

God's Rest

Hebrews 4:1–10 (NKJV)

1 Therefore, since a promise remains of entering **His rest**, let us fear lest any of you seem to have come short of it.

2 For indeed the gospel was preached to us as well as to them; but the word which they heard did not profit them, not being mixed with faith in those who heard it.

3 For we who have believed do enter **that rest**, as He has said: “So I swore in My wrath, ‘They shall not enter **My rest**,’ ” **although the works were finished from the foundation of the world.**

4 For He has spoken in a certain place of the seventh day in this way: **“And God rested on the seventh day from all His works”**;

5 And again in this place: “They shall not enter **My rest**.”

6 Since therefore it remains that some must enter it, and those to whom it was first preached did not enter because of disobedience,

7 again He designates a certain day, saying in David, “Today,” after such a long time, as it has been said: “Today, if you will hear His voice, Do not harden your hearts.”

8 For if Joshua had given them rest, then He would not afterward have spoken of another day.

9 There remains therefore a rest for the people of God.

10 For he who has entered **His rest** has himself also **ceased** from his works **as God did from His**.

Genesis 2:1–3 (NKJV)

1 Thus the heavens and the earth, and all the host of them, were finished.

2 And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done.

3 Then God blessed the seventh day and sanctified it, because in it **He rested from all His work which God had created and made.**

Exodus 20:11 (NKJV)

11 For in six days the LORD made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore, the LORD blessed the **Sabbath** day and hallowed it.

Foundation: founding - the act of starting for the first time, especially referring to the creation of the world.

God's rest is a rest (sabbath) of completion and satisfaction: change—a change of state from activity or work to a cessation from work that results in a feeling of refreshing tranquility and an absence of tension or worry, especially that God provides.

Exodus 20:11 ...**Sabbath...**

A day of rest and worship at the end of the seven-day week cycle, lasting from Friday evening until Saturday evening.

Exodus 31:16–17 (NKJV)

16 Therefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations as a perpetual covenant.

17 It is a sign between Me and the children of Israel forever; for in six days the LORD made the heavens and the earth, and on the seventh day He rested and was refreshed."

Psalm 95:7–11 (NKJV)

7 For He is our God, And we are the people of His pasture, And the sheep of His hand. Today, if you will hear His voice:

8 "Do not harden your hearts, as in the rebellion, As in the day of trial in the wilderness,

9 When your fathers tested Me; They tried Me, though they saw My work.

10 For forty years I was grieved with that generation, And said, 'It is a people who go astray in their hearts, And they do not know My ways.'

11 So I swore in My wrath, 'They shall not enter My rest.' "

The writer of Hebrews explains, 4:7–11, that if the rest of earthly Canaan (the rest entered by Joshua, Caleb, and the second generation of wilderness Israelites around 1450 B.C.) exhausted God's promise of a rest for His people, then the Holy Spirit would not have spoken five hundred years later through David (in the 95th Psalm) of a future "day" during which "God's rest" would be offered to God's people. The "today" of Psalm 95 refers not to David's day but to the day of full and actual salvation (the gospel day), which was opened up after Christ's atonement for sin.

So, after Joshua had led the children of Israel into the earthly Canaan-land rest, there yet remained "a rest" (a keeping of a Sabbath) to the people of God, 4:9.

Hebrews 4:9 There remains therefore a rest for the people of God.

1. Christians have partially entered this rest (Matt. 11:28)—We are resting from working our way into God's favor.

Matthew 11:25–30 (NKJV)

25 At that time Jesus answered and said, “I thank You, Father, Lord of heaven and earth, that You have hidden these things from the wise and prudent and have revealed them to babes.

26 Even so, Father, for so it seemed good in Your sight.

27 All things have been delivered to Me by My Father, and no one knows the Son except the Father. Nor does anyone know the Father except the Son, and the one to whom the Son wills to reveal Him.

28 Come to Me, all you who labor and are heavy laden, and I will give you rest.

29 Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.

30 For My yoke is easy and My burden is light.”

2. Christians are progressively entering more fully into this rest (Matt. 11:29)—We, through progressive sanctification, are entering more fully into this rest. We are resting more and more from selfish works, from worry, from fear of apostasy, from fear of death, etc.

3. Christians will fully enter this rest on resurrection morning (Heb. 4:9–11)—We will then rest from our selfish works, from our struggles with sin, and from our earthly labors for Christ.

Hebrews 4:9–11 (NKJV)

9 There remains therefore a rest for the people of God.

10 For he who has entered His rest has himself also ceased from his works as God did from His.

11 Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience.

Isaiah 11:10 (NKJV)

10 “And in that day there shall be a Root of Jesse, Who shall stand as a banner to the people; For the Gentiles shall seek Him, And His resting place shall be glorious.”

Matthew 23:4 (NKJV)

4 For they bind heavy burdens, hard to bear, and lay them on men’s shoulders; but they themselves will not move them with one of their fingers.

Genesis 3:17–19 (NKJV)

17 Then to Adam He said, “Because you have heeded the voice of your wife, and have eaten from the tree of which I commanded you, saying, ‘You shall not eat of it’: “Cursed is the ground for your sake; In toil you shall eat of it All the days of your life.

18 Both thorns and thistles it shall bring forth for you, And you shall eat the herb of the field.

Yet in all this labor, there can be rest to our souls as we acknowledge Him all our ways as He directs our paths

19 In the sweat of your face you shall eat bread Till you return to the ground, For out of it you were taken; For dust you are, And to dust you shall return.”