

**Genesis 1:1 NLT** In the beginning God created the heavens and the earth.

**Genesis 1:31 NLT** Then God looked over all He had made, and He saw that it was very good! And evening passed and morning came, marking the sixth day.

**Genesis 2:1-3 NLT** So the creation of the heavens and the earth and everything in them was **completed**. (2) On the seventh day God had finished His work of creation, so He rested from all His work. (3) And God blessed the seventh day and declared it holy, because it was the day when He rested from all His work of creation.

**God RESTED because His work was FINISHED.**

**Jesus then came ON BEHALF OF MANKIND & completed the work we needed to do!**

**John 19:30 NLT** When Jesus had tasted it, **He said**, "**It is finished!**" Then He bowed His head and released His spirit.

**We now LIVE in a sabbath REST because the work has been finished!**

**The body of Christ has a FULL REST available if they will take it through Jesus!**

**Nicole Wright:**

*"RESTING is NOT the act of doing nothing. It is knowing that you do not have to carry the care. Cast your care on Jesus!"*

**Hebrews 4:1-16 NASB**

- (1) Therefore, let us fear[**reverence possibly missing it**] if, while a promise remains of entering His rest, any one of you may seem to have come short of it.
- (2) For indeed we have had good news preached to us, just as they also; but

the **word** they heard did not **profit** them, because it was not **united by faith** in those who heard.

- (3) For we who have believed enter that **rest**, just 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.
- (4) For He has said somewhere concerning the seventh *day*: "AND GOD RESTED ON THE SEVENTH DAY FROM ALL HIS WORKS";
- (5) and again in this *passage*, "THEY SHALL NOT ENTER MY REST."
- (6) Therefore, since it remains for some to **enter it**, and those who formerly had good news preached to them **failed to enter because of disobedience**,
- (7) He again fixes a certain day, "**Today**," saying through David after so long a time just as has been said before, "TODAY IF YOU **HEAR HIS VOICE, DO NOT HARDEN YOUR HEARTS**[*choose/keep the Word*]."
- (8) For if Joshua had given them rest, He would not have spoken of another day after that.
- (9) So there remains a Sabbath[*cessation, rest in the completion of God's creation- a place of cessation from wearisome toil, fullness of salvation*] rest for the people of God.
- (10) For the one who has entered His rest has himself also **rested from his works**, as God did from His.
- (11) Therefore let us **be diligent to enter** that rest, so that **no one will fall**, through *following* the same example of disobedience.
- (12) For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart.
- (13) And there is no creature hidden from His sight, but all things are open and laid bare to the eyes of Him with whom we have to do. [*be honest & open with yourself, be unbiased, let God show you truths about yourself*]
- (14) Therefore, since we have a great high priest who has passed through the heavens, Jesus the Son of God, let us **hold fast our confession**.
- (15) For we do not have a high priest who cannot **sympathize with our weaknesses**, but One who has been tempted in all things as *we are, yet without sin*. [*He knows how to win*]
- (16) Therefore let us **draw near with confidence** to the throne of grace, so that we **may receive mercy** and **find grace to help** in time of need.

# A FINISHED REST

## **The benefits:** (can also be symptoms)

1. It's for today
2. It's good
3. It profits us
4. Physical rest
5. No stress
6. Health/long life
7. Removing toil
8. No broken works
9. We have the sympathy of Jesus
10. Winning friend / winning knowledge
11. Bold confidence
12. Mercy
13. Grace
14. Help
15. You won't fall

## **Actions:** (a nature)

1. Be mindful to enter rest
2. Listen to good preaching
3. Unite the Word with faith
4. Enter it and choose it
5. Be obedient
6. Listen for his voice
7. Choose the Word
8. STOP doing it yourself
9. Be diligent to enter rest
10. Draw near with confidence
11. Be open / unbiased
12. Hold your confession
13. Receive Rest