

HEBREWS 4:1-16
STRIVE
FOR REST



Let us therefore **strive to enter that rest**, that no one fall by the same sort of disobedience. For the **Word of God is living** and active, sharper than any two-edged sword, piercing to the division of soul and spirit, of joints and marrow, and discerning the thoughts and intentions of the heart.

And before Him no creature is hidden, but all are open and laid bare to the eyes of Him with whom we have to do. Since then we have a great High Priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession.

For we have not a High Priest who is unable to sympathize with our weaknesses, but **one who in every respect has been tempted as we are, yet without sin**. Let us then **with confidence draw near to the throne of grace**, that we may receive mercy and find grace to help in time of need.



HEBREWS 4:11-16

REST – NUACH (SETTLED SECURITY)

Rest

= Hebrews 4:3, 5 and Hebrews 3 refer to the rest

= Psalms 95:11

= Israel's disobedience in their testing

= Nuach (rest, resting place) – similar to Noach (Rest) – Noah

= Sabbath rest – connection with God, others and all creation

Genesis 8:4

The Ark came to 'rest' (nuach)
on the mountains of Ararat

Genesis 2:15

God took the man and 'put'
(nuach) him in the Garden



When faced with crisis – testing:

- **He was 600 at the time of the flood**
- **He had lived with Enosh (son of Seth, son of Adam) and the others, heard of the perfect earth and watched it turn evil**
- **He lost Methuselah his grand-dad the year he turned 600 (flood)**
- **He built the ark, prepared provisions, lost all he had built for more than 500yrs, was mocked by his generation and bore hardship**

NOAH IN A WORLD ON THE VERGE OF DESTRUCTION

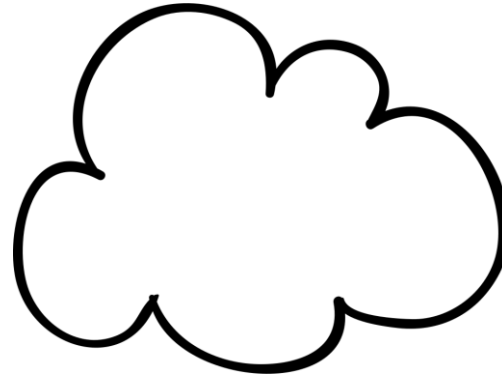
When faced with crisis – testing:

- **They assumed the worst about God and doubted Him**
- **They blamed anyone or anything but their own attitude**
- **They broke God's instructions and fell into blatant disobedience**
- **They sought their own means to escape the crisis**
- **They destroyed connection with God, each other and creation**

ISRAEL IN THE WILDERNESS

THE WORD OF GOD IS LIVING (ZAO - ZOE)

- **Zoe connected to Greek duality**
- **What is it? Everything in this material world (bios) is evil. Everything in the spiritual world (zoe) is good.**
- **Zoe is 'the force' that comes and gives life to everything.**
- **At death we return to zoe and become part of 'the force' – no individuals here!**
- **Crisis in 'bios' = escape to 'zoe'**

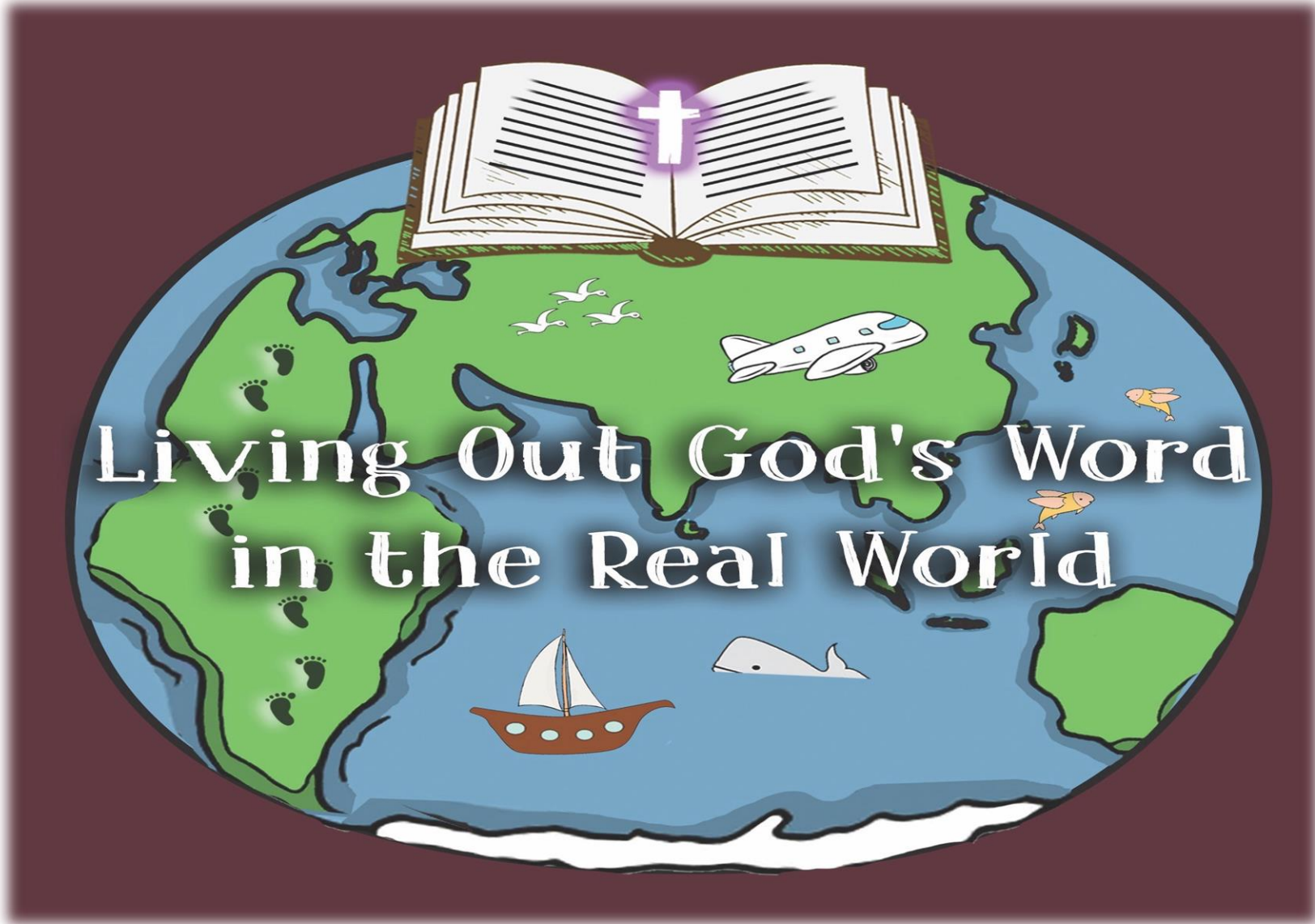


SPIRITUAL REALM
'THE FORCE' OF ZOE
DIVINE, TRUTH, BEAUTY, GOODNESS



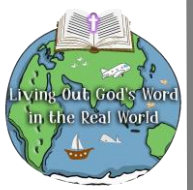
MATERIAL REALM
BIOS (BIOSPHERE, BIOLOGY)
ALL WE SEE AND THAT EXISTS
DAILY LIFE
ALL THAT IS IN BIOS IS EVIL

Get to Heaven, Escape Earth Teachings – Not Biblical!



Let's see how to live out God's Word in the real world!

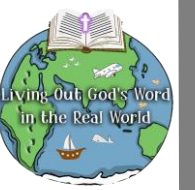
THE WORD OF GOD IS LIVING (NEPHESH)



- **Hebrew 'Nephesh' is an integrated life of both the spiritual and the material or physical realms.**
- **It isn't separated from living daily in the world God has placed us in.**
- **Nephesh is living and active in the world God created. Because God called it 'good' – yes the world is fallen and under the influence of evil – but it is good.**
- **It is the world in which we establish God's Kingdom reign, redeeming creation and relationships, righting the wrongs – living as God wants us to.**
- **We are God's breath, 'zoe' manifested in the flesh as men and women and we bring its reign into 'bios'. As it is in heaven so let it be on earth!**

The goal is seeing His Kingdom established on earth!

JOHN 17:15

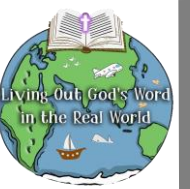


I do not pray that You should take them out of the world, but that You should keep them from the evil one.

It is Jesus staying and drinking of the cup of suffering!



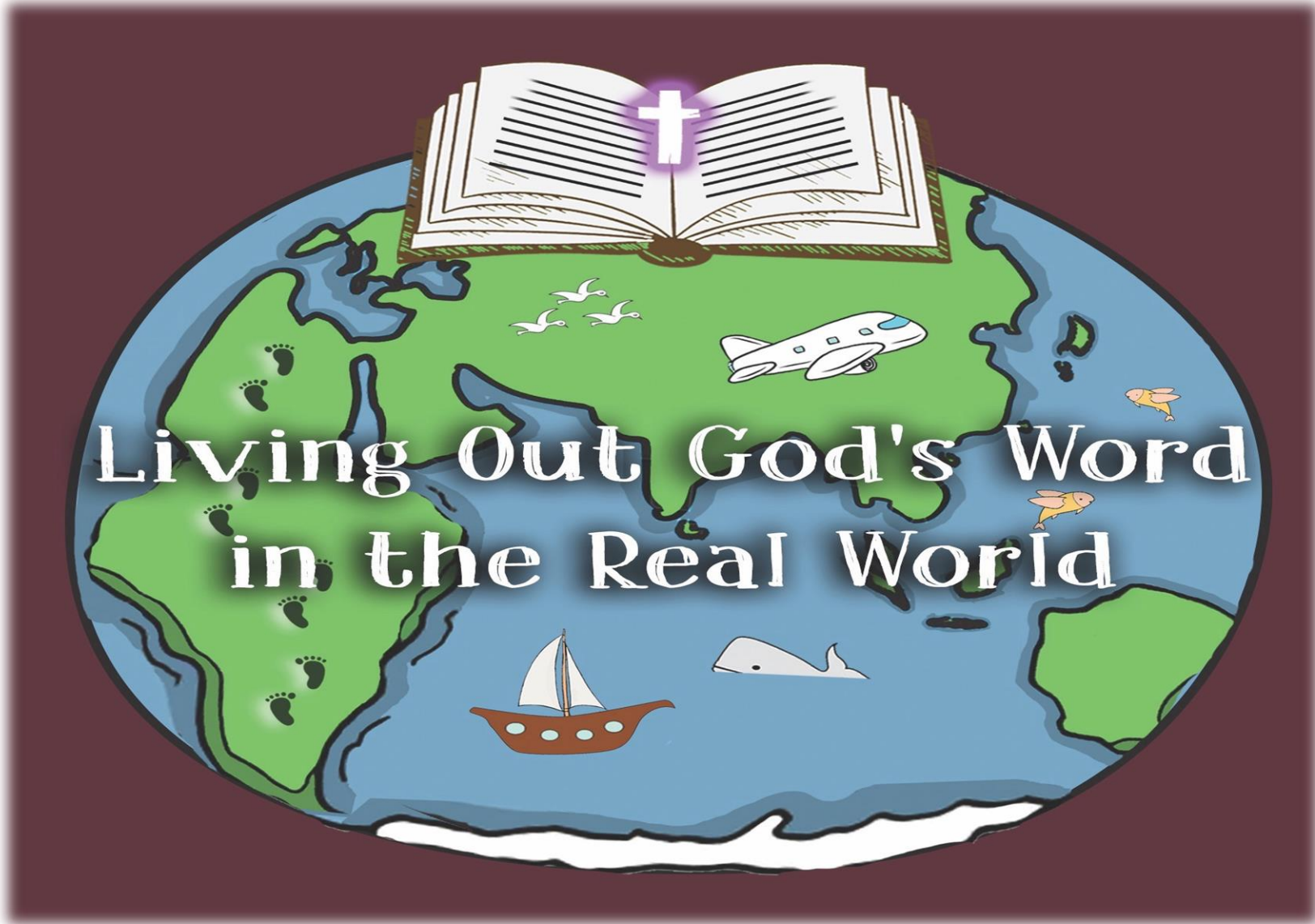
How His Word Changes Our Lives & Attitudes



HEBREWS 4:12-13

- **God's Word accomplishes what it was sent forth to do.**
- **It is living and active – it 'cuts' and exposes hidden motives and purposes during crisis points in our lives. How will we respond to crisis?**
- **Krisis – root 'krino' which means to 'to cut asunder with a sword', judge (kritikos – Heb 4:12), determine, esteem.**
- **This is as a witness to satan, other witnesses and even to ourselves that we may know what is in our own heart and motives. God already knows. (Job)**

Crisis cuts us through – what we were / what we will be!



How His Word Connects Me to Others

EXAMPLE



FIGHTING BACK - DO TO THEM
WHAT THEY DID TO YOU
REBEL AGAINST GOD

NEED FOR JUSTICE,
NEED TO BE HEARD



FIND ANOTHER PERSON WHO
SATISFIES YOUR NEEDS AND GET
INTO AN AFFAIR

VALID NEEDS
HEALTHY
RELATIONSHIPS



FIND SOMETHING THAT RELIEVES
YOU OF STRESS AND GET
ADDICTED TO IT (WORK, GAMING,
SUBSTANCE ABUSE)

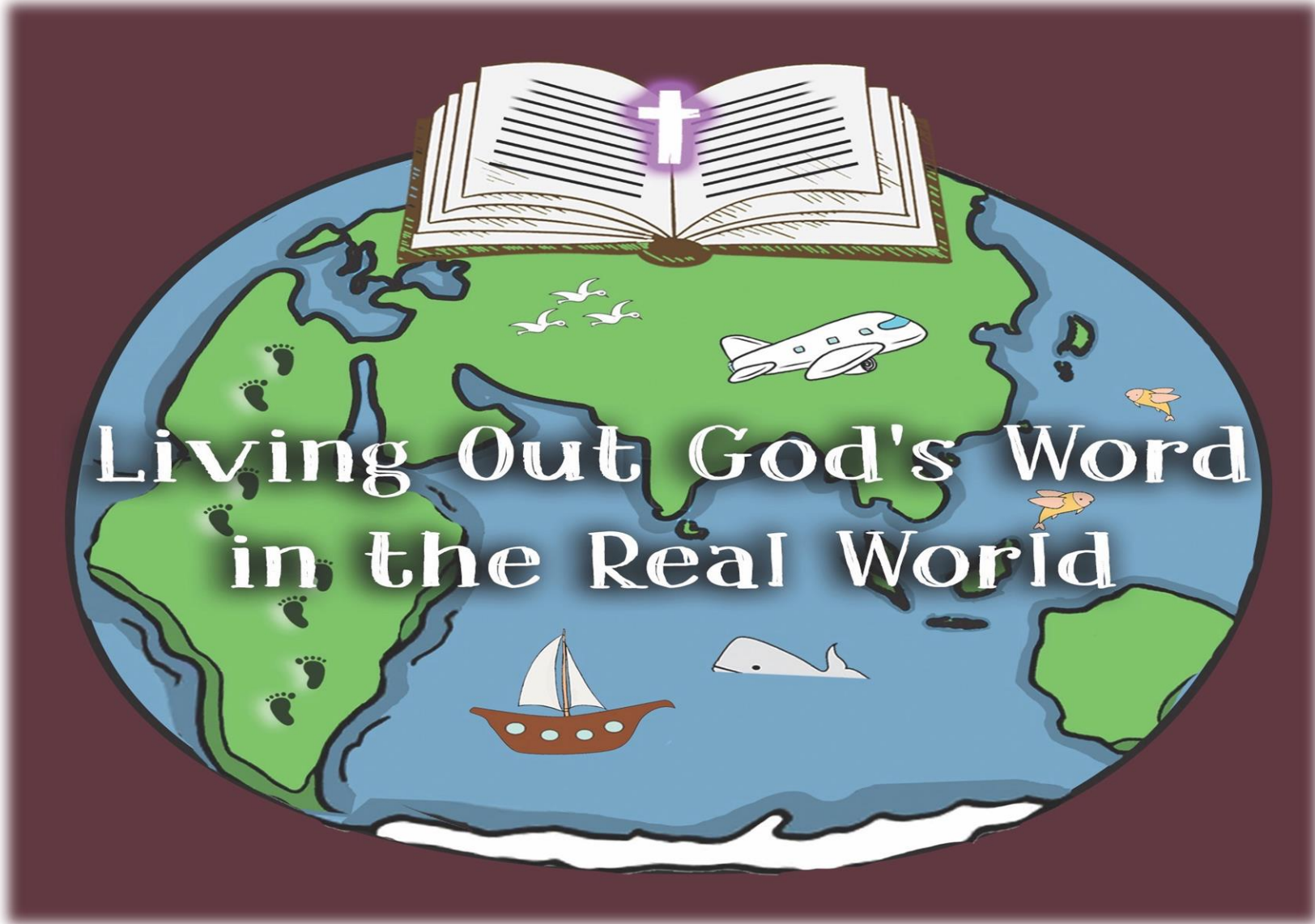
HEALTHY COPING
MECHANISMS



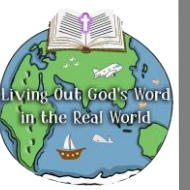
DESTROY YOUR OWN HEALTH
WITH UNHELPFUL PRACTICES AND
THOUGHTS - PERHAPS EVEN
LEADING TO DEATH

TURNING POINT
IN LIFE

In crisis the response you choose reveals who you are!



How His Word Challenges My Relationship with God



HEBREWS 4:14-16

- **He was tempted like us but without sin**
- **He didn't take the easy way out -escape from hardship, suffering, death**
- **He is our model of living faith**
- **He wants us to come to Him and tell Him as it is – all that we feel, all that we want and hope for and struggle with**
- **He will give grace, mercy in crisis**

Strive in crisis to make your way to Him – find rest!

SERMON RECAP - HEBREWS 4:11-16

- ♥ Escaping from crisis is not the goal – seeing His Kingdom established in our lives and all the earth is.
- ♥ Crisis cuts us through and reveals our inner motives and purposes. It often helps us see our own weaknesses and strengths.
- ♥ Crisis points are turning points. They reveal who we are and what we choose will determine who we will become.
- ♥ In times of crisis we can choose to adopt the attitude of Israel in the wilderness and blame God and everyone else and everything except our own attitudes and actions or we can also choose to be like Noah or Jesus who faced their crisis point with thought, prayer, good choices, preparation, consideration, facing the crisis head-on with the attitude of obedience.
- ♥ Strive in times of crisis to make your way to His throne of grace and mercy and find rest.

Hebrews 4:11 'Let us therefore strive to enter that rest.'