

# Hebrews

## Lesson 4

### Greatness of our Salvation 4:1-16

#### The Rest of God

Hebrews 4 recorded how the people of God in the desert failed to enter His **rest**, the promised land. (see attached study chart) The message they heard didn't do them any good. That generation rebelled and did not believe the promise that God had given them. Only Caleb and Joshua and their families escaped God's judgment. All the others died off in the wilderness journey over the next 40 years. In their older age, these two were finally allowed to possess their inheritance and enjoy God's promised **rest**.

Since the time of Moses and Joshua until today, there remains a spiritual **rest** for each generation of God's people. This is symbolized by the promise of the land of Canaan for the people of God traced throughout the Old Testament. People today have the opportunity to receive enduring spiritual **rest** by saving faith in Christ, by accepting His completed work on the Cross. It is not possible by human effort. Instead, we enjoy enduring spiritual **rest** by receiving Jesus Christ as our Savior, Lord and High Priest.

God's work in creation and human redemption is complete, even for our sanctification. All that lacks is for us to join God in this **rest** by faith. This was God's message to the faith-wavering Hebrews. It is also God's message to us in our world of restlessness and chaos. Are you experiencing the **rest** of God daily?

**Thought of the day:** Jesus our compassionate High Priest is in Heaven and always ready to give us mercy and grace to aid us in time of need!

#### Charlie Stoner

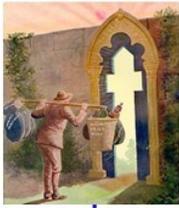
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ENTERING THE REST OF GOD BY FAITH

God:



A Problem in the Past

**The message heard was of no value**  
 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 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. 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 WORKS have been FINISHED since the CREATION of the WORLD. 4 For somewhere he has SPOKEN about the SEVENTH DAY in these words: “On the SEVENTH day **GOD RESTED** from ALL his WORKS.” 5 And AGAIN in the passage above he says, “THEY shall NEVER ENTER my **REST**.”

**God's rest, His oath, His anger & works**



A Promise for the Present

**Remains a sabbath-rest for God's people**  
 6—THEREFORE since it still REMAINS for some to **Disobedience** ENTER that **REST**, and since those who FORMERLY had the GOOD NEWS proclaimed to them did NOT go in because of their DISOBEDIENCE, 7 **GOD** 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.” 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 their WORKS, just as **GOD** did from his. 11 LET US, therefore, make EVERY EFFORT to ENTER that **REST**, so that NO ONE will PERISH by FOLLOWING their EXAMPLE of DISOBEDIENCE.

**God's day, His people & His rest**

**Four Strong Exhortations:**

- >Do not harden your hearts, v. 7.
- >Make every effort to enter that rest, v. 11.
- >Hold firmly to the faith, v. 14.
- >Approach God's Throne of Grace, v. 16.

The Word, Alive & Active

**It Penetrates & Judges**  
 12—For **the WORD of GOD** is ALIVE and ACTIVE. **Word of God** 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.

**God's Word & His Eyes**



Our Compassionate High Priest

**Let us approach God**  
 14—Therefore, since we have a GREAT HIGH PRIEST **High Priest** who has ASCENDED into HEAVEN, 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 EMPATHIZE with our WEAKNESSES, but we have ONE...TEMPTED in EVERY way, just AS WE—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. 16

**God's Son & Throne**



(1) Am I taking advantage of the rest of God today? (2) There are decisive moments in the Christian life when we choose to believe or not to believe God's promises, as seen in the negative experiences of Israel in the desert, v. 2. (3) Even if wanting to, mankind cannot escape the penetrating power of the Word of God when He moves in hearts, v. 12. (4) The rest of God was pictured by the political peace and rest Israel reached in conquering the promised land. (5) Since then, God's people of every generation are promised a spiritual rest by believing and obeying His Word (there remains then a sabbath-rest, v. 9). (6) This spiritual rest is not by personal effort but only possible through our High Priest who already conquered this victory for us. (7) The warning to the Hebrews was this: if they rejected God's rest through unbelief, they would be severely judged, just as the rebellious generation in the wilderness was judged. (8) The author of Hebrews is saying: Pay attention! Cease from your useless works! Enter the rest of God by faith! If you do not obey and believe, the Word of God with its relentless power will judge you! (v. 12) (9) The author invited the Hebrew believers to approach the Throne of Grace boldly by faith to receive all they needed for their arduous earthly pilgrimage, v. 16. (10) Jesus, our compassionate High Priest in Heaven is always ready to hear our prayers and help us as well!