

# What's the Big Idea?

## Hebrews 4

### Sermon 2

A decorative graphic consisting of a solid teal horizontal bar, followed by a white horizontal bar, and then three thin, parallel white horizontal lines.

**May 27, 2018**

# A Day of Rest

## Hebrews 4:4 (HCSB)

**4 for somewhere He has spoken about the seventh day in this way: And on the seventh day God rested from all His works.**

## Exodus 20:8-11 (HCSB)

- 8 Remember the Sabbath day, to keep it holy:**  
**9 You are to labor six days and do all your work,**  
**10 but the seventh day is a Sabbath to the LORD your God. You must not do any work—you, your son or daughter, your male or female slave, your livestock, or the foreigner who is within your gates.**  
**11 For the LORD made the heavens and the earth, the sea, and everything in them in six days; then He rested on the seventh day. Therefore the LORD blessed the Sabbath day and declared it holy.**

**I. It's a command.**

**II. It's a gift.**

## Mark 2:27 (HCSB)

**<sup>27</sup> Then He told them, “The Sabbath was made for man and not man for the Sabbath.**

## Psalm 127:2 (HCSB)

**<sup>2</sup> In vain you get up early and stay up late, working hard to have enough food— yes, He gives sleep to the one He loves.**

# III. Plan a Day for rest.

**A. When will I rest?**

## Romans 14:5-6 (HCSB)

**5 One person considers one day to be above another day. Someone else considers every day to be the same. Each one must be fully convinced in his own mind.**

**6 Whoever observes the day, observes it for the honor of the Lord. Whoever eats, eats for the Lord, since he gives thanks to God; and whoever does not eat, it is for the Lord that he does not eat [it], yet he thanks God.**

# Colossians 2:16 (HCSB)

**<sup>16</sup> Therefore, don't let anyone judge you in regard to food and drink or in the matter of a festival or a new moon or a Sabbath day.**

**B. What does a day of rest look like?**

## Isaiah 58:13 (HCSB)

**“If you keep from desecrating the Sabbath, from doing whatever you want on My holy day; if you call the Sabbath a delight, and the holy [day] of the LORD honorable; if you honor it, not going your own ways, seeking your own pleasure, or talking too much;**



**1. Honor the Lord with that day.**

**2. Don't talk too much.**

# IV. Jesus is our rest.

## Matthew 11:28-30 (NKJV)

**<sup>28</sup> Come to Me, all *you* who labor and are heavy laden, and I will give you rest.**

**<sup>29</sup> Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.**

**<sup>30</sup> For My yoke *is* easy and My burden is light.**