



February Memory Verse: *“Therefore he had to be made like his brothers in every respect, so that he might become a merciful and faithful high priest in the service of God, to make propitiation for the sins of the people.”* **Hebrews 2:17**

Series: Jesus is Better (07)

Title: Jesus gives a Better Rest Scripture: Hebrews 4:1-12; Matthew 11:28-29

What does God want me to do? Strive to enter His rest.

What is rest?

1. Rest is both a “place of peace” and a “state of peace with God and man”

Hebrews 4:1-12 - Rest is a place

Matthew 11:28-29 - Rest is a state of being

2 Categories of Rest:

1. **Unconditional Rest - God bought and God given rest that you eternally receive through surrendered belief - v. 3 “we who have BELIEVED enter that rest”**
2. **Conditional Rest - You enter that rest as you take God at His Word through obedience - vs. 11-12 “let us strive to enter that rest”**

Unconditional Rest

- 1) **Salvation’s rest from sin and death (vs. 1, 6, 10 - “God’s rest”)**
 - a) **You can miss this rest if you never believe and receive it. (vs. 3)**
- 2) **Heaven’s rest from sorrow and suffering (v. 8 - “another day later on”)**
 - a) **We are not home yet, but we are traveling to heaven’s rest.**

Conditional Rest

1. Sabbath rest (vs. 4, 9) - practicing this displays your belief that Jesus is better
 - a. Our strength does not come from how hard we work, but how well we learn to rest in Jesus.
2. Shalom rest
 - There is peace in life's sorrows and victories because Jesus is better!

All conditional rest comes from Salvation's Rest.

What keeps us from entering Sabbath and Shalom Rest?

- Unbelief
- Disobedience
- Hard Heart

How do we enter God's rest?

- Believe the gospel
 - Believe what God says over what you or anyone else says
- Obey the gospel
 - Bible reading
 - Baptism
 - Belonging to the Body of Christ
- Share the gospel