

Sermon Notes

There Is No Reason to Turn Back! ***An Exposition of the Book of Hebrews***

#13 – “Sabbath Rest” – Hebrews 4:6-11

I. Introduction

A. Taking the knee

1. Pastor Don and high school football practice

B. The Hebrews’ writer and the topic of rest

1. “Rest” mentioned five times in Hebrews 4:6-11
2. Spoken of earlier in 3:17 and the Promised Land
3. Psalm 95 which highlights the complaining of Israel

C. Today’s text – Hebrews 4:6-11

II. Exposition

A. Hebrews 4:6

1. In incomplete thought
2. “To enter it” – a reference to rest
 - a. Disobedience caused them to not enter
 - b. God promised to go before them, but they failed to obey.

B. Hebrews 4:7

1. “Today” is timeless.
 - a. Rest is available now but not indefinitely.
2. “Do not harden your hearts” – once again a quote of Ps. 95
 - a. Immediate action is required.
 - b. II Corinthians 6:2
 - c. Keep in mind, the admonition is directed toward those in the church and not outside the church.

C. Hebrews 4:8

1. Clear appeal to biblical history
 - a. Deuteronomy 12:10 and Joshua 22:4

2. The writer is using the Old Testament to build his theology of perseverance.

3. The rest described is a rest from evil, sin and the world.
 - a. Heidelberg catechism

D. Hebrews 4:9-10

1. The rest of Israel in Canaan was not the ultimate rest.
2. The Sabbath rest
 - a. John Newton – The emblem of rest
3. Emblem or badge
 - a. Examples – armed services, president, Pastor Don’s class ring.
 - b. The emblem of the weekly Sabbath is packed with meaning.
 - c. Augustine

E. Hebrews 4:11

1. Hebrews 4:6 serves as an introduction to 4:11.
 - a. The intervening verses serve as a parenthetical thought.
2. The writer’s point: Let us exert ourselves to enter God’s rest.
 - a. Paul – Philippians 2:2
 - b. Remember *Rails to Trails* – Pastor Don’s last sermon of 2017.
3. “So that no one will fall”
 - a. “Fall” is key – This harks back to Psalm 95
 1. Kistemacher

III. Points for Reflection

- A. The opportunity for God’s rest remains, but it will not remain indefinitely.
 1. Heb. 4:7; II Cor. 6:2
- B. The Sabbath should still be observed.
 1. Col. 2:16-17