# Abide Series Goal

- How to hear God's voice so you can find His purpose for you and His joy! (Meaning)

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- How to hear God's voice so you can find His purpose for you and His joy! (Meaning)

- How to experience God's power so you can be free of sin and shame! (Freedom)

## Hebrews 4:1-3

Therefore, since the promise to enter His rest remains, let us beware that none of you be found to have fallen short. For we also have received the good news just as they did. But the message they heard did not benefit them, since they were not united with those who heard it in faith.

## Hebrews 4:1-3

For we who have believed enter
the rest, in keeping with what he
has said, So I swore in my anger,
“They will not enter My rest,”
even though His works have
been finished since the
foundation of the world.

## Hebrews 4:4-7

For somewhere He has spoken
about the seventh day in this
way: And on the seventh day
God rested from all His works.
Again, in that passage He says,
They will never enter My rest.
Therefore, since it remains for
some to enter it, and those who
formerly received the good news
did not enter because of
disobedience,

## Hebrews 4:4-7

He again specifies a certain day
—today. He specified this
speaking through David after
such a long time:
Today, if you hear His voice,
do not harden your hearts.
For if Joshua had given them
rest, God would not have spoken
later about another day.

## Hebrews 4:8-11

Therefore, a Sabbath rest
remains for God's people. For
the person who has entered His
rest has rested from his own
works, just as God did from His.
Let us, then, make every effort to
enter that rest, so that no one will
fall into the same pattern of
disobedience.

## Hebrews 12:1

Therefore, since we also have such a large cloud of witnesses surrounding us, let us lay aside every hindrance and the sin that so easily ensnares us. Let us run with endurance the race that lies before us

# Abide Series Goal

- How to hear God's voice so you can find His purpose for you and His joy! (Meaning)

- How to experience God's power so you can be free of sin and shame! (Freedom)

- How to remain in God's ways so you can reach the horizon of human possibility! (Maturity)

| Date | Topic |
| --- | --- |
| January 11th | Fasting |
| January 18th | Confession |
| January 25th | Gratitude |
| February 1st | Generosity |
| February 8th | Celebration |
| February 15th | Rest |
| February 22nd | Church |
| Feb 23-April 5 | Daily Lenten Rule of Life |

# I’m Tired of Driving All The Time

- Driving Statistics

· Daily Drive:

**Americans average 60.7 minutes behind the wheel every day.**

*AAA Foundation for Traffic Safety, "2023 American Driving Survey" (2024).*

· Annual Toll:

**This adds up to ~17,600 minutes (roughly 15 full days) per year.**

*AAA Foundation for Traffic Safety, "2023 American Driving Survey" (2024).*

· The Parent Multiplier:

**On days with sports/activities, parents spend 3 hours and 23 minutes on driving, prep, and attendance.**

*Aspen Institute Project Play, "State of Play 2025."*

# I’m Tired of Not Getting Enough Sleep

· Adult Deprivation:

**30-45% of adults are chronically sleep-deprived.**

*CDC, "Chronic Disease Indicators: Sleep Health" (2025)*

· The Teen Crisis:

**77% of High School Students do not get enough sleep.**

*CDC, "Youth Risk Behavior Survey" (2024)*

· Clinical Impact:

**70 million Americans suffer from a chronic sleep disorder.**

*American Academy of Sleep Medicine (AASM), "2025 Policy Brief."*

# I’m Tired of Trying to Stay Caught Up

- **The average U.S. adult now spends 7 hours and 2 minutes per day on screens.**

  *DataReportal / DemandSage, "Global Digital Statshot 2026."*

- **52% of U.S. adults report they are "worn out" by the amount of news today.**

  *Pew Research Center, "Americans’ Relationship With News" (Feb 2026)*

- **The average American has 13 TV shows and 16 movies on their "Watchlist" at any given time.**

  *OnePoll / Plex, "The State of Streaming Study" (Industry Benchmark).*

## The Biblical Story of Rest

**Creation** — God Delights

Genesis 2:2–3

**Covenant** — God Commands

Exodus 20:8–11

**Conquest** — God Secures

Joshua 21:44

**Comfort** — God Sustains

Psalms 23:1–3

**Christ** — God Invites

Matthew 11:28–29

**Book of Hebrews**: Written to a congregation of Jewish-Christians likely in Rome

**Book's Goal**: Teach That Jesus is Greater and Explain The New Covenant

**Section Focus**: Israelites Lacked Faith and Therefore Refused God's Rest

**Passage Goal**: Don't Make Their Mistake

Sermon Flow:

The Participation of Rest –
Hebrews 4:1-7

The Paradox of Rest –
Hebrews 4:8-9

# Rest Is Anchored in Faith – vv.1-3

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the rest, in keeping with what he
has said, So I swore in my anger,
“They will not enter My rest,”
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Rest Is a Response.
to God’s Invitation
– vv. 4-7

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remains for God's people. For
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rest has rested from his own
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Let us, then, make every effort to
enter that rest, so that no one will
fall into the same pattern of
disobedience.

Rest Is Not Earned,
It’s Given

Rest Is Not Something
We Do, It’s Something
We Enter

## Hebrews 4:11

Let us, then, make every effort to enter that rest, so that no one will fall into the same pattern of disobedience.

## Hebrews 12:1

Therefore, since we also have such a large cloud of witnesses surrounding us, let us lay aside every hindrance and the sin that so easily ensnares us. Let us run with endurance the race that lies before us

## Saturday Practice:

1) Do A Self-Examen – “Am I Living In God’s Rest In This Season?”

2) Review Your Calendar and Find 4 Hours To Practice Rest