Sabbath Rest Hebrews 4:1-5; 9-13
September 7, 2025
Haden Paul

Hebrews 4:1-5; 9-13: Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it. **2** For we also have had the good news proclaimed to us, just as they did; but the message they heard was of no value to them, because they did not share the faith of those who obeyed. **3** Now we who have believed enter that rest, just as God has said, "So I declared on oath in my anger, 'They shall never enter my rest.'" And yet his works have been finished since the creation of the world. **4** For somewhere he has spoken about the seventh day in these words: "On the seventh day God rested from all his works." **5** And again in the passage above, he says, "They shall never enter my rest."

9 There remains, then, a Sabbath-rest for the people of God; **10** for anyone who enters God's rest also rests from their works, just as God did from his. **11** Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.**12** For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. **13** Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account.

Our Vision: Connect with Christ, Church, and Community

1. Resting in the promises of God

Resting in the promises of God Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it. **2** For we also have had the good news proclaimed to us, just as they did; but the message they heard was of no value to them, because they did not share the faith of those who obeyed.] **3** Now we who have believed enter that rest, just as God has said, "So I declared on oath in my anger, 'They shall never enter my rest.

Hebrews 4:1-3 (NIV)

The promise of becoming like Christ

The promise of Christ's work on the Cross.

2. Slowing down

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9 There remains, then, a Sabbath-rest for the people of God; **10** for anyone who enters God's rest also rests from their works, just as God did from his. **11** Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.

When do you rest?

3. Learning to listen

12 For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. **13** Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account.

When do you listen to God?

Spiritual Action Step:

Jesus said: "Come to me, all you who are weary and burdened, and I will give you rest. 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. For my yoke is easy and my burden is light." – Matthew 11:28-30. What's next for you on your Sabbath journey? Do you rest in the promises of God? Do you find time to rest physically? Do you pause to hear God speak? As we move toward our own spiritual rhythms, let's feel confident in knowing that proper rest is found in God, and not what the world offers. God is excited for us to continue our journey of growth with him! As Jesus states, all we must do is come to him, and he will give us rest for our souls.

Translations: NIV: New International Version