Home of the Soul; Hebrews 4:9-10

1. Rest
	1. We all need and want rest
		1. The world record for no sleep is 264 hours or 11 days
		2. After only 3 or 4 nights you can start to hallucinate
		3. The effects of sleep deprivation are cognitive impairment (the ability to think clearly), irritability, delusions, paranoia, psychosis (an impaired relationship with reality)
	2. “If for the prize we have striven, after our labors are o’re. Rest to our souls will be given on the eternal shore”
2. Sabbath
	1. Rest is a biblical concept beginning with creation
		1. Genesis 2:1–3 (ESV) 1 Thus the heavens and the earth were finished, and all the host of them. 2 And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. 3 So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.
	2. The Sabbath
		1. Under the Law of Moses rest was required on the 7th day. It was called the Sabbath
		2. The word ‘Sabbath’ is a transliteration from the Hebrew into the Greek and also English (sabbat in Hebrew, sabbaton in Greek, and sabbath in English)
		3. It is the seventh day of the week in Israel’s calendar, marked by rest from work and by special religious ceremonies [[1]](#footnote-1)
		4. The leading Rabbi’s in Israel created many laws concerning the Sabbath, but Jesus reminded them it was all about rest, not about laws
		5. Matthew 12:1-8
		6. Mark 2:27–28 (ESV) 27 And he said to them, “The Sabbath was made for man, not man for the Sabbath. 28 So the Son of Man is lord even of the Sabbath.”
3. Be Still
	1. “Yes, a sweet rest is remaining for the true children of God”
	2. Hebrews 4:9–10 (ESV) 9 So then, there remains a Sabbath rest for the people of God, 10 for whoever has entered God’s rest has also rested from his works as God did from his.
	3. We know that heaven is our home, that we are citizens of the kingdom, that we have been delivered from the domain of darkness and transferred into the kingdom of His beloved Son (Colossians 1:13)
		1. So, we have no anxiety or worry (or, we should have none)
		2. Jesus tells us, “Do not be anxious about your life” in Matthew 6:25
		3. Yet, we are anxious
		4. Anxious – experiencing worry, unease, or nervousness, typically about an imminent event or something with an uncertain outcome.
			1. We worry about finances
			2. We worry about health
			3. We worry about family
			4. Life is more than the things we need to survive, “is not life more than food, and the body more than clothing” (Matthew 6:25b)
			5. Matthew 6:26-33
	4. We must rest, we must be still!
	5. Psalm 46:1-11
	6. Amid war, natural disasters, God’s judgment on nations, be still and know the He is God!
4. Lean
	1. “Soon the bright homeland adorning we shall behold the glad dawn. Lean on the lord till the morning, trust till the night is gone.”
	2. We choose (so often) to lean on other things, don’t we?
	3. There are some that get lost in the feeling of being high, that separation from reality (from either drugs or alcohol)
		1. We get caught up in addiction and depend on the substance to save us
		2. There is no substance that God has created that can save you!
		3. Only the precious blood of Jesus
		4. Quit leaning on drugs and alcohol, get help (professional) and lean on the Lord!
	4. There are some that get lost in themselves and their abilities to succeed
		1. We chase power
		2. We want to get to the top; we fight, claw, scratch our way up not caring who we hurt on the way
		3. You have no power to save yourself, only the precious blood of Jesus can do that
		4. We are already at the top; Kingdom residence is the absolute top!
		5. Quit leaning on yourselves and lean on the Lord!
	5. There are some who put more trust in wealth
		1. We chase the “almighty” dollar
		2. We think that as long as we have money, we can buy whatever we need
		3. We cannot buy salvation
		4. There is not enough money in the world to buy salvation
		5. Philippians 3:8 (ESV) 8 Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ
		6. Knowing Christ is the greatest amount of wealth that there ever can be!
		7. Quit leaning on money and lean on the Lord!
	6. There are some who think that they don’t deserve God’s love and salvation
		1. We look at ourselves as worthless, not deserving of anyone’s love, much less God’s love
		2. We are too fat, too thin, too tall, too short, too beautiful, too ugly, too dumb, not socially acceptable, etc.
		3. We have been created in the very image of the Almighty God of the covenant
		4. Therefore, God said in Exodus 20, you shall not make any carved image (of God)
		5. God made the ultimate sacrifice for us, so that we can spend eternity with Him; He values us
		6. Think of Jesus’ suffering from the garden to His crucifixion
		7. God values you! He wants so spend eternity with YOU!
	7. “Lean on the Lord till the morning. Trust till the night is gone”
5. Home of the Soul
	1. We all need rest
	2. We all need the confidence of salvation (no anxiety)
	3. We all need to lean on and trust the Savior
	4. “Home of the soul, beautiful home. There we shall rest, never to roam. Free from all care, happy and bright. Jesus is there, He is the light”
	5. “Oft in the storm, lonely are we. Sighing for home, longing for thee. Beautiful home of the ransomed beside the crystal sea”
1. William Arndt et al., [*A Greek-English Lexicon of the New Testament and Other Early Christian Literature*](https://ref.ly/logosres/bdag?ref=Page.p+909&off=2752&ctx=%3b+Philo%2c+Joseph.)%0a%E2%91%A0+~the+seventh+day+of+t) (Chicago: University of Chicago Press, 2000), 909. [↑](#footnote-ref-1)