

b) Meditation on God and His Word – not just Bible reading

Psalm 4:4, NASB – “Tremble, and do not sin; Meditate in your heart upon your bed, and be still [at rest]. Selah.”

c) Private prayer and worship – communing with God

Philippians 3:3, NASB – “... worship in the Spirit of God and glory in Christ Jesus and put no confidence in the flesh.”

d) Thought transformation

Philippians 4:8, NASB – “Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, let your mind dwell on these things.”

Romans 12:2, NASB – “And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what the will of God is, that which is good and acceptable and perfect.”

e) Low-impact exercise – walks, hiking, canoeing, especially around nature

8. The Core Issue In Entering Soul-Rest, Is To Hear Jesus’ Voice

Revelation 1:10,12-16, NIV – (10) “On the Lord's Day I was in the Spirit, and I heard behind me a loud voice like a trumpet. (12) I turned around to see the voice that was speaking to me. And when I turned I saw seven golden lampstands, (13) and among the lampstands was someone “like a son of man”, dressed in a robe reaching down to his feet and with a golden sash around his chest. (14) His head and hair were white like wool, as white as snow, and his eyes were like blazing fire. (15) His feet were like bronze glowing in a furnace, and his voice was like the sound of rushing waters. (16) In his right hand he held seven stars, and out of his mouth came a sharp double-edged sword. His face was like the sun shining in all its brilliance.”

Matthew 14:26-27, NIV – (26) When the disciples saw him walking on the lake, they were terrified. “It is a ghost”, they said, and cried out in fear. (27) But Jesus immediately said to them: “Take courage! It is I. Don't be afraid.”

CONCLUSION

Isaiah 28:11-12, NIV – (11) Very well then, with foreign lips and strange tongues God will speak to this people, (12) to whom he said, “This is the resting place, let the weary rest”; and, “This is the place of repose” -- but they would not listen.

Hebrews 4:7, NASB – “... Today if you hear His voice, do not harden your hearts.”

For further study: Hebrews 3:7-4:14

SOUL TRANSFORMATION

Part 2 – Entering “Soul-Rest”

June 17, 2007 – David Hibbert

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REVIEW

1. Salvation Is An Event And A Process

John 3:5-6, NIV – (5) Jesus answered, “I tell you the truth, no one can enter the kingdom of God unless he is born of water and the Spirit. (6) Flesh gives birth to flesh, but the Spirit gives birth to spirit.”

1 Peter 1:6,9, NIV – “(6) In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds, of trials ... (9) for you are receiving the goal of your faith, the salvation of your souls.”

2. Are You “Needs-Driven” Or “Spirit-Led”?

Romans 8:13, NIV – “For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live.”

3. The Necessity And Benefit Of Trials

1 Peter 1:6,9, NIV – “(6) In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds, of trials ... (9) for you are receiving the goal of your faith, the salvation of your souls.”

THE PROMISE OF "SOUL-REST"

1. Soul-Rest Is Our Greatest Weapon Against Needs-Driven Behaviour

Matthew 11:28, NASB – “Come to Me, all who are weary and heavy-laden, and I will give you rest.”

2. Soul-Rest Is The Result Of Intimacy With God

Exodus 33:14, NIV – “The LORD replied, My Presence will go with you, and I will give you rest.”

3. Soul-Rest Is An Open Invitation For Each One Of Us

Matthew 11:28-30, NIV – “(28) Come to me, all you who are weary and burdened, and I will give you rest. (29) Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. (30) For my yoke is easy and my burden is light.”

INSIGHTS INTO ATTAINING SOUL-REST

Hebrews 4:1-12, NIV – (1) Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it. (2) For we also have had the gospel preached to us, just as they did; but the message they heard was of no value to them, because those who heard did not combine it with faith. (3) Now we who have believed enter that rest, just as God has said, “So I declared on oath in my anger, They shall never enter my rest.” And yet his work has been finished since the creation of the world. (4) For somewhere he has spoken about the seventh day in these words: “And on the seventh day God rested from all his work.” (5) And again in the passage above he says, “They shall never enter my rest.” (6) It still remains that some will enter that rest, and those who formerly had the gospel preached to them did not go in, because of their disobedience. (7) Therefore God again set a certain day, calling it Today, when a long time later he spoke through David, as was said before: “Today, if you hear his voice, do not harden your hearts.” (8) For if Joshua had given them rest, God would not have spoken later about another day. (9) “There remains, then, a Sabbath-rest for the people of God; (10) for anyone who enters God's rest also rests from his own work, just as God did from his. (11) Let us, therefore, make every effort to enter that rest, so that no one will fall by following their example of disobedience. (12) For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

1. Soul-Rest Can Be Missed If We Do Not Exercise Proper Care

Hebrews 4:1, NIV – (1) Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it.

2. Entering Soul-Rest Requires The Exercise Of Faith

Hebrews 4:2-3, NIV – (2) For we also have had the gospel preached to us, just as they did; but the message they heard was of no value to them, because those who heard did not combine it with faith. (3) Now we who have believed enter that rest.

3. Disobedience Robs Us Of Soul-Rest

Hebrews 4:6, NIV – (6) It still remains that some will enter that rest, and those who formerly had the gospel preached to them did not go in, because of their disobedience.

4. Soul-Rest Requires Hearing And Heeding God's Voice

Hebrews 4:7, NIV – (7) ... Today, if you hear his voice, do not harden your hearts.

Galatians 6:8, NIV – The one who sows to please his flesh, from that flesh will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life.

5. Soul-Rest Requires Ceasing From Our Work

Hebrews 4:9-10, NIV – (9) There remains, then, a Sabbath-rest for the people of God; (10) for anyone who enters God's rest also rests from his own work, just as God did from his.

Matthew 7:21-23, NIV – (21) “Not everyone who says to me, Lord, Lord, will enter the kingdom of heaven, but only he who does the will of my Father who is in heaven. (22) Many will say to me on that day, ‘Lord, Lord, did we not prophesy in your name, and in your name drive out demons and perform many miracles?’ (23) Then I will tell them plainly, ‘I never knew you. Away from me, you evildoers!’”

1 Corinthians 4:3-4, NIV – (3) “I care very little if I am judged by you or by any human court; indeed, I do not even judge myself (4) My conscience is clear, but that does not make me innocent. It is the Lord who judges me.”

1 Corinthians 4:5, NIV – “Therefore judge nothing before the appointed time; wait till the Lord comes, He will bring to light what is hidden in darkness and will expose the motives of men's hearts. At that time each will receive his praise from God.”

6. Soul-Rest Is Developed By Letting God Separate The Works Of The Soul From The Works Of The Spirit

Hebrews 4:12, NIV – (12) For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.”

1 Corinthians 3:10-15, NIV – “(10) By the grace God has given me, I laid a foundation as an expert builder, and someone else is building on it. But each one should be careful how he builds. For no one can lay any foundation other than the one already laid, which is Jesus Christ. (11) If any man builds on this foundation using gold, silver, costly stones, wood, hay or straw, (12) his work will be shown for what it is, because the Day will bring it to light. (13) It will be revealed with fire, and the fire will test the quality of each man's work. (14) If what he has built survives, he will receive his reward. (15) If it is burned up, he will suffer loss; he himself will be saved, but only as one escaping through the flames.”

7. Attaining Soul-Rest Requires Effort

Hebrews 4:12, NIV – (11) Let us, therefore, make every effort to enter that rest, so that no one will fall by following their example of disobedience.

a) Soaking – spending time in God's presence

Exodus 33:14, NASB – “My presence shall go with you, and I will give you rest.”