



THE TRUTH ABOUT THE SABBATH (PART 3): GOD ALONE IS YOUR REST

Hebrews 4:1-16

By Paul Lamey

GOD ALONE IS YOUR REST (HEBREWS 4:1-16)



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Review

1. God Alone is Your Creator (Gen 2:1–3)

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2. God Alone is Your Redeemer
(Deuteronomy 5:12–15)

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C. It's confident hope (w. 14–16)

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“The promise of rest is future, the work of God that achieves it is past, and all that remains is for people to enter it in the present.”

—Jesse Johnson

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What is the Sabbath today?



“Better to say that there is a Sabbath rest for the people of God, and it is not connected to a day of the week but rather to a Spirit in the heart. It is entered by ceasing to labor for salvation, ceasing to hold-up law keeping as a ground for covenant identity, and instead resting in the finished work of Christ on the cross.”

—Jesse Johnson