

**MESSAGE: BETTER REST, Part 3 – Living the Faith-Rest Life!**  
**SERIES: Book of Hebrews: Better Than – Living the Upgrade**  
**Text: Hebrews 4:10-16 CSB, pew Bible page 1063**  
**Heritage Church, Van Buren, AR**  
**October 26, 2025**

**BIG IDEA: We MAINTAIN REST by approaching God's throne boldly with our real struggles.**

### **HOW DO YOU LIVE THE FAITH-REST LIFE?**

#### **1. PURSUE SABBATH REST ASSERTIVELY**

**Hebrews 4:10-11 CSB** *For the person who has entered his rest has rested from his own works, just as God did from his. <sup>11</sup> Let us, then, **make every effort to enter that rest**, so that no one will fall into the same pattern of disobedience.*

**Application Questions:** What false rest (distraction, numbing, avoidance) are you pursuing instead of God's true rest? Where do you need to "*make every effort*" this week to reject unbelief and embrace faith? What daily discipline would help you maintain the rest God offers?

#### **2. LET GOD'S WORD SEARCH YOU**

**Hebrews 4:12-13** *For the word of God is **living and effective and sharper** than any double-edged sword, **penetrating** as far as the separation of soul and spirit, joints and marrow. It is **able to judge** the thoughts and intentions of the heart. <sup>13</sup> No creature is hidden from him, but **all things are naked and exposed to the eyes of him** to whom we must **give an account**.*

**Andrew Murray** -- "The rest of faith is impossible without the honesty of self-examination. God's Word must be allowed to penetrate and divide - not to condemn us, but to free us from self-deception."

**Application Questions:** What are you hiding from God that's exhausting you? Are you willing to let Scripture penetrate and divide, trusting that God's purpose is freedom, not condemnation?

#### **3. APPROACH GOD'S THRONE BOLDLY**

**Hebrews 4:14-16** *Therefore, since we have a great high priest who has passed through the heavens—Jesus the Son of God—let us **hold fast to our confession**. <sup>15</sup> For we do not have a high priest who is unable to **sympathize** with our weaknesses, but one who has been tempted in every way as we are, yet without sin. <sup>16</sup> Therefore, let us **approach the throne of grace with boldness**, so that we may receive mercy and find grace to help us in time of need.*

**Andrew Murray** -- "The faith-rest life reaches its apex at the throne of grace. Here we cease from our works completely and receive what only God can give - mercy for past failures, grace for present needs, and confidence for future challenges."

**Application Questions:** Do you approach God with confidence or with timidity and shame? How would your prayer life change if you truly believed Jesus sympathizes with your weaknesses?

**The Invitation Still Stands: Andrew Murray** -- "The throne of grace is not for the perfect but for the weak. It is not for those who have attained but for those who are in need. Come boldly, not because of who you are, but because of who He is - the great High Priest who sympathizes with your weaknesses."

**NEXT STEP:** For the next 30 days, spend the first 15 minutes of each day practicing "**Throne Time - Come Boldly.**"