

Resting From to Resting In

Hebrews 4:2-3, 10, 12, 16 (Topical Message)



The average person needs between 7-9 hours of sleep a night. If you are getting less, you are slowly losing hours of restful sleep over the course of time.

What are the benefits of the proper amount of sleep? (1) Keeps your heart healthy, (2) May prevent Cancer, (3) Reduces Stress, (4) Reduces inflammation, (5) Makes you more alert, (6) Improves your memory, (7) Helps you lose weight, etc. The physical body needs sleep and rest.

Brothers and Sisters, there is also a spiritual rest that man needs. I want to look at this today. Man needs to rest from **and** rest in 3 spiritual truths loudly proclaimed in the Scriptures

<u>Resting From</u>	to	<u>Resting In</u>
<i>Old Covenant Works</i>		<i>New Covenant Grace</i>
<i>Soulical Distress</i>		<i>Soulical Success</i>
<i>Spiritual Uncertainty</i>		<i>Spiritual Confidence</i>

Hebrews 4:2-3 (NASB)

² For indeed we have had good news preached to us, just as they also; but the word they heard did not profit them, because it was not united by faith in those who heard. ³ For we who have believed enter that rest, just as He has said, "AS I SWORE IN MY WRATH, THEY SHALL NOT ENTER MY REST," although His works were finished from the foundation of the world.

Hebrews 4:10 (NASB)

¹⁰ For the one who has entered His rest has himself also rested from his works, as God did from His.

Hebrews 4:12 (NASB)

¹² For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart.

Hebrews 4:16 (NASB)

¹⁶ Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.

(1) Resting From to Resting In

Old Covenant Works >>> New Covenant Grace

In very simple terms, the Old Covenant of Works is based on doing to be accepted by God. This includes keeping the Mosaic Law, 10 commandments, ceremonial law, etc.

How tiring do you think it is to work to keep the law? Just ask anyone who has tried over the course of time. If they were honest, it is very tiring, and impossible to keep. The Law is designed to tire man out, so by faith he can enter into God's Rest.

With belief one can enter God's Rest, and with unbelief one can't enter God's Rest

God wants you to enter His Rest by faith, but we still want to work to try to enter a place in which we already live

God offers man a rest from works and to rest in His Grace. This is so important, and life changing to know that man by faith doesn't work to be accepted by God, by can rest in God's Grace and total acceptance

(2) Resting From to Resting In

Soulical Distress >>>>> Soulical Success

Our Soul with a dead Spirit is on its own to manage life. *I call this Soulical Distress.* Our mind, will and emotions can only be guided by the physical world or our own flesh. I define the Flesh as living life from one's own resources.

Soulical distress comes from depending on our own resources to live life !

The Spirit using the word of God (also Prayer, and God's revelation) guides and teaches man's Soul (Mind, Will & Emotions). The Holy Spirit connects to a mans Soul. They are separate, but connected.

This gives man a rest from Soulical Distress (Living out of Ones Resources), to rest in Soulical Success (Living from God's Resources – Holy Spirit).

(3) Resting From to Resting In

Spiritual Uncertainty >>>> Spiritual Confidence

Are you tired of constantly examining oneself to see if they are worthy, don't have unconfessed sin, have checked all the religious boxes before drawing near to God is just a wrong doctrine and just plain tiring. All believers in Christ can rest from Spiritual uncertainty, and into Spiritual confidence.

What about you?

Do you still think there is still some barrier between you and God?

Well there isn't!

Draw near to God with confidence!

New Covenant Grace

Rest here

Soulical Success Spiritual Confidence

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