

## **WE MUST PAUSE**

Hebrews 3-4

Our fast-paced lives naturally lead us to being busier, more stressed, and constantly exhausted. When we come to our senses, we are leading our lives as if Jesus had never been there. The rest He invites us to enjoy rapidly turns into a wasteland.

### **How can we silence the oppressive demands that prevent us from entering God's rest?**

#### **1. We must pause and... Consider Jesus**

- a. His supremacy over the angels (1:3,4)
- b. His supremacy over Moses (3:1-6)

#### **2. We must pause and... Search our Hearts**

- a. Hardened hearts lead to rebellion (3:7-11 / Psalm 95:7-11)
- b. Those who "share in Christ" break away from such rebellion (3:12-14)
- c. The rebellious live in the wilderness and are unable to enter His rest (3:15-18)

#### **3. We must pause and... TRUST AND OBEY**

- a. The community of faith is beneficial for obedience (4:1-2)
- b. Obedience is key (4:11)
- c. Faith comes from hearing the Word of God, which is alive and active (4:12-13)

**Obeying with procedural religiosity will not do.  
Only a heart that is truly transformed by the  
power of His Word will truly enter His rest.**

**Jesus, the radiance of the Glory of God,  
is the difference between Canaan and the Wasteland.  
We are ready for more when we leave our unbelief  
to find our hope in Christ alone.**

1. Jesus is all-sufficient, His supremacy is unmatched. Are you willing to come before him and recognize you are not enough?
2. Searching our hearts is a painful process but faith and obedience will lead you to God's rest. Are you willing to pause, surrender your whole self, and rest in Him?