



I. The promise still stands. (1, 3-8)

II. Trust God with abandon to enter rest. Believe.

- We have heard the good news. (2)
- Believe (2-3)
- Strive to enter. Don't strive to rest. (11)

Rest is confidence in Jesus' completed work and continuing work, resulting in worship. (9-10)

- The sabbath was a constant reminder to the people that they could trust God to provide.
- The sabbath is more than just a day to rest. It was a day to worship. (Ps 95:1-7)

How does this apply to me?



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