

Heb 4:1-5

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."

There are many things in this life which rob us of rest.

- Some struggle with fear or guilt,
- or worry, depression.

People have anxiety over the economy,

- over politics, cultural dangers,

These are real things which can rob a person of rest and of joy.

True rest only comes when a person puts his trust solely on Jesus,

That person will not only enjoy rest to his spirit in the moment,

- but he will enjoy that for all of eternity.

Ps 107:9

9 For He satisfies the longing soul,
And fills the hungry soul with goodness.

There was a promise of entering rest,

It was a lesser rest, but it was better than slavery.

Heb 1b,

let us fear lest any of you seem to have come short of it. (this is still speaking of God's rest)

The fear spoken of speaks of a reverent fear of God,

- not a fear as in terror.

"coming short," *hustēreō*

- be left behind in the race
- fail to reach the goal,

- to fall short of the end,
- to lack.

Paul used the same word in Romans 3:23

- all fall short of the glory of God.

Falling short is a present tense verb meaning

- “to lack, to be left behind or to miss the target.”

We can never reach God’s standard on our own,

- we will fall short.

In Hebrews, “falling short or coming short of”

- is to fail when the opportunity is in sight.

The author says in verse two that the gospel was preached to us as well as to them.

So he’s telling the Jews not to miss out on Jesus

- as their ancestors missed out on the promise Land.

They were so close, yet so far

- They could literally see it!

Instead of becoming emboldened by faith,

- they were filled with fear.

But not all were fearful

- Joshua and Caleb were confident in the Lord.

Not only were they confident,

- they tried to convince the Israelites
- to trust the Lord as well.

So confident were they in God’s message that they said:

Num 14:9

9 Only do not rebel against the Lord, nor fear the people of the land, for they are our bread; their protection has departed from them, and the Lord is with us. Do not fear them.”

That would be similar to us saying, “it’s a piece of cake, don’t sweat it.”

- As Christians we know the Lord is with us,
- Therefore, we should not fear our surroundings.

Joshua was a man standing as a model of courage,

- obedience and faith.

He was Moses' aide and military commander.

The Lord used Joshua in bringing Jericho down.

Why, because Joshua didn't have to touch the walls of Jericho,

- he only had to march around the city
- once a day for 6 days then 7 times on the 7th day,
- blow trumpets and shout.

It was then the wall of the city fell flat.

This showed the enemies of Israel

- that victory came to Israel
- from trusting and obeying God,

Heb 4:2b

2b but the word which they heard did not profit them, not being mixed with faith in those who heard it.

Do you all realize that hearing God's word is not enough.

- You've got to receive it by faith.

James said faith without works is dead.

Rom 10 says faith comes by hearing and hearing by the word of God.

Paul said, "how will they believe in Him whom they have not heard?"

Faith is not simply an intellectual agreement, but it's trusting God.

Paul had a sense of peace even thru hardship.

For example, he said in Phil 4 that

- he'd learned in all things to be content
- because it was Christ who strengthened him.

Paul's trust in God was unshakable.

2 Tim 1:12

12 For this reason I also suffer these things; nevertheless I am not ashamed, for I know whom I have believed and am persuaded that He is able to keep what I have committed to Him until that Day.

Gal 2:20

20 I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.

Paul said, to live is Christ and to die is gain.

What do you do with a person such as Paul.

- He was like, ok, go ahead and kill me,
- I'll be with Christ.

And if I live,

- I'll continue to serve Him
- and worship Him.

Heb 4:3

3 For we who have believed do enter that rest,

This specifically means,

- “we, who have wholeheartedly trusted, enter that rest.”

This is a contrasting verse, there are some that will enter God's rest

- because they hear the word and believe
- therefore, they enter by faith.

Then there are those that will not believe

- and will not enter God's rest.

as He has said:

"So I swore in My wrath,
'They shall not enter My rest,'" (the freed Hebrew slaves)

although the works were finished from the foundation of the world.

This is the third of 4 times the author will say, “they shall never enter my rest.”

Here the author is showing that God calls

- “the rest” being offered “my rest”
- because it's the rest that He Himself enjoys.

Who is it that enters that rest, we who have believed.

How do we know we are one of those who have believed?

Matt 7:20-24

20 Therefore by their fruits you will know them.

- How they conduct themselves
- How they treat others
- How they speak to others etc.

21 "Not everyone who says to Me, 'Lord, Lord,' shall enter the kingdom of heaven, but he who does the will of My Father in heaven.

The qualifier is "he who does the will of My Father in heaven."

22 Many will say to Me in that day, 'Lord, Lord, have we not prophesied in Your name, cast out demons in Your name, and done many wonders in Your name?' 23 And then I will declare to them, 'I never knew you; depart from Me, you who practice lawlessness!'

24 "Therefore whoever hears these sayings of Mine, and does them, I will liken him to a wise man who built his house on the rock:

Heb 4:4

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";

- He's giving the Genesis account
- "And God rested on the 7th day."

Heb 4:5

5 and again in this place: "They shall not enter My rest."

Heb 4:6-7

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."

The author was saying, hey, if you trust and believe in Him,

- you can enjoy that rest today.

The apostle Paul was a great example of someone who opposed Jesus,

- but God completely transformed his life.

God has a way of taking a heart of stone

- and replacing it with a heart of flesh.

Heb 4:8-9

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.

God gave the people of Israel rest under Joshua.

- the names Jesus and Joshua
- are identical under ancient Hebrew.

The name Joshua in Hebrew was “Yehoshua”

- meaning Yahweh is Salvation or The Lord Saves”

and after the exile from Babylon

- it was shortened to “Yeshua.”

Now, much like the Jews had rest under Joshua in the promise land,

- Christians have rest under Jesus.
- He’s the promised Messiah.

Jesus promised peace to believers, even those struggling believers:

John 14:27

27 Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

When we are walking in His presence He gives us peace.

When we find ourselves struggling in this world we’re living in,

- He gives us peace.

John 16:33

33 These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.”

But more than anything, if you find yourself at enmity or at war with God,

- be at ease.

Rom 5:1

1 Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ,

Because we’ve been justified by faith, we have peace with God.

Hearing was one ingredient,

- but without the second ingredient of faith,
- the message has no life changing affect.

So what is faith according to the bible:

Heb 11:1

1 Now faith is the substance of things hoped for, the evidence of things not seen.

In other words, it's the assurance, the guarantee or the proof of something.

Heb 4:10

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

Have you entered God's rest and you're no longer relying on your own efforts for salvation.

Heb 4:11

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

Rom 15:4

4 For whatever things were written before were written for our learning, that we through the patience and comfort of the Scriptures might have hope.

We've learned and we've been reading and learning about

- the disobedience of the Jews.

How can we guard against falling?

Col 3:16

16 Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.

If we were to store the gospel message in our heart, we'd be fine.

- The word "dwell" is to take up permanent residence.

Notice what our attitude toward God should be.

teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.

Col 3:17

17 And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him.

I've said this before, as a true bona fide Christian

- you can do whatever you want
- because you'll know that it won't be offensive to God.

If you have a question mark in your spirit,

- if you're wondering whether or not
- you should do something,
- then it's probably not something you should be doing.