

# HEBREWS 4:1-13 — REST MEANING

The rest of Canaan pictures a divine spiritual rest that comes by faith in Jesus Christ. It's a picture of salvation rest. God has a rest far greater than Canaan. He has an eternal rest. What is the rest promised to these recipients?

## 1 Rest Means to Cease From Action

- You stop doing what you're doing.
- Spiritually, no more trying to please God by your fleshly works (self-effort).
- The moment you enter into God's rest, works cease as a way to please God.
- It is a rest in free grace.



## 2 Rest Means to be Free From Whatever Worries Disturb You

- Some people can't rest mentally because they're bugged by everything.
- It is to be free from guilt. There is peace in the total forgiveness of God.
- To enter God's rest simply means to be at peace with God.
- It is to have the peace of God and the peace from God.



## 3 Rest Means Recognizing We Are Positionally Established in Christ

- We are no more tossed about by every wind of doctrine.
- Theologically we enjoy security in Him.
- We have confidence in God's care and charge of our lives.
- We can lean on Him for our daily life.



### SUMMARY

- ✧ It is a new relationship in which a believer is confidently secure that he's committed his life to God, and God holds his life in an eternal trust.
- ✧ You know whom you have believed, you know why you believe it, and you stand on it.