



Calvary Reformation Youth Sermon Notes
The Book of Hebrews 3:11_Entering Into God's Rest
 April 14, 2024

Holy Text (KJV): Hebrews 3:7-11 Wherefore (as the Holy Ghost saith, To day if ye will hear his voice, ⁸ Harden not your hearts, as in the provocation, in the day of temptation in the wilderness: ⁹ When your fathers tempted me, proved me, and saw my works forty years. ¹⁰ Wherefore I was grieved with that generation, and said, They do alway err in their heart; and they have not known my ways. ¹¹ So I swear in my wrath, They shall not enter into my rest.)

<u>Sermon Key Word Search!</u>	<u>Color the Scripture!</u>	
L E H Q E M M A N U E L V A L R E J U V E N A T E S T D M U B Z W F I Z A J C J L I H R E M S C R I P T U R E E S L V C C B B C D P Z I C A L R E I N H U E K Y K V P R B D Y L I P V I M N F D L T I Y S E V O A H F R Z B V H V V E Q N O N R J Y L U R L R Y L W J U G S Z A F O H Y E F M T K H C C N A T D W Y M U R V B W N R Q I K R E M G L C C D N E U M P Z Z K G Z Q O R R T B Y Q J V N E D U E O W E I H T Y M N B I A H K A J A F D Q H G X D X G		
Word Bank		
Blessings	Rejuvenates	Scripture
Earthly	Emmanuel	Eternal

Sermon Specific Questions

Question for Children: What did God do on the seventh day after creating the world? Hint: It's something we do when we are tired. ([Genesis 2:1-3](#))

Question for Children: Why do we keep one day of the week special and do not work on it? Hint: It's called the Sabbath day, and it's a day to rest like God did. ([Exodus 20:8-11](#))

Question for Children: What did God promise to give to the people if they listened to Him and followed His commands? Hint: It's about having a good life in a special land. ([Deuteronomy 11:8-28](#))



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The _____ of Rest

From the beginning, by His own example and by His holy command, God designed His human creatures to want and desire, seek out, and be renewed and refreshed by rest!

This makes sense. God's gave man a command to work and take dominion:

Genesis 1:26-28 (KJV) And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth. 27 So God created man in his own image, in the image of God created he him; male and female created he them. 28 And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth.

For six days of the week, man was to imitate His Creator, ruling over and subduing creation for God's glory. On the seventh day, man was to, and needs to rest. Why?

Because Rest _____:

1. Man gets tired spiritually, emotionally, and physically.
2. Spiritual rest is need to reset and refocus on our God, who He is and what He has done.
3. Emotionally rest is needed given the trials of life and the warfare to which every believer is called.
4. Rest provides perspective. Exhaustion makes everything seem worse. There is a reason everyone loves vacation!
5. Rest is in accordance with our design. Our bodies need sleep (rest) daily, and prolonged periods of rest in order to function.

Biblical Rest declares to our soul that all is (or will be) well. It presupposes order and blessing. (Because who can rest in disorder and chaos?) It is often the fruit of much obedience to God, hard work and labor in His vineyard, and walking by faith not sight. Our earthy times of Household and Sabbath Rest is a promised blessing and points us forward to the Great Rest that is yet to come!

The Three Types of Rest in _____

1. **Earthly Rest**, or Circumstantial Rest, best represented by God's Old Testament promises to Israel for a Land of Promise.
2. **Emmanuel's Rest**, or the Rest Promised to the Church in Christ. This is primarily a spiritual rest wherein are made meet (or fit) for the life to come through the LORD of Promise.
3. **Eternal Rest**, or Eschatological/Final Rest, wherein we are with Jesus through death or the LORD's Return: The Last Promise fulfilled!

Entering Into _____ Rest

1. God's promises to Old Testament Israel were often circumstantial in nature: freedom from physical slavery and a land flowing with milk and honey. At the burning bush, here is what God said to Moses:
Exodus 3:7-8 (KJV) And the LORD said, I have surely seen the affliction of my people which are in Egypt, and have heard their cry by reason of their taskmasters; for I know their sorrows; 8 And I am come down to deliver them out of the hand of the Egyptians, and to bring them up out of that land unto a good land and a large, unto a land flowing with milk and honey; unto the place of the Canaanites, and the Hittites, and the Amorites, and the Perizzites, and the Hivites, and the Jebusites.
2. IF they were obedient, this rest would manifest in blessings they could see and experience: the defeat of their enemies, material/economic prosperity, and the building of their households and provision for subsequent generations:
Deuteronomy 11:8-9 (KJV) Therefore shall ye keep all the commandments which I command you this day, that ye may be strong, and go in and possess the land, whither ye go to possess it; 9 And that ye may prolong your days in the land, which the LORD swore unto your fathers to give unto them and to their seed, a land that floweth with milk and honey.
3. Earthy rest in the Old Testament was about prosperity and tangible blessing! Again, if they were obedient:
Deuteronomy 28:1-2 (KJV) And it shall come to pass, if thou shalt hearken diligently unto the voice of the LORD thy God, to observe and to do all his commandments which I command thee this day, that the LORD thy God will set thee on high above all nations of the earth: 2 And all these blessings shall come on thee, and overtake thee, if thou shalt hearken unto the voice of the LORD thy God.
4. All of these promises ultimately pointed to Christ, but one can say that blessing His people with temporal rest was certainly in the heart of God in the Old Testament. This is good news!
 - God does care about the details of your life. He always has! God delights in blessing His children!
 - Houses full of good things, wells digged, vineyards and olive trees, and eating until full are blessings as long as we don't forget God! (Deut 6:11-12)
 - God's goodness in allowing earthly prosperity, if properly understood, should produce rejoicing! Indeed:
Psalms 126:5-6 (KJV) They that sow in tears shall reap in joy. 6 He that goeth forth and weepeth, bearing precious seed, shall doubtless come again with rejoicing, bringing his sheaves with him.

Entering Into _____ Rest

1. God's promises for New Testament Israel (or the Church) are decidedly spiritual in nature. Although our spiritual abundance is greater than the average the Old Testament saint, our call to suffering (according to God's will) is manifold and unescapable: Luke 9:23-24 (KJV) And he said to them all, If any man will come after me, let him deny himself, and take up his cross daily, and follow me. 24 For whosoever will save his life shall lose it: but whosoever will lose his life for my sake, the same shall save it.
2. Of course, God still blesses us in visible ways, and if we follow the Scriptures, we tend to see these blessings manifest according to His will. We, as a congregation, work hard for and trust God to bring about:
 - Biblical Disciples walking in joy and the power of the Holy Spirit (Matt 28:18-20; Acts 2)
 - Biblically Healthy Households according to the Scriptures (Eph 5, Col 3, 1 Pet 3)
 - Biblical Church Ministry, according to the Scriptures (Matt 16:18-19; Acts 2:42-47, all the epistles)
3. But Emmanuel's Rest (or resting in Christ) is more about the internal than the external, rejoicing in the midst of life's trials by faith even as we "are changed into the same image from glory to glory, even as by the Spirit of the Lord." (2 Cor 3:18) The biblical testimony is bountiful:
Matthew 5:10-12 (KJV) Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven. 11 Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake. 12 Rejoice, and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you.

Entering Into _____ Rest

1. God's promise to the Redeemed ones (Old and New Testament by faith) is Good News!
Mark 1:14-15 (KJV) Now after that John was put in prison, Jesus came into Galilee, preaching the gospel of the kingdom of God, 15 And saying, The time is fulfilled, and the kingdom of God is at hand: repent ye, and believe the gospel.
2. Those who have been saved by grace through faith are given eternal life in Jesus Christ!
John 5:24-25 (KJV) Verily, verily, I say unto you, He that heareth my word, and believeth on him that sent me, hath everlasting life, and shall not come into condemnation; but is passed from death unto life. 25 Verily, verily, I say unto you, The hour is coming, and now is, when the dead shall hear the voice of the Son of God: and they that hear shall live.
3. And because of that, they, upon death, enter into Eternal Rest! Hallelujah!
Revelation 14:12-13 (KJV) Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus. 13 And I heard a voice from heaven saying unto me, Write, Blessed are the dead which die in the Lord from henceforth: Yea, saith the Spirit, that they may rest from their labours; and their works do follow them.