

A DAY OF REST FROM LABOR

I. There remaineth therefore a rest

A. Heb. 4:1, 9

B. Two words for rest:

1. A rest or repose in a fixed or tranquil state v. 1,3,5,10
2. A keeping of a Sabbath; Sabbath rest; a blessed rest v.9

II. The Concept of rest

A. Gen.2:2 - A finished work

B. Ex. 16:22-26 - An advance provision

C. Josh. 21:43-45 - An enemy defeated

III. How we enter in

A. Listen – Today if you hear His voice

B. Labor to enter in – Labor in the Word until your heart rests