

Where Do We Find True & Lasting Rest?

October 21, 2018 – Hebrews 4:9-11; 14-15

“There remains then a Sabbath-rest for the people of God; for anyone who enters God’s rest also rests from his own work, just as God did from His. Let us therefore make every effort to enter that rest, so that no one will fall by following their example of disobedience. Therefore, since we have a Great High Priest Who has gone through the heavens, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a High Priest Who is unable to sympathized with our weaknesses, but we have One Who has been tempted in every way, just as we are – yet was without sin.”

There are those who believe that they can actually work their way into heaven by their good deeds. The question is, how many good deeds are enough to erase even one sin against God? When someone believes that they can actually work their way into God’s good graces, they deceive themselves and give themselves added stress because they can never be certain if they have done enough good deeds in the eyes of God.

At the time of Jesus, the Pharisees thought that they could earn their way to heaven by keeping the law of God. They totally ignored or forgot or never even knew about the sinful nature which we carry around with us from the moment we are conceived. (Ps. 51:5) And so one day they saw the disciples of Jesus picking grain on a Sabbath Day, and they accused the disciples of breaking the Sabbath. That account is given in: **Mark 2:23-28** – “One Sabbath Jesus was going through the grain fields, and as His disciples walked along, they began to pick some heads of grain. The Pharisees said to Him, Look, why are they doing what is unlawful on the Sabbath?” Jesus Answered, Have you never read what David did when he and his companions were hungry and in need? In the days of Abiathar the high priest, David entered the house of God and ate the consecrated bread, which is lawful only for the priests to eat. And David also gave some to his companions. Then Jesus said to the Pharisees, **The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath.”**

Notice the closing remarks of Jesus. When God made the Sabbath Day, it was made for mankind, not the other way around, The Sabbath (Which means **Rest** NOT Saturday or the 7th day) was given to mankind by God as a blessing and opportunity to have rest for our body, and more important rest for our soul.

How and where do we find rest for our Soul? In the Lord Jesus Who has been revealed to us in the Word of God, the Holy Bible.

In our Day and Age, it is difficult for people to set aside a Time of REST for their souls. God gave us this gift and yet so many people neglect the opportunity. They miss out. In the mind of many, the Big Game or the Family gathering or the Day at the Lake or at the cottage are more important than the Word of our Lord. **Why not enjoy both,** rest for the body and Rest of the soul? Why not join in worship and then rest the remainder of the Sunday?

It is unfortunate, - no it is a shame, - because God made us, God sustains us every day, God is the One Who has given us our Bodies with which we can work to earn a living and with which we can enjoy leisure and recreation time. And it is God who has Redeemed us from Sin, Death and Hell.

We can and have true and lasting Rest even now, because the Lord Jesus has won eternal Rest for us on the Cross of Calvary. The Apostle John tells us that as believers, we have Lasting and Eternal Rest.

Revelation 14:13 – “Then I heard a voice from heaven say. Write blessed are the dead who die in the Lord from now on. Yes says the Holy Spirit, They will REST from all their Labor, for their deeds will follow them.” AMEN