

OUT OF AND INTO Ex. 3:8; Deut. 6:23

Egypt



Wilderness



Canaan's Land

Red Sea

Jordan

Bondage

Cross over
in Salvation

Book of Numbers

Cross over
by faith

Promised Land

Hebrews 3

Hebrews 4

Stuck

Going forward

Forgiven

Not Fullness

Saved/miserable

Rest/victory

Living on the border
of something better

Receive God's best
Fulfillment

Not enough

Just enough

More than enough

Unbelief

Faith in His grace

THINGS THAT HELP US ENTER INTO REST

1. Listening

Hear his voice Heb. 3:7, 13, 15

Harden not your heart Heb. 3:8

Mix faith with what you hear Heb. 4:1-3

2. Laboring Heb. 4:11, 12

Study

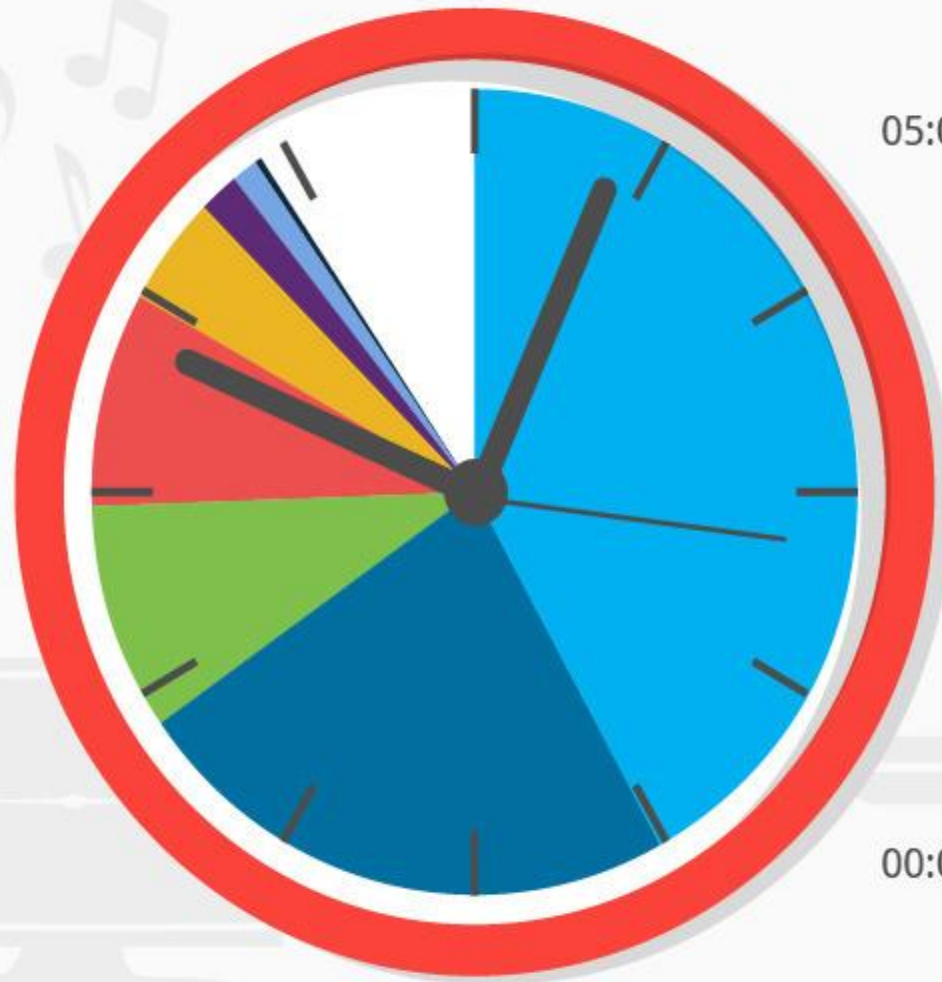
Give diligence

Spend time hearing the Word

3. Learning Matt. 11:27-30

Americans Spend 11 Hours A Day With Electronic Media

Average time American adults (18+) spend with electronic media in Q4 2013 (hours:minutes)



05:04 ■ Live TV

02:46 ■ Radio

01:07 ■ Smartphone

01:01 ■ Internet on a PC

00:32 ■ Timeshifted TV

00:12 ■ Game Console

00:09 ■ DVD / Blu Ray

00:02 ■ Multimedia Device



Source: Nielsen