

Text: Hebrews 4:1-10

### A SPIRITUAL ETERNAL REST

1. This is a Promise Hebrews 4:1

- a) It is called a Promise
- b) It awaits fulfilment
- c) This is also called "a hope" 1 Corinthians 15:19

2. The land of Canaan Hebrews 4:8

- a) This was the Promised Land
- b) But it was not the Eternal Rest
- c) Canaan symbolised a greater Land of Eternal Rest for God's people

3. The Concept of this Eternal Rest

- a) To be understood in the gospel message Hebrews 4:2
- b) There is an eternal focus in the gospel Hebrews 4:3
- c) Total cessation of work as we know it Hebrews 4:1
- d) Intimated by reference to the Seventh Day Hebrews 4:4

4. Problems associated with the Reality of this Eternal Rest

- a) Not understood by many
- b) Not appreciated much either
- c) The problem of unbelief

5. The danger of not entering into that Eternal Rest

- a) No faith Hebrews 4:2
- b) Disobedience Hebrews 4:6
- c) Hardened heart Hebrews 4:7

6. Ensuring that we have genuine faith in the Gospel of Christ

- a) Check understanding

b) Check faith

c) Check "fear of the Lord"

d) Check lifestyle

**BIBLE MEMORY VERSE**

*Therefore, since a promise remains of entering His rest, let us fear lest any of you seem to have come short of it.*

*Hebrews 4:1*