

Jesus is better!
Hebrews 4:1-11

FOLLOWING THE MESSAGE

3 MEANINGS OF REST

1.) REST - ceasing from work

Stop doing what you're doing. Exertion and labor is over

2.) REST - freedom from what disturbs you [worry]

It means to be inwardly quiet, composed, peaceful

3.) God's REST - at peace w/God, to possess the perfect peace He gives

Two components to God's REST:

a) The first rest is "peace with God" (Romans 5:1)

b) The second rest is the "peace of God" (Philippians 4:6-7)