

“Fearing and Striving for God’s Rest”

Hebrews 4:1-11

February 18, 2024

**I. The Fear that Leads to God’s Rest (vs. 1-2)**

- A. Those who believe the gospel need not fear God’s judgement.

*1 John 4:18 - There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love.*

- B. However, we should fear God’s judgment if we slip into *unbelief*.

*Romans 11:20b–22 - <sup>20</sup> ...So do not become proud, but fear. <sup>21</sup> For if God did not spare the natural branches [non-believing Jews], neither will he spare you. <sup>22</sup> Note then the kindness and the severity of God: severity toward those who have fallen, but God’s kindness to you, provided you continue in his kindness. Otherwise, you too will be cut off.*

- C. We should fear our own potential waywardness and always seek the Lord’s help.

**II. The Nature of God’s Rest (vs. 3-10)**

- A. It is entered by faith alone.

- B. It is God’s eternal, restful presence that awaits us on the Last Day.

**III. Striving to Enter God’s Rest (v. 11)**

- A. We are to make every effort to keep the faith until the end.

- B. This includes being fanatically committed to the means of grace (public worship, prayer, Bible reading, etc.).

- C. It certainly includes regularly exhorting one another to not become hardened by the deceitfulness of sin (DBH!). (Heb. 3:12-13)