

## **Week 8: FORMED Series**

### *Resting in God's Faithfulness*

#### **Hebrews 4:1-11**

***4** 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. **2** For we also have had the good news proclaimed to us, just as they did; but the message they heard was of no value to them, because they did not share the faith of those who obeyed. **3** Now we who have believed enter that rest, just as God has said,*

*"So I declared on oath in my anger,  
"They shall never enter my rest."*

*And yet his works have been finished since the creation of the world. **4** For somewhere he has spoken about the seventh day in these words: "On the seventh day God rested from all his works." **5** And again in the passage above he says, "They shall never enter my rest."*

***6** Therefore since it still remains for some to enter that rest, and since those who formerly had the good news proclaimed to them did not go in because of their disobedience, **7** God again set a certain day, calling it "Today." This he did when a long time later he spoke through David, as in the passage already quoted:*

*"Today, if you hear his voice,  
do not harden your hearts."*

***8** For if Joshua had given them rest, God would not have spoken later about another day. **9** There remains, then, a Sabbath-rest for the people of God; **10** for anyone who enters God's rest also rests from their works, just as God did from his. **11** Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.*

#### **This week's sermon:**

David shared four main points from the text:

1. The Promise of Rest Still Stands
2. Rest is God's Pattern
3. Rest is for us Today
4. Rest Requires Intentionality

#### **For Reflection:**

We invite you to read through a resource which David has collated on the subject of Rest (2 pages attached). It is full of truths from scripture. As you read as the Holy Spirit to reveal one step that you could take this week to experience more of the rest that God offers his children.

## REST

### 1. Rest in Creation (Genesis 2:1–3)

- **God rested on the seventh day** after creating the world — not because He was tired, but to **set apart the Sabbath** as a rhythm of worship, completion, and delight.
- This shows that **rest is part of God's design** for creation — it's about **ceasing from work to enjoy relationship** with Him and the world He made.

"Then God blessed the seventh day and made it holy, because on it He rested from all the work of creating that He had done." — *Genesis 2:3*

### 2. Rest as Sabbath (Exodus 20:8–11; Deuteronomy 5:12–15)

- God commanded Israel to **observe the Sabbath** — one day of rest each week — as a **sign of trust** and **dependence** on Him.
- It reminded them that they were **no longer slaves in Egypt**, defined by endless labor, but free people belonging to God.

"Remember that you were slaves in Egypt and that the Lord your God brought you out... Therefore the Lord your God has commanded you to observe the Sabbath day." — *Deuteronomy 5:15*

### 3. Rest in the Promised Land (Joshua 21:43–45)

- The land of Canaan was described as a place of **"rest"** — a home where Israel could live securely under God's blessing.
- But even after entering the land, **they never found complete rest**, showing that the ultimate rest was still to come.

### 4. Spiritual Rest in Christ (Matthew 11:28–30)

- Jesus redefines rest: it's not just physical or geographical, but **spiritual and relational**.
- He invites the weary and burdened to find **rest for their souls** in Him — freedom from sin, striving, and self-justification.

"Come to me, all you who are weary and burdened, and I will give you rest." — *Matthew 11:28*

### 5. Eternal Rest (Hebrews 4:1–11; Revelation 14:13)

- The writer of Hebrews says that **God's rest still remains** for His people — it's both a **present spiritual reality** and a **future eternal hope**.
- Rest means living in **God's finished work**, not our own, and ultimately sharing **His eternal peace and presence**.

"There remains, then, a Sabbath-rest for the people of God." — *Hebrews 4:9*

### So, what does "rest" mean for us today?

It means:

- Trusting in **God's grace, not our performance**.
- Learning to **cease striving** and find peace in Jesus.
- Living in **rhythm** — work and rest — the way God designed.
- Anticipating the **eternal rest** where all striving and sorrow will cease

In his book, *Garden City*, John Mark Comer frames **rest** not as optional downtime, but as a core part of what it means to be human in God's design.

### **1. Rest is built into creation**

Comer points to the rhythm of Genesis—six days of work, one day of rest. God Himself “rests,” not from exhaustion but as a pattern. The message: rest isn't a reward for finishing work; it's part of the structure of a healthy life.

### **2. Sabbath is a command, not a suggestion**

Rest shows up again in the Ten Commandments. Comer emphasizes that Sabbath is about trust—stopping work declares that God is in control, not us.

### **3. Rest is resistance to modern culture**

He contrasts biblical rest with today's culture of busyness and productivity. Choosing rest is almost an act of defiance against a world that equates worth with output.

### **4. Rest restores our humanity**

Without rest, we become anxious, hurried, and disconnected. Rest recalibrates us—physically, emotionally, and spiritually—so we can actually enjoy God, people, and creation.

### **5. Rest is about delight, not just stopping**

Sabbath isn't just “doing nothing.” Comer highlights that it's meant to be joyful—feasting, worship, relationships, and enjoying life as a gift.

### **6. Rest requires intentionality**

It won't happen accidentally. Comer encourages practices like setting aside a weekly Sabbath, unplugging from work and technology, and creating rhythms that protect rest.

### **7. Rest points to ultimate trust in God**

At a deeper level, rest is about surrender—letting go of the illusion that everything depends on us and trusting God to sustain our lives and work.

Rest is a **spiritual discipline of trust and delight**, woven into creation, commanded by God, and essential for a healthy, God-centred life.