

# Avoiding the Stress Trap 3

Hope Community Christian Church – November 8, 2015  
www.hopecommunitysite.com

Ephesians 5:15-20, Philippians 4:4-9, Luke 12:22-34, Hebrews 10:19-39

Hebrews 4:1-16 NIV

## ***A Sabbath-Rest for the People of God***

4Therefore, **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.*** 2For we also have had the good news proclaimed to us, just as they did; but the message they heard was of no value to them, because ***they did not share the faith of those who obeyed.***

3Now ***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 works have been finished since the creation of the world. 4For somewhere he has spoken about the seventh day in these words: “On the seventh day God rested from all his works.” 5And again in the passage above he says, “They shall never enter my rest.”

6Therefore since it still remains for some to enter that rest, and since those who formerly had the good news proclaimed to them did not go in because of their disobedience, 7God again set a certain day, calling it “Today.” This he did when a long time later he spoke through David, as in the passage already quoted: “Today, if you hear his voice, ***do not harden your hearts.***”

8For if Joshua had given them rest, God would not have spoken later about another day. 9There remains, then, a Sabbath-rest for the people of God; 10***for anyone who enters God’s rest also rests from their works***, just as God did from his. 11Let us, therefore, ***make every effort to enter that rest***, so that no one will perish by following their example of disobedience.

12For ***the word of God is alive 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. 13Nothing in all creation is hidden from God’s sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account.

## ***Jesus the Great High Priest***

14Therefore, ***since we have a great high priest who has ascended into heaven***, Jesus the Son of God, let us hold firmly to the faith we profess. 15For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. 16***Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.***

Wise Living - Ephesians 5:15-20

Thankfulness and Good Thinking - Philippians 4:4-9

Worry and Fear - Luke 12:22-34

Surrendering To His Lordship – Hebrews 10:19-39

## **Entering Into God's Rest... Hebrews 4:1-16**

- God's rest is a promise that HE offers us vs. 1
- It is something that we can miss vs. 1
  - through disobedience to His leading/commands – lack of faith vs. 2 & 7
  - a lack of focus (not being refined by God's Word vs. 12-13)
- God's rest is something that we receive, but that we also work at to realize vs. 10
  - Much like eating, wear food is provided, but we must prepare it and actually eat it.

- You can't do this without God's Word vs. 12-13
- You can't do this without accessing His grace from the throne room through Jesus our High Priest vs. 14-16
  - We need to ask for it – it's a right of a King's kid
  - We need to receive it – take it in

### Applying the Principles....

- **Making Decisions vs. Unstable Perfectionism (Eph. 4:14 & James 1:6)**
  - indecision leads to being tossed to and fro
  - God says that He directs the paths of the righteous so MAKE A DECISION! (Prov. 3:5-6)
- **Growing In Experience & Maturity**
  - You're not going to be good at stuff that you have little experience with... Even Jesus made mistakes growing up and yet He grew in wisdom & stature and in favour with God & Mankind (Luke 2:52)
- **The Results are up to God**
  - Shadrach, Meshach and Abed-nego from Daniel 3 – They were going to obey whether they lived or died!
- **Bend like the Reeds & the Roses**
  - Roses & Reeds grow together in groups (Heb 10:25)
  - Deep roots (Eph. 3:14-19 – Col. 2:7) & feet firmly planted (Eph. 6)
  - Armour is for protection – sharp edges-spikes (Eph. 6)
  - Learn when to fight and when to forgive
    - Devil wants to steal, kill and destroy us (John 10:10)
    - Mark 3:27 – It's time to plunder the strong man's house!!!
    - Calling on the Angelic Army of the Lord (Matt. 26:52-54)
    - Psalm 144:1 Blessed be the Lord, my rock, who trains my hands for war, and my fingers for battle;
    - Matthew 5:38-39 “You have heard that it was said, ‘An eye for an eye and a tooth for a tooth.’ But I say to you, Do not resist the one who is evil. But if anyone slaps you on the right cheek, turn to him the other also.

## Announcements:

[www.hopecommunitysite.com](http://www.hopecommunitysite.com)

705-812-2833

**Morning Prayer Monday to Friday 9 to 10 am at the church**

**Woman's Walking/Exercise Group – Tuesday's 7:00 pm at the church**

**Mom's Hangout – Wednesdays 10-11:30 am...** A time for Moms and kid's to hang out and get to know each other.

**Upward Basketball:** Grades SK to 6 **Wednesday nights & Saturday mornings** contact **Barry Elliott at 705-955-4893.**

**God Squad Jr. High: Thursdays, 6:30 to 7:30 pm.** Students grades 6-8 are invited to this great program.

**Sr. High Youth: Thursdays: 7:30 to 8:45 pm.** Students grades 9-12

**Good Food Box** – Orders on the **first Monday** of each month from 3-6 pm and pick up on the **third Wednesday** of each month from 3-6 pm. Fresh Fruit and Vegetables... Small box \$10, Large box \$15

**Communion Lunch Meal** – First Sunday Service (10:00 am) of each month as part of the morning service. Invite a friend and bring food to share in this pot luck style meal.

**Men's Promise Keepers Conference:** November 13 & 14 at Queensway Church in Toronto Tickets are \$60 (\$50 if

we can get a group of 10)