

The Better Rest
Hebrews 4:1-11 (NLT)

Main Idea: God's promise of rest is a live and vibrant invitation for present-day believers to actively partner with God and enjoy His peace.

Introduction: Stairs or Elevator?

1. The Promise of a Generous God – REST! (vv. 1–3a)

2. Don't be the people who stop short (vv. 3b–5)

3. Trust God and step in (vv. 6–11)

4. How to enter God's rest

- **Listen** – “Today, if you will hear His voice...”
- **Believe** – The message must be mixed with faith.
- **Strive** and **Thrive** – “Let us do our best to enter that place of rest.”

Conclusion:

God is inviting you into a partnership or rest 'Today'. Will you join Him and trade the exhausting battle of self-improvement for the deep peace of fulfilling His purpose?