

# Take Them (Scriptures) and Learn to Run

Hebrews 4:1-11  
(Week 1 of 3)



## Context – When Written

- Author unknown (not named in text)
- Jewish believers under persecution
- Some drifting back to Judaism
- Goal: Do not harden your hearts

## Context – Referring Back

- Hebrews 3 quotes Psalm 95
- Israel in wilderness after Exodus
- Delivered from Egypt yet hardened hearts
- Root issue: unbelief and disobedience

## Hebrews 3:18–19

**Hebrews 3:18-19, <sup>18</sup> And to whom did He swear that they would not enter His rest, but to those who did not obey? <sup>19</sup> So we see that they could not enter in because of unbelief.**

- did NOT enter into the Promised Land
- unbelief and disobedience

## Four Types of Rest

- 1. Creation Rest (Genesis)
- 2. Canaan Rest (Exodus)
- 3. Salvation Rest (Jesus)
- 4. Eternal Rest (eternity with Trinity)

## Hebrews 4:1-2

**Therefore, since a promise remains of entering His rest, let us fear lest any of you seem to have come short of it. <sup>2</sup> 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*.**

## **Hebrews 4:3**

**<sup>3</sup> 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.**

## Hebrews 4:4-5

**<sup>4</sup> 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”; <sup>5</sup> and again in this *place*: “They shall not enter My rest.”**

## Hebrews 4:6-7a

**<sup>6</sup> Since therefore it remains that some *must* enter it, and those to whom it was first preached did not enter because of disobedience, <sup>7</sup> again He designates a certain day, saying in David, “Today,” after such a long time, as it has been said:**

## **Hebrews 4:7b-9**

**“Today, if you will hear His voice, Do not harden your hearts.”**

**<sup>8</sup> For if Joshua had given them rest, then He would not afterward have spoken of another day. <sup>9</sup> There remains therefore a rest for the people of God.**

## Hebrews 4:10-11

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

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

## Hebrews 4:1

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

- **“Therefore...” Hebrews 3**, where Israel failed through unbelief.
- **“A promise remains...”** offered to the Exodus generation, yet was not completed by Joshua.
- **“Of entering His rest”** carries layered meaning.
- **“Let us fear”** take this seriously, pay attention.

- **“Lest any of you seem to have come short of it.”**
- **come short** means “to fail to arrive, to fall behind, to miss what was within reach.”
- His understanding and application of belief and obedience is anchored in TRUSTING HIM

## Hebrews 3:18-19

**<sup>18</sup> And to whom did He swear that they would not enter His rest, but to those who did not obey? <sup>19</sup> So we see that they could not enter in because of unbelief.**

- **would not enter His rest, but to those who did not obey**
- **could not enter in because of unbelief.**

REST:

Let your TRUST in God FUEL your  
belief and obedience.

(How do I apply this?)

## Hebrews 4:2

**<sup>2</sup> 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*.**

- **“to us as well as to them”** that same gospel message foreshadowed in the Exodus story ... we have now received through Christ
- **“did not profit”** ... defined as “to benefit, help, bring advantage” - no spiritual benefit
- **“Not being mixed with faith”** defined as “to mix together, blend thoroughly, unite” – cohesive whole

- knowing the truth
- does not produce the rest that God
- has for His people
- through belief and obedience
  
- what demonstrates and grows
- belief and obedience ... trusting God

REST:

Let your TRUST in God GROW  
your belief and obedience.

(How do I apply this?)

## Hebrews 4:3

- **For we who have believed do enter that rest,** present spiritual reality ... as
- **“So I swore in My wrath, ‘They shall not enter My rest,’** Israel’s past
- **”although the works were finished from the foundation of the world.** rest began at creation

## Hebrews 4:4

**<sup>4</sup> 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”**

- God rested because creation, His work was complete.

## Hebrews 4:5

**<sup>5</sup> and again in this *place*: “They shall not enter My rest.”**

- God’s rest existed and was available starting in creation, through the Exodus journey ... and was NOT accessed because of unbelief and disobedience.

## Hebrews 4:6

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

- same invitation of rest, is open and available today
- a lack of trust demonstrated by unbelief and disobedience.

## Hebrews 4:7

**<sup>7</sup> again He designates a certain day, saying in David, “Today,” after such a long time, as it has been said:**

- **Today** in **Psalm 95** when referencing the Exodus invitation into rest
- remember this would be approximately 400 years later

## Hebrews 4:7-9

**“Today, if you will hear His voice, Do not harden your hearts.”<sup>8</sup> For if Joshua had given them rest, then He would not afterward have spoken of another day.<sup>9</sup> There remains therefore a rest for the people of God.**

- the promise of rest still stands
  - the Exodus generation missed it
  - David proves it was available
  - invitation is still open...
- 
- barrier to this rest ...
  - unbelief and disobedience

## Hebrews 4:10

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

- **“Has entered His rest”** entering God’s completed work
- **“Has ceased from his works”** believer stops trying to earn what God secured

## Hebrews 4:11

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

- **“diligent”** is defined as “to strive, to be intentional”
- what one is to **be diligent** in ... **to enter that rest**

## Be INTENTIONAL

- they did not fail because of a lack of information or even demonstration of who God is.
- they failed because of a lack of trust demonstrated in their own lives through unbelief and disobedience.

**REST:**

Your entrance fee is paid

**THROUGH**

Christ's Completed Work

## Rest in what Christ has completed

- Let your TRUST in God FUEL belief and obedience
- Let your TRUST in God GROW belief and obedience
- Where is God challenging you to trust Him?
- Your entrance fee is paid - Cease from self-justifying works