

CAN'T STOP
CAN I STOP

WON'T STOP
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Sermon Notes



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Can't Stop Won't Stop: Sermon Notes

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HEBREWS 4:1-13

Series resources and media: vcnola.com/cantstopwontstop

¹Therefore, while the promise of entering his rest still stands, let us fear lest any of you should seem to have failed to reach it. ²For good news came to us just as to them, but the message they heard did not benefit them, because they were not united by faith with those who listened. ³For we who have believed enter that rest, 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. ⁴For he has somewhere spoken of the seventh day in this way: "And God rested on the seventh day from all his works." ⁵And again in this passage he said,

"They shall not enter my rest."

⁶Since therefore it remains for some to enter it, and those who formerly received the good news failed to enter because of disobedience, ⁷again he appoints a certain day, "Today," saying through David so long afterward, in the words already quoted,

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

⁸For if Joshua had given them rest, God would not have spoken of another day later on. ⁹So then, there remains a Sabbath rest for the people of God, ¹⁰for whoever has entered God's rest has also rested from his works as God did from his.

¹¹Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience. ¹²For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. ¹³And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account.

Hebrews 4:1-13

We must believe in and obey Jesus for our present and future rest.

ENTER HIS REST (v. 1-2)

IT'S AVAILABLE TO US (v. 1)

¹Therefore, while the promise of entering his rest still stands, let us fear lest any of you should seem to have failed to reach it.

Hebrews 4:1

TRUST AND SURRENDER; DON'T REBEL (v. 2)

²but the message they heard did not benefit them, because they were not united by faith with those who listened.

Hebrews 4:2b

²¹But truly, as I live, and as all the earth shall be filled with the glory of the Lord, ²²none of the men who have seen my glory and my signs that I did in Egypt and in the wilderness, and yet have put me to the test these ten times and have not obeyed my voice, ²³shall see the land that I swore to give to their fathers. And none of those who despised me shall see it. ²⁴But my servant Caleb, because he has a different spirit and has followed me fully, I will bring into the land into which he went, and his descendants shall possess it.

Numbers 14:21-24

CHOOSE TO LIVE IN HIS REST (v. 3-10)

TAKE A WEEKLY SABBATH (v. 3-5)

⁴For he has somewhere spoken of the seventh day in this way: "And God rested on the seventh day from all his works.

Hebrews 4:4

⁸"Remember the Sabbath day, to keep it holy. ⁹Six days you shall labor, and do all your work, ¹⁰but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. ¹¹For in six days the LORD made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

Exodus 20:8-11

KEEP ETERNITY IN MIND (v. 6-10)

⁸For if Joshua had given them rest, God would not have spoken of another day later on. ⁹So then, there remains a Sabbath rest for the people of God, ¹⁰for whoever has entered God's rest has also rested from his works as God did from his.

Hebrews 4:8-10

The promise of entering now into His rest means ceasing from the spiritual strivings that reflect uncertainty about ones final destiny; it means enjoyment of being established in the presence of God, to share in the everlasting joy that God entered when he rested in the seventh day.

ESV Study Bible

FINISH IN HIS REST (v. 11-13)

¹¹Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience.

Hebrews 4:11

OBEY GOD'S WORD AS YOUR GUIDE (v. 12)

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

Hebrews 4:1-13

LIVE KNOWING GOD'S WATCHING (v. 13)

¹³And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account.

Hebrews 4:13

CLOSING CHALLENGE

- Trust God's rest
- Obey and persevere in God's rest