesis where God rested on the 7th day. (katapausis)

Today, you have heard about this warning, do you truly know God?

Do you have that rest?

Do you want it? Now is the time to make that decision.