



Hebrews 4

4:1 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.'"

Psalms 95:7-11

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."

Genesis 2:2

5 And again in the passage above he says,

"They shall never enter my rest."

Psalms 95:7-11

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."

Psalms 95:7-11

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. 13 Nothing 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.

14 Therefore, since we have a great high priest who has gone through the heavens, Jesus the Son of God, let us hold firmly to the faith we profess. 15 For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet was without sin. 16 Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

The promise of rest is ancient

- ▶ The writer of Hebrews (Chapters 3-4) compares the **rest** of the promised land of Canaan with the **rest** of Christian salvation.
- ▶ The Israelites could/would have **rested** in Canaan, but they (those who came out of Egypt) were unbelieving and disobedient.
- ▶ **Resting** in the Lord is experienced by believing in his **promise/gospel**, living in his precepts, and walking in his provision.

▲ The promise of rest was rejected in the desert (1440-1400 BC)

—They were defiant – and they were denied

3:7 So, as the Holy Spirit says: "Today, if you hear his voice, 8 do not harden your hearts as you did in the rebellion, during the time of testing in the desert, 9 where your fathers tested and tried me and for forty years saw what I did. 10 That is why I was angry with that generation, and I said, 'Their hearts are always going astray, and they have not known my ways.' 11 So I declared on oath in my anger, 'They shall never enter my rest.'"

—They were disbelieving – and they were denied

4:2 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.'"

Numbers 32:10 The LORD's anger was aroused that day and he swore this oath: 11 'Because they have not followed me wholeheartedly, not one of the men twenty years old or more who came up out of Egypt will see the land I promised on oath to Abraham, Isaac and Jacob— 12 not one except Caleb son of Jephunneh the Kenizzite and Joshua son of Nun, for they followed the LORD wholeheartedly.' 13 The LORD's anger burned against Israel and he made them wander in the desert forty years, until the whole generation of those who had done evil in his sight was gone.

▲ The promise was revisited by David (1000 BC)

—God's rest is an ancient concept about completion

4:3 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."

—God's rest is an available commodity

4:5 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."

▲ The promise was reissued with definition (50-97 AD)

—Today is a day of reissuing the promise of God

4:8 For if Joshua had given them rest, God would not have spoken later about another day.

—Today is a day for resting in the promise of God

4:9 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.

Jesus spoke about an effective Sabbath-rest

Matthew 11:28 "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."

John wrote about an eternal Sabbath-rest

Revelation 14:13 Then I heard a voice from heaven say, "Write: Blessed are the dead who die in the Lord from now on." "Yes," says the Spirit, "they will rest from their labor, for their deeds will follow them.""

The promise of rest is available

▲ The promise of God's rest still stands

—We must believe the gospel fully — and carefully

4:1 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,

—We must believe the gospel fervently — and carefully

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

▲ The promise of God's rest still speaks

—God's word speaks into our souls and spirits

4:12 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.

—God's word sees into our souls and spirits

4:13 Nothing 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.

The promise of rest is attainable

▲ We have a great priest

—Jesus serves and saves

4:14 Therefore, since we have a great high priest who has gone through the heavens, Jesus the Son of God, let us hold firmly to the faith we profess.

—Jesus sympathizes

4:15 For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet was without sin.

▲ We have a great privilege

—Heaven is approachable

4:16 Let us then approach the throne of grace with confidence,

—Help is available

4:16 so that we may receive mercy and find grace to help us in our time of need.

Psalm 95

- 1 Come, let us sing for joy to the LORD;
let us shout aloud to the Rock of our salvation.
- 2 Let us come before him with thanksgiving
and extol him with music and song.
- 3 For the LORD is the great God,
the great King above all gods.
- 4 In his hand are the depths of the earth,
and the mountain peaks belong to him.
- 5 The sea is his, for he made it,
and his hands formed the dry land.
- 6 Come, let us bow down in worship,
let us kneel before the LORD our Maker;
- 7 for he is our God
and we are the people of his pasture,
the flock under his care.
- Today, if you hear his voice,
- 8 do not harden your hearts as you did at Meribah,
as you did that day at Massah in the desert,
- 9 where your fathers tested and tried me,
though they had seen what I did.
- 10 For forty years I was angry with that generation;
I said, "They are a people whose hearts go astray,
and they have not known my ways."
- 11 So I declared on oath in my anger,
"They shall never enter my rest."

Though Psalm 95 is untitled in the Hebrew text, the writer of Hebrews ascribes the authorship to David in Hebrews 4:7. The Septuagint and the Latin Vulgate also credit David as author of this psalm.

The LORD's Angry Oath

Numbers 32:10-13

Numbers 32:10 The LORD's anger was aroused that day and he swore this oath: 11 'Because they have not followed me wholeheartedly, not one of the men twenty years old or more who came up out of Egypt will see the land I promised on oath to Abraham, Isaac and Jacob— 12 not one except Caleb son of Jephunneh the Kenizzite and Joshua son of Nun, for they followed the LORD wholeheartedly.' 13 The LORD's anger burned against Israel and he made them wander in the desert forty years, until the whole generation of those who had done evil in his sight was gone.

Creation and the Seventh Day

Genesis 2:1-3

Genesis 2:1 Thus the heavens and the earth were completed in all their vast array. 2 By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. 3 And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

The Sabbath Law

Exodus 20:8-11

Exodus 20:8 "Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your work, 10 but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. 11 For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

Jesus Is Lord of the Sabbath

Mark 2:27-28

Mark 2:27 Then Jesus said to them, "The Sabbath was made for man, not man for the Sabbath. 28 So the Son of Man is Lord even of the Sabbath."