

### **Hebrews 4:1-16**

#### **The Believer's Rest**

Therefore, let us **fear** if, while a promise remains of **entering His rest**, any one of you may seem to have come short of it. For indeed we have had **good news preached** to us, just as they also; but the **word** they heard did not profit them, because it was not united by faith in those who heard. For we who have **believed** enter that rest, just as He has said, "As I swore in My wrath, They shall not enter My rest," although **His works were finished from the foundation of the world**. For He has said somewhere concerning the **seventh day**: "And God rested on the seventh day from all His works"; and again in this passage, "They shall not enter My rest." Therefore, since it remains for some to enter it, and those who formerly had good news preached to them failed to enter because of disobedience, He again fixes a certain day, "Today," saying through David after so long a time just as has been said before, "**Today** if you hear His voice, Do not harden your hearts." For if Joshua had given them rest, He would not have spoken of another day after that. So there remains a **Sabbath rest for the people of God**. For the one who has entered His rest has himself also rested from his works, as God did from His. Therefore let us be diligent to enter that rest, so that no one will fall, through following the same example of disobedience. For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart. And there is no creature hidden from His sight, but all things are open and laid bare to the eyes of Him with whom we have to do. Therefore, since we have a great high priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as we are, yet without sin. Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.

God gave the Israelites a promise. God promised to free the Israelites from the slavery of Egypt and take them to the promised land. God also promised Moses that His presence would go with him and give him rest. (Exodus 33:14) It was disobedience that caused The Israelites to:

- fall into slavery,
- not to enter the promised land and
- not to enter the rest that God had prepared for them.

#### **FEAR**

The young people use an acronym (**FOMO**) Fear of Missing Out. We must have a fear of missing out on what God has prepared for us. We can miss out on the promise just as the Israelites did. It is our choice to receive or reject the promise. The Word says to work out your salvation with Fear and trembling. (**Philippians 2:12**). Being FOMO is an excitement and determination to be part of what is happening. Be part of what is happening. Let us be eager not to miss out.

#### **PROMISE**

God is not a man that He should lie. (**Numbers 23:19**). God has given us the same promise that He gave the Israelites that we can enter His rest. We are reassured in the scripture that we still qualify for this promise today. Jesus said he is going to prepare a room for us. (**John 14:3**) He has done the preparation, we must just come. The room reminds me of a place of rest. Let us grab hold of this promise.

#### **ENTERING**

If we stand outside in the rain, we will get wet. When we enter a building, we can be sheltered from the rain. To be sheltered we need to enter the building. As long as we stay outside, we will be exposed to the elements. God has called us to enter to find rest. If we remain outside, we will be exposed to the elements. Let us enter and not be an outsider.

## **HIS REST**

### ***Genesis 2:1-3***

*Thus the heavens and the earth were completed, and all their hosts. By the seventh day God completed His work which He had done, and He rested on the seventh day from all His work which He had done. Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.*

Why did God that created the universe have to rest? God is not a man that gets tired. God did not have to rest, He chose purposefully to rest. The rest referred to is Shabbat, meaning to cease doing. So instead of doing more, God stopped doing. Everything God created was perfect and there was no more to do. When Jesus hung on the cross, He cried out Tetelestai. Tetelestai means it is finished or paid in full. When something is finished or paid in full there is no more to do or to pay. It is done. We can enter His rest (Shabbat - place of no more doing) because He has done everything. For this reason, the life by the law was replaced by life in the Spirit. **(Rom 8)** Life under the law was all about what I had to do. Life in the Spirit is all about what He has done. So no longer are we saved by works that we can boast. Not that our works could ever make us qualify under the Law.

### ***Ephesians 2:8-10***

*For by grace you have been saved through faith; and that not of yourselves, it is the gift of God; not as a result of works, so that no one may boast. For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them.*

Note, the scripture above states that we are created in Christ, so we can walk in good works. In Christ all is complete. Let us find our rest in Christ.

## **GOOD NEWS**

The promise that we can enter His rest is good news to us. The Good news is Christ who gave His life so that we could live. The good news is that Christ has done everything for us. We must receive Christ to receive the promise. When we are in Christ, we are complete. When we enter a building, people on the outside can only see the building, not the people inside. When we enter Christ, people can only see Christ. When we have good news, we cannot wait to tell others about it. Let us take this good news to others.

## **HOW DO WE ENTER HIS REST?**

We enter His rest through faith. Every promise in our lives as Christians depends on our response in faith. The Israelites heard the promises, but they did not believe it. The Israelites were grumblers complaining about their situations instead of trusting God. They even blamed God and Moses for the circumstances they found themselves in. They were faithless even though they experienced supernatural provision of food, clothes, water and miracles. Faith comes from hearing, and hearing by the Word of God. **(Romans 10:17)** This is a time where we need to spend time in the Word and not in the news. Everybody heard the same Word, but only those who responded to the Word in faith could enter the promise. We need to act on the Word, as Faith without works is dead. **(James 2:17)**. The Word is God. **(John 1)** Spending time in the Word is spending time with God. In this time, spend time with God, spend time in the Word. Respond to the Word so that you can be in the Word and the Word can be in you. Only in Him can we experience the rest and peace that surpasses all understanding in a time when the world is in disarray. Let us enter with praise and thanksgiving.

### ***Psalms 95:1-11***

#### ***Praise to the Lord, and Warning against Unbelief.***

*O come, let us sing for joy to the Lord, Let us shout joyfully to the rock of our salvation. Let us come before His presence with thanksgiving, Let us shout joyfully to Him with psalms. For the Lord is a great God And a great King above all gods, In whose hand are the depths of the earth, The peaks of the mountains are His also. The sea is His, for it was He who made it, And His hands formed the dry land. Come, let us worship and bow down, Let us kneel before the Lord our Maker. For He is our God, And we are the people of His pasture and the sheep of His hand. Today, if you would hear His voice, Do not harden your hearts, as at Meribah, As in the day of Massah in the wilderness, "When your fathers tested Me, They tried Me, though they had seen My work. "For forty years I loathed that generation, And said they are a people who err in their heart, And they do not know My ways. "Therefore I swore in My anger, Truly they shall not enter into My rest."*