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THE BEREANS

ACTS 17:11

Hebrews 4:11-16
Lesson #11
Help in time of need
03/17/2024

1

The majesty of Christ

HEBREWS

4:11-16
Getting Help

(Where can we get help in finding peace?)

2

God's purpose for His creation?

Man is the crown of the creation.

Sabbath is the point of the creation.

Man's purpose is to enter God's Sabbath rest (peace), which is the key to the door of freedom to love, which is the heart of Christ and the glory of God.

3

Hebrews 4

“1 Therefore, let us fear lest, while a **promise remains** of entering **His rest**, any one of you should seem to have come short of it.”

Resting in peace has three spheres.

- Reconciliation with God** **REST IN PEACE** before God by **FAITH**.
- Response to life** **REST IN PEACE** before suffering by **FAITH**.
- Resurrection to heaven** **REST IN PEACE** - for eternity by **FAITH**.

4

Among the most often repeated words of Jesus are **“fear not”** and

Matthew 13:9
“He who has an ear to hear, **let him hear.**”

James 1:19
“... be **quick to hear, slow to speak and slow to anger.**”

If we want to enter HIS REST we must grow antenna, not horns.

5

Hebrews 4

“11 Let us therefore be diligent to enter that rest, lest anyone **fall** through following **the same example of disobedience.**

- grow antenna, not horns,
1. Learn from Israel's example

- **False expectations** (Ex.16)
- **Short memory** (Num.14)
- **Misplaced hope** (Ex.32)
- **Fear of obstructions** (Num.13)

Each can keep us from “resting in peace”

6

Hebrews 4

“¹² 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.** ¹³ And there is no creature hidden from His sight, but **all things are open and laid bare** to the eyes of Him with whom we have to do.”

- grow antenna, not horns,
2. Learn from our weaknesses.

We can't change what we don't acknowledge.

7

**Disobedience starts on the inside
(the heart level) of our lives.**

Matthew 23

“²⁷ Woe to you, scribes and Pharisees, hypocrites! For you are like whitewashed tombs which on the **outside** appear beautiful, but **inside** they are full of dead men's bones and all uncleanness. ²⁸ Even so you too outwardly appear righteous to men, but inwardly you are full of hypocrisy and lawlessness.”

8

Know yourself

- being honest with yourself is the first step to peace.

Accept yourself

- applying God's grace to yourself by faith is step two.

Get over yourself

- a sign that you are healthy and postured to serve.

Give yourself

- walking in the way of the Cross by the power of the Holy Spirit in obedient response to the Word of God.

9

So where does the examination start?

Significance
Security

Anxiety
Anger

Relationships
Responses


Image

Money

Sex

Hot spots

Soul Audit



10

Hebrews 4

“¹⁴ Since then we have a great high priest who has passed through the heavens, Jesus the Son of God, let us **hold fast our confession.** ¹⁵ For we do not have a high priest who cannot **sympathize with our weaknesses**, but One who has been tempted in all things as we are, yet without sin.”

- grow antenna, not horns,
3. Learn from Jesus' temptation

Hebrews 5:8

“Although He was a Son, He learned obedience from the things which He suffered.”

11

The temptation of Jesus and all humanity




Matthew 4

Change the circumstances!

“³ **Command** that these stones become bread.”

Claim the promises!

⁶ **He will command His angels concerning you** so that you will not strike your foot against a stone.”

Compromise the means!

⁹ All these things I will give you, **if you (prostrate yourself before) me.**”

12

Hebrews 4
 “16 Let us therefore draw near with **confidence** to the throne of grace, that we may **receive mercy and may find grace to help** in time of need.”

- grow antenna, not horns,
4. Learn from trusting God in the dark.

Psalm 23:4
 “Even though I walk through the valley of the shadow of death, **I fear no evil for You are with me;**”

- **EXPECT** - to learn from circumstances
- **PRAY** - for insight, faith, & courage
- **RESPOND** - to life with confidence

13

Luke 10 (Mary and Martha)

“38 Now as they were traveling along, He entered a certain village; and a woman named Martha welcomed Him and she had a sister who sat at His feet, listening to His word, seated at His feet. 40 But Martha was distracted with all her preparations; and she came up to Him and said, “Lord, do You not care that I am troubled and bothered about all these things; 42 but only a few things are necessary, really only one, for Mary has chosen the good part, which shall not be taken away from her.””

Expectations, Perspective, Priorities

ANGER

Anxiety

Insight

14

Anger and Anxiety are not sins so much as signs of idolatry (misplaces faith, hope, or love).

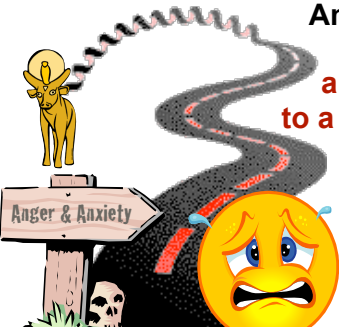
Victims don't get BETTER and BRIGHTER. they get BITTER and BLINDER As slaves to FEAR (anger & anxiety).



15

Anger and Anxiety are not the real problem.

Anger & anxiety can reflect a commitment to a false messianic hope.



16

Hebrews

Next week 5:1-10

The order of Melchizedek



17