

Hebrews 4 Pt 1 Strive to Rest

Jesus

Unbelief hinders the work of God in us...

Mark 6:5 [Nazareth] Now Jesus **could do no mighty work** there, except that He laid His hands on a few sick people and healed them. 6 And **He marveled because of their unbelief.**

Unbelief hindered the works of God through the disciples...

Mark 9:17 Then one of the crowd answered and said, "Teacher, I brought You my son, who has a mute spirit. 18 And wherever it seizes him, it throws him down; he foams at the mouth, gnashes his teeth, and becomes rigid. So I spoke to Your disciples, that they should cast it out, but they could not." 19 He answered him and said, "O faithless generation, how long shall I be with you? How long shall I bear with you? Bring him to Me." 21 [Jesus] asked his father, "How long has this been happening to him?" And he said, "From childhood. 22 And often he has thrown him both into the fire and into the water to destroy him. But **if You can do anything**, have compassion on us and help us." 23 Jesus said to him, "**If you can believe, all things are possible** to him who believes." 24 Immediately the father of the child cried out and said with tears...

v 23 lit. If You can! All things are possible to him who believes!
"Lord, I believe...help my unbelief!" Game time...

...25 When Jesus saw that the people came running together, He rebuked the unclean spirit, saying to it, "Deaf and dumb spirit, I command you, come out of him and enter him no more!" 26 Then the spirit cried out, convulsed him greatly, and came out of him. And he became as one dead, so that many said, "He is dead." 27 But **Jesus took him by the hand** and lifted him up, and he arose.

Matthew 17:19 Then the disciples came to Jesus privately and said, "Why could we not cast it out?" 20 So Jesus said to them, "**Because of your unbelief**".

Ch. 3 God's Promise to provide rest in the Promised Land was fulfilled
It was available yet never obtained due to their unbelief...not God's unfaithfulness

Hebrews 3:19 So we see that they could not enter in because of unbelief

I. Promise of Rest

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...** Since those in the wilderness did not access the promise due to unbelief

God's Promise of entering His rest is still available to us
Let's not hinder God's work in us by our unbelief...

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.

They heard God's Word but did not believe God's Word, thus...
God's life-changing Word did not change their lives

Matthew 13:20 But he who received the seed on stony places, this is he who hears the word and immediately receives it with joy; 21 yet he has no root in himself, but endures only for a while. For when tribulation or persecution arises because of the word, immediately he stumbles. 22 Now he who received seed among the thorns is he who hears the word, and the cares of this world and the deceitfulness of riches choke the word, and he becomes unfruitful. 23 But **he who received seed on the good ground** is he who **hears the word and understands it**, who indeed **bears fruit and produces**: some a hundredfold, some sixty, some thirty."

Good ground: A heart that hears God's Word/Receives God's Word
Believes God's Word/Does God's Word

James 1:21 Therefore lay aside all filthiness and overflow of wickedness [which keep you from God's Word] , and receive with meekness the implanted word, which is able to save your souls. 22 But be doers of the word, and not hearers only, deceiving yourselves

Only those who hear/believe God's Word will access God's Rest

3 For we who have believed **do enter that rest**

We heard the Word and Believed the Word
E.g. With regard to Salvation...

Matthew 11:28 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.

We believed the Word/The offer of rest for our souls
We accessed that rest by faith in Him who is faithful

3b... 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.

God's work to provide rest in the land was already accomplished
Just as the work to provide rest for our souls was already accomplished

Revelation 13:8... the **Lamb slain from the foundation of the world**.

Salvation/Sanctification/Glorification
God's Rest for our souls has been available since Creation...

2 Corinthians 4:6 For it is the God who commanded light to shine out of darkness, who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.

Although the work was finished and promise available
People did not receive it/Chose to complain against God rather than believe God

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.**"

God rested on the 7th day from all His works: Ready for man to enjoy
Work of Creation/Work of Salvation

God's Desire for Man: To rest in His finished work by faith
The finished work of Creation declares the finished work of Salvation

Romans 1:18 For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who suppress the truth in unrighteousness, 19 because what may be known of God is manifest in them, for God has shown it to them. 20 For since the creation of the world His invisible attributes are clearly seen, being understood by the things that are made, even His eternal power and Godhead, so that they are **without excuse**, 21 because, although they knew God, they did not glorify Him as God, nor were thankful, but became futile in their thoughts, and their foolish hearts were darkened. 22 Professing to be wise, they became fools,

IOWs Those refuse to believe God after considering His works will not enter Heaven
OT Those who did not believe God in the desert did not enter His rest

Housekeeping: Over 600,000 died in the wilderness. Does their not entering the Promised Land due to unbelief mean they died in the wilderness unsaved? The Promised Land was a picture of the Spirit-led life not Salvation. Those who died in the wilderness without trusting Christ for Salvation were not saved. Does not believing God could bring them into the Promised Land mean they did not believe in Christ for Salvation? Only God knows. [NJC]

Those who did not believe God in the desert did not enter His rest
Picture of not accessing all God has for us today

Hebrews 3:7 Therefore, as the Holy Spirit says: "Today, if you will hear His voice, 8 Do not harden your hearts as in the rebellion, In the day of trial in the wilderness, 9 Where your fathers tested Me, tried Me, And saw My works forty years. 10 Therefore I was angry with that generation, And said, 'They always go astray in their heart, And they have not known My ways.' 11 So I swore in My wrath, 'They shall not enter My rest.'" [David. Psalm 95]

Promise available yet not accessed due to unbelief
Q. Is there still a rest available for us? **A.** YES

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 [Psalm 95], "**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.**

God said there is a rest available
The first generation with Moses *did not enter*

The second generation with Joshua *did enter*
So why did David write 400 year later of another rest available today?

Joshua gave the people physical rest in the Promised Land
God said there is more for us...

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

The author is speaking to believers/People of God
People already resting in the finished work of Salvation

What is the rest that remains for today

- God's Rest following the work of Creation
- God's Rest following the work of Salvation: Rest of the Soul
- Peoples Rest after entering the Promised Land w/Joshua

Later David spoke of another rest...a rest available today!

This Rest is the rest of death to self/Rest of Life to God
Absolute submission to the Spirit of God resulting in the Resurrected life

Those who find God's Rest cease working for the world/devil
Start living for God/others

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

God's rest is available by faith
Spiritual Rest from our own works/Demands of the world/Influence of Satan

I want to enter in! Where do I begin?
What promise to believe that I might see?

Start by believing wholeheartedly
God is speaking and that you can hear His voice

John 10:27 My sheep hear My voice, and I know them, and they follow Me.

Isaiah 30:21 Your ears shall hear a word behind you, saying, "This is the way, walk in it,"
Whenever you turn to the right hand Or whenever you turn to the left.

IOWs Spirit Led life...Dead guys aren't bugged by anything

2 Timothy 2:11 This is a faithful saying: For if we died with Him, We shall also live with Him.

How great is this promise!
Die to self...Live by the Spirit...Leave it all w/God

Philippians 4:6 Be **anxious for nothing**, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

1 Peter 5:6 Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, 7 **casting all your care** upon Him, for He cares for you.

Enter into the Rest of Jesus
Not a request but a command all will be meticulously evaluated by...

II. Command to Rest

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

- Let us **therefore 8X in Hebrews**: Truth presented in vv 1-10 **then applied**. Here is what to do...

Strive to enter THAT Rest. God's Rest
Death to Self/Life to God...Or stay go back to the wilderness

- **Wilderness Life**

1. Struggling vs Victory
2. Worrying vs Trusting
3. Complaining vs Exhorting
4. Grieving God vs Blessing God
5. Thirsting vs Refreshing [Drinking world's saltwater]
6. Looking back vs Moving forward to the goal

To the Hebrew's who believe or have tasted Christ
Strive to enter the His rest or fall back into legalism

Galatians 5:4 You have become estranged from Christ, you who attempt to be justified by law; you have fallen from grace.

Galatians 3:3 re you so foolish? Having begun in the Spirit, are you now being made perfect by the flesh?

Enter that rest
Not a request but a command we will be meticulously evaluated by...

12 For **the word of God is living** and powerful, and sharper than any **two-edged sword** [machaira. Large knife], piercing even to the division of soul and spirit, and of joints and marrow, and is a discernor of the thoughts and **intentions of the heart**.

Word of God: Alive/Powerful

Sharper than any two-edged sword

- **Sword:** gr. *machaira*. Large knife

Ephesians 6:17 [Take] ...the **sword of the Spirit, which is the word of God...**

Dividing Soul and Spirit
Perfectly/Completely Diagnosing our Spiritual Health

- **Soul:** Who we are
- **Spirit:** What animates us

... the word penetrates to the inmost recesses of our spiritual being as a sword cuts through the joints and marrow of the body." [Vincent]

God's Written Word Reveals our Hearts and Minds
IOWs Our motives. The reasons we do what we do

Psalms 90:8 You have set our iniquities before You, **Our secret sins in the light** of Your countenance.

Proverbs 15:11 Hell and Destruction are before the Lord; So **how much more the hearts of the sons of men.**

In Context: Hebrews were moving away from Jesus not closer
Not striving to enter into God's Rest/Would rather stay in wilderness. Why?

- Not saved
- Backsliding

Often people wonder how a preacher's message can be so relevant to their life. They sometimes honestly wonder if the preacher has secret information about their life. But it isn't necessarily the preacher at all. It is the sharpness of the Word of God, delivering the message in just the right place. [Guzik] God's Word is Alive.

Reading/Preaching of God's written Word powerfully exposes hearts/minds
v13 Mid-thought the Written Word becomes the **Living Word...**

13 And there is **no creature hidden** from **His sight**, but all things are naked and open to the eyes of Him to whom **we must give account.**

Everyone will give an account to Jesus the Living Word
Based on our diligence/desire to enter in. Die to self/Live to God

John 12:48 He who **rejects Me**, and **does not receive My words**, has that which judges him—the word that I have spoken will judge him in the last day.

Believers/Non-believers will give an account to Jesus
Did you access the Rest available by Faith in My Word

- **Non-Believers at White Throne Judgment:** After the 1000 year reign of Christ

- **Believers at Bema Seat of Christ:** At death of Rapture whichever comes first

How much Jesus do you want? How dead are we willing to die that we might live?
How much are you willing to yield your heart/mind/feelings/thoughts to the Spirit

As we were saved by faith...So we must now walk in faith
Enjoy the Rest Jesus offers completed at Creation for us His New Creation

Romans 6:4 Therefore we were buried with Him through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so **we also should walk in newness of life.**

Colossians 2:6 As you therefore have **received Christ** Jesus the Lord, **so walk in Him**, 7 rooted and built up in Him and established in the faith, as you have been taught, **abounding in it with thanksgiving.**

This Rest is the rest of death to self/Resting in the Life to God
Absolute submission to the Spirit of God resulting in the Resurrected life

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Q. Where do I start?

A. Believe God speaks. Believe He is speaking to you. Believe what He says. Act