

Rest for Our Soul Hebrews 4_1-13

The Passage: We All Need the Right Kind of Rest

Hebrews 4 speaks of several types of rest

- God's creation rest**
- Rest of the Promised Land (which points to a greater rest to come)**
- Rest in Jesus who saved us**
- Eternal Rest of Heaven**

The Warning: Don't Be Disqualified by Disbelief

How Our Hearts Become Hardened

- In our struggle with sin, if we defend it, rather than repent of it, we get comfortable with it, and create distance between us and the Lord.**

The Solution and Hope

- God's word provides an accurate assessment of my need for Jesus**
- Jesus still loves us and invites us to find rest in him.**

Jesus said, "Come unto me, all you who are weary and 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. For my yoke is easy, and my burden is light." - Matthew 11:28-29