

JESUS: THE GREATEST LIFE OF ALL

IT IS BEST TO REST

HEBREWS 4:1–11



The Heart of the Matter

The invitation to enter God's rest didn't begin with the New Testament. The gift of the Sabbath finds its roots in the soil of Israel's history and runs all the way back to creation. For millennia, God has called men and women to cease striving, trust Him, and surrender to His will and His way. Unfortunately, very few have discovered the magnificent tranquility available to them, for one very perplexing reason: unbelief.



Discovering the Way

1. Three Introductory Observations

The writer of Hebrews helps us understand what it means to "enter into His rest."

2. Some Specific Instruction (Hebrews 4:1–11)

God's personal rest is offered to His children if we understand a warning, an explanation, its availability, and a command.

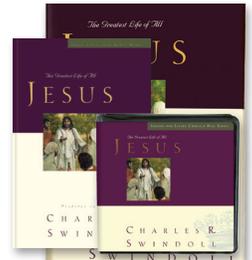


Starting Your Journey

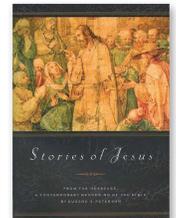
There are three real enemies of rest. First, *presumption*—the notion that we understand exactly what we need and how to get it. Second, *panic*—the tendency to react to needs or difficulties impulsively. Third, *pride*—the feeling of self-sufficiency or adequacy apart from God's assistance.



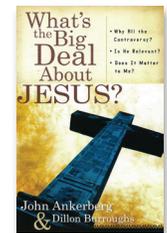
Tools for Digging Deeper



Jesus: The Greatest Life of All
by Charles R. Swindoll
softcover book, CD series,
and Bible Companion



Stories of Jesus
by Eugene Peterson
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What's the Big Deal About Jesus?
by John Ankerberg & Dillon Burroughs
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