

WHO'S THE GREATEST?
(Letter to the Hebrews)

Pembroke Bible Chapel
Mark Floyd – 2008 March 2
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THE CURE FOR RESTLESSNESS
(Hebrews 4:1-13)

HEBREW RESTLESSNESS

- God revealed Himself to Israel in Jesus Christ.
- In doing so, He revealed the way to have forgiveness of sins through faith in Christ.
- If they rejected Jesus Christ in favour of Old Covenant ways, they would never achieve rest from the guilt of their sins.

GOD'S REST (Hebrews 4:4)

- God worked for six days; when He finished the Creation, He rested on the seventh day.
- His work was finished; His objective was satisfied.

JESUS CHRIST RESTS

- Christ came into the world to do the work of His Father (*John 4:34*).
- He offered Himself as a sacrifice for the sins of the human race.
- When this work was complete, He said, "It is finished" (*John 19:30*).
- He rose from the dead, ascended into heaven, and rests at God's right hand (*Hebrews 1:3; 10:11*).

The Cure for Restlessness – Faith in Christ

- Have you been trying to free yourself from guilt? You can find rest in Jesus Christ – He made payment for your sins. If you believe the good news about Jesus, you can have rest from the guilt of your sins (Hebrews 4:1-3).
- By faith in Christ, you can have a new life, SEATED together with Christ at God’s right hand (Ephesians 2:6). Stop working to be saved from your sins and believe in Christ! – He’s the only way to find rest (Hebrews 4:9-11)
- When we trust in Christ, we experience union with Him. His Spirit lives in us and we are declared by God to be IN CHRIST. Since we have union with Christ, we also share in His rest.
- As a Christian, do you still experience restlessness? Do you worry about the future? Are you anxious about your children? Resentful toward your boss? Are you discontented with your life? Jesus Christ is the ultimate cure for restlessness. God’s Word tells us to cast all of our cares upon Him (1 Peter 5:7). God is in control. He has a plan for us, and He uses every circumstance to accomplish it (Romans 8:28-29). We are called to live by faith (Habakkuk 2:4). As we encounter trial and trouble, we are to trust that God has our best interests in mind. We are called to rejoice in Christ, bringing all of our fears to Him, and resting in the promised peace that guards our minds and allows us to rise above our circumstances. (Philippians 4:4-7,11-13).

*“Come to Me, all you who labour and are heavy laden,
and I will give you rest. Take My yoke upon you and learn
from Me, for I am gentle and lowly in heart,
and you will find rest for your souls.”
(Matthew 11:28-29)*