

SPIRITUAL REST

I. Rest that continually remains

A. Hebrews 4

B. Rest in Creation, In the Law, and Canaan's land not the end of rest

II. A spiritual rest

A. Matt. 11:28-30 - Rest from the release of burdens

B. Heb. 4:9 - Rest from believing (faith in His grace)

- Word is Alive; Powerful; Sharper; Piercing; Discerning

C. Isaiah 28:11, 12 - Rest from praying in the spirit

1. 1st rest – resting place; place of repose

2. 2nd rest – to be at rest; settle oneself down; rest from vexation & calamities

3. refreshing - quieting