



REST IN JESUS OUR REST

... BECAUSE NO ONE UNDERSTANDS LIKE JESUS

**... NO ONE UNDERSTANDS US AND CARES FOR US LIKE JESUS WHO IS OUR
PERFECT HIGH PRIEST AND THE SOURCE OF OUR ETERNAL SALVATION ...**



PART ONE

THERE IS A REST FOR THE PEOPLE OF GOD (HEBREWS 4:9–16)

1. There is a rest for the people of God, 4:9.

- (Hebrews 4:9 LSB) So there remains a Sabbath rest for the people of God.

2. God rested from his works and the one who enters his rest believes God and stops working to justify himself before God, 4:10.

- (Hebrews 4:10 LSB) For the one who has entered His rest has himself also rested from his works, as God did from His.

3. Our rest is based on the works of God which he sent Jesus the Son to finish which he did with the final work being his death on the cross.

- (John 5:36 LSB) But the witness I have is greater than the witness of John; for the works which the Father has given Me to finish—the very works that I do—bear witness about Me, that the Father has sent Me.
- (John 14:10 LSB) Do you not believe that I am in the Father, and the Father is in Me? The words that I say to you I do not speak from Myself, but the Father abiding in Me does His works.
- (John 19:28–30 LSB) After this, Jesus, knowing that all things had already been finished, in order to finish the Scripture, said, “I am thirsty.” 29 A jar full of sour wine was standing there; so they put a sponge full of the sour wine upon a branch of hyssop and brought it up to His mouth. 30 Therefore when Jesus had received the sour wine, He said, “It is finished!” And bowing His head, He gave up His spirit.

4. The Father gave his approval of the finished works of the Son when he raised him from the dead.

- (Acts 13:30 LSB) But God raised Him from the dead.
- (Romans 1:4 LSB) Who was designated as the Son of God in power, according to the Spirit of holiness, by the resurrection from the dead, Jesus Christ our Lord.
- (1 Corinthians 15:3–4 LSB) For I delivered to you as of first importance what I also

received, that Christ died for our sins according to the Scriptures, 4 and that He was buried, and that He was raised on the third day according to the Scriptures.

5. We are to be diligent to enter “that rest” where we actually rest or we will fall into the same type of disobedience as the ancient Israelites, 4:11.

- (Hebrews 4:11 LSB) Therefore let us be diligent to enter that rest, lest anyone fall into the same example of disobedience.
- A. We are to be diligent to enter “that rest”—the one in which we cease from all works.
- B. The disobedience warned against is not fully trusting God and consequently not resting in the salvation that God alone can provide.
- C. Continuing to work for what God has promised to provide is not humble religion but sinful pride.
 - (Romans 4:4–5 LSB) Now to the one who works, his wage is not counted according to grace, but according to what is due. 5 But to the one who does not work, but believes upon Him who justifies the ungodly, his faith is counted as righteousness.
- D. Coming to Jesus we find rest for our souls—the good way that Jeremiah prophesied.
 - (Matthew 11:28–30 LSB) Come to Me, all who are weary and heavy-laden, and I will give you rest. 29 Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and YOU WILL FIND REST FOR YOUR SOULS. 30 For My yoke is easy and My burden is light.
 - (Jeremiah 6:16 LSB) Thus says Yahweh, “Stand by the ways and see and ask for the ancient paths, Where the good way is, and walk in it; And you will find rest for your souls. But they said, ‘We will not walk in it.’”

6. The sharp, piercing word of God will identify which rest we are trusting in as the Spirit reveals the thoughts and intentions of our heart, 4:12.

- (Hebrews 4:12 LSB) For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, **and able to judge the thoughts and intentions of the heart.**

7. We should thank God for the ministry of his word as it exposes all our religious pretense and uncovers and lays us bare to the eyes of God, 4:13.

- (Hebrews 4:13 LSB) And there is no creature hidden from His sight, **but all things are uncovered and laid bare to the eyes of Him to whom we have an account to give.**

8. Once we are stripped down to our nothingness and realize that we have nothing except belief in Jesus Son of God upon which to stand, then we are ready to take hold of our confession, 4:14.

- (Hebrews 4:14 LSB) Therefore, since we

have a great high priest who has passed through the heavens, Jesus the Son of God, **let us take hold of our confession.**

9. We have a high priest who perfectly and powerfully sympathizes with us through this entire humbling, cleansing process, 4:15.

- (Hebrews 4:15 LSB) **For we do not have a high priest who cannot sympathize with our weaknesses,** but One who has been tempted in all things like we are, yet without sin.

10. Now we draw near to the throne of grace abounding and resting in the confident expectation of God's mercy and grace to help us in our time of need, 4:16.

- (Hebrews 4:16 LSB) **Therefore let us draw near with confidence to the throne of grace,** so that we may receive mercy and find grace to help in time of need.

PART TWO

**JESUS IS OUR REST—OUR SOURCE OF ETERNAL SALVATION
(HEBREWS 5:1-10)**

5:1 For ... This section provides further justification for believing God and resting in his provision of mercy and grace to help us in our time of need. We abound in hope when we grow in **our understanding of and our relationship to** Jesus Son of God—our high priest and the source of eternal salvation.

1. When we grow in the grace and knowledge of Jesus Christ—the source of our eternal salvation—we abound in hope and faith and we rest in him.

- (2 Peter 3:18 LSB) **But grow in the grace and knowledge of our Lord and Savior Jesus Christ.** To Him be the glory, both now and to the day of eternity. Amen.
- (John 10:10 LSB) The thief comes only to steal and kill and destroy; **I came that they may have life, and have it abundantly.**

2. Jesus Son of God fulfilled and exceeded the qualifications for priesthood and was appointed to be our high priest forever, 5:1-6.

- (Hebrews 5:1-6 LSB) **For every high priest taken from among men is appointed on behalf of men** in things pertaining to God, in order to offer both gifts and sacrifices for sins, 2 being able to deal gently with the ignorant and misguided, since he himself also is beset with weakness; 3 and because of it, he is obligated, just as for the people, to also offer sacrifices for sins in the same way for himself. 4 And no one takes this honor to himself, **but receives it when he is called by God,** even as Aaron was. 5 In this way also Christ did not glorify Himself to become a high priest, but He who said to Him, **"YOU ARE MY SON, TODAY I HAVE BEGOTTEN YOU"**; 6 just as He says also in another passage, **"YOU ARE A PRIEST FOREVER ACCORDING TO THE ORDER OF MELCHIZEDEK."**

A. The Son was taken from among men.

B. God specifically called the Son to be our high priest.

C. Christ exceeded the qualifications—he was sinless, he was called according to the order of Melchizedek.

D. The reference here to Melchizedek provides further proof of the superiority of the priesthood of Jesus in position and duration.

- (Genesis 14:18 LSB) And Melchizedek king of Salem brought out bread and wine; **now he was a priest of God Most High.**
- (Psalm 110:4 LSB) Yahweh has sworn and will not change His mind, **“You are a priest forever According to the order of Melchizedek.”**

- i. Jesus is superior to OT priests.
- ii. His priesthood is forever.

3. Jesus Son of God was perfected for the office of high priest through his suffering during the days of his flesh, 5:7-10.

- (Hebrews 5:7–10 LSB) He, **in the days of His flesh**, offered up both prayers and supplications with loud crying and tears to the One able to save Him from death, and He was heard because of His reverence. 8 Although He was a Son, He learned obedience from the things which He suffered. 9 **And having been made perfect, He became to all those who obey Him the source of eternal salvation**, 10 **being designated by God as a high priest according to the order of Melchizedek.**

A. There is no question as to Jesus' deity in regard to either his perfection or his holiness.

B. *“In the days of his flesh”* tells us that he was perfected as high priest during his time on earth.

C. The Son completed his mission to fulfill the role of high priest by living a righteous life in his humanity which led to his death on a cross.

D. Even as God's Son Jesus was not exempt from the necessary path of obedience set before him.

- (Philippians 2:5–8 LSB) Have this way of thinking in yourselves which was also in Christ Jesus, 6 **who, although existing in the form of God**, did not regard equality with God a thing to be grasped, 7 but emptied Himself, by taking the form of a slave, **by being made in the likeness of men**. 8 Being found in appearance as a man, **He humbled Himself by becoming obedient to the point of death**, even death on a cross.

E. It was necessary that Jesus learn to feel the complete range of human experience and emotion as a man living on this earth.

F. This process took place over “the days of his flesh” and was not just the climactic battles in the garden of Gethsemane and on the cross.

G. Jesus was heard because of his reverence.

H. Our God provides us with very powerful, compelling reasons as to why we should totally rest in him and believe that he is more than able to sympathize with our weaknesses.

- (Hebrews 4:15 LSB) **For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things like we are, yet without sin.**
- (Hebrews 2:17 LSB) Therefore, He had to be made like His brothers in all things, **so that He might become a merciful and faithful high priest in things pertaining to God**, to make propitiation for the sins of the people.

I. Upon completion of his righteous life of obedience which led to his death on a cross Jesus had fulfilled his mission to be high priest and the source of eternal salvation to all who obey him.

J. Jesus Son of God was designated by God in eternity past as our high priest and this was realized “in the days of his flesh.”

- (Ephesians 1:3–7 LSB) Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ, 4 **just as He chose us in Him before the foundation of the world**, that we would be holy and blameless before Him in love, 5 **by predestining us to adoption as sons through Jesus Christ to Himself, according to the good pleasure of His will**, 6 to the praise of the glory of His grace, which He graciously bestowed on us in the Beloved. 7 In Him we have redemption through His blood, the forgiveness of our transgressions, according to the riches of His grace

K. No one understands like Jesus.