

The Letter to the Hebrews Who is Jesus? – Lesson 5

Presenter:	Larry Monson "JUST LARRY" http://theoinsight.com
Topic: THE REST of GOD	The Letter to the Hebrews – Chapter 3:11 – 4:13 <ul style="list-style-type: none"> • Philosophy of the Greeks • What is REST? • REST for God • REST for the wilderness • REST in the time of Jesus • The Promise of REST still stands
Key verses for today's study	Hebrews 4:1 <i>Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it.</i>

Exercise one

Where was the most restful place you have ever been? WHY?	
Select one word that best describes REST for you?	<ul style="list-style-type: none"> A. Leisure B. Recuperation C. Restoration D. Dependence E. Silence F. Discontinuance

<p>What is your opinion of the reason God rested on the seventh day? Exodus 2:1-2</p>	
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<p>Review</p>	<ul style="list-style-type: none"> • Bible study of a sermon • Jewish converts to Christianity • Jesus better than the prophets • Jesus better than angels • Jesus has more honor than MOSES
<p>Idea #1 : The four presuppositions of Greek Philosophy</p>	<ul style="list-style-type: none"> • The meaning of PHILOSOPHY is _____. • Four presuppositions: Reality – The goal of life is to know it Cosmos – The parts cannot be known without understanding the whole Nature of Life – Tranquility and equilibrium Constant – Things don't change
<p>Idea #2: How to define REST</p>	<ul style="list-style-type: none"> • Rest when you stop doing labor to recover strength • To place or support to stay in a specific position • A period of relaxing or ceasing to engage in strenuous or stressful activity • An interval of silence of a specified duration • Based upon, dependence

Idea #3 God's Idea of REST	<ul style="list-style-type: none"> • Why did God REST? • God's REST was the _____ of creation. SHABATH. • The eighth day?
Idea #4: The wilderness REST	<ul style="list-style-type: none"> • The rest for the Israelites in the wilderness was seen as a time of not being a slave. • The rest of the Israelites was a time where God served them. • The rest of the Israelites was a time of journey and not of destination.
Idea # 5: The wilderness was a STOP to BE	<ul style="list-style-type: none"> • The wilderness experience was to be a time of reflection and introspection • It was to be a time of preparing hearts • It was to be a time of building the household • It was to be a time of living in the SEVENTH DAY OF GOD
Idea #6: The promise still stands!	<ul style="list-style-type: none"> • It is a promise the wilderness Israelites missed. • It was a promise that was not accepted by the coming nation of Hebrews • It is a promise that is an internal thing, a heart thing, a soul thing.
Idea #7: The REST is the TEST	<ul style="list-style-type: none"> • Chapter 3 is the problem • Chapter 4 is the solution • How do you know you are saved? It is a _____ thing. • Matthew 11:28-29

List to do this week:	<ol style="list-style-type: none"> 1. Read Hebrews 4:14-5:9 three times this week 2. In your busy week take time to STOP and KNOW HE IS GOD and count it as a God moment. 3. STOP this week and consider your own responsibility for a Sabbath in your life. 4. Find a special place to call your own to simply listen to God's voice.
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What does it mean to keep the sabbath?

The big question for the Sabbath is whether in the New Testament a commandment to keep the Sabbath day holy, is the same it was commanded in the Old Testament. Do we, as enlightened new covenant Christians, be constrained in the same manner and constricted like the Hebrews. Remember, if you will, if we say yes to this conformity, then the same punishment is also attached. The Hebrew law for Sabbath keeping states you could be killed for carrying sticks on the sabbath day.

Let's ignore the issue of which day is the sabbath, we can address that some other day. That issue need not be addressed here because we have to understand the requirements of sabbath and their relevance to us before setting a time and place.

In Romans 14 we are admonished not to quarrel and accept those whose faith is weak. But it goes on to speak to the sabbath issue in verse 5: "One person considers one day more sacred than another; another considers every day alike. Each of them should be fully convinced in their own mind." Please notice this is not an indictment of those who keep one day holy and another as secular or unholy. The argument is the keeping a day holy when they all should be kept as holy. So what Paul was saying in Romans was that every day is to be holy AND one day is special. Holiness of the Sabbath is a good thing AND Holiness of every day is even better.

Paul did not take a side. He simply said, "Let both honor God." Keeping the sabbath is making it special. For the Christian, the sabbath should be holy, like every other day. Where we get confused is the special part.

How do we make one day special? This special day, in my opinion, is the day I STOP. That is what SHABOTH in Hebrew means. Stop and set a day and "BE STILL and KNOW THAT I AM GOD." My sabbath is that day of the week that I set aside to first, STOP my usual life, second WORSHIP, third to FELLOWSHIP with fellow believers. It is a day of POINTED REST. It is a day when I express my "I LOVE YOU GOD", "I COUNT YOU MY LORD", "I AM YOURS IN WHAT EVER HAPPENS." That is the rest meant for the Israelites in the wilderness. That was the rest for the Hebrews in Canaan. That is the rest that Jesus talked about in Matthew 11:28,29.

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