

The rest of God is not a day off; it's faith in the finished work of Jesus Christ.

Therefore, since a promise remains of entering His rest, let us fear lest any of you seem to have come short of it. (Hebrews 4:1 NKJV)

What is this rest?

For He [is] our God, And we [are] the people of His pasture, And the sheep of His hand. Today, if you will hear His voice: "Do not harden your hearts, as in the rebellion, As [in] the day of trial in the wilderness, When your fathers tested Me; They tried Me, though they saw My work. For forty years I was grieved with [that] generation, And said, 'It [is] a people who go astray in their hearts, And they do not know My ways.' So I swore in My wrath, 'They shall not enter My rest.' " (Psalm 95:7-11 NKJV)

Entering the Promised Land pictures ceasing from self-effort and trusting God's promises completely.

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 4:2 NKJV)

The same gospel that saves us was preached to Israel—freedom, land, rest—but it demanded a response of faith.

Unbelief isn't a lack of evidence; it's a heart that refuses to trust God's proven Word, even after miracles.

Now all these things happened to them as examples, and they were written for our admonition, upon whom the ends of the ages have come. (1 Corinthians 10:11 NKJV)

Faith is the catalyst that mixes God's gospel Word with our hearts, turning hearing into life-changing profit.

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 4:3 NKJV)

God's rest is not a prize for the strong; it's a refuge for the believing.

The same sun that melts wax hardens clay; the Word that comforts faith confronts unbelief. 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"; (Hebrews 4:4 NKJV)

The writer reaches all the way back to Genesis.

And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. (Genesis 2:2 NKJV)

The Sabbath is not a ladder to climb to God; it's a signpost pointing to what God has completed.

and again in this [place]: "They shall not enter My rest." (Hebrews 4:5 NKJV)

You can be surrounded by God's miracles and still miss God's rest if you harden your heart. Since therefore it remains that some [must] enter it, and those to whom it was first preached did not enter because of disobedience, (Hebrews 4:6 NKJV)

God's rest is still open—but it is entered by faith, not by effort.

"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.'" (Hebrews 4:7, NKJV)

The most dangerous word in the Christian life is 'later'; the most powerful word is 'today.'

Hebrews 4:1-11 The Rest of God
2/22/26 Calvary Chapel Titusville
Pastor Paul Andris

*“For if Joshua had given them rest, He would not afterward have spoken of another day.”
(Hebrews 4:8, NKJV)*

Joshua could take you into Canaan. Jesus takes you into God.

“There remains therefore a rest for the people of God.” (Hebrews 4:9, NKJV)

The Sabbath is a shadow. Jesus is the fulfillment.

“Do not think that I came to destroy the Law or the Prophets. I did not come to destroy but to fulfill.” (Matthew 5:17, NKJV)

So what does the Sabbath point to?

“For thus says the Lord God, the Holy One of Israel: ‘In returning and rest you shall be saved; In quietness and confidence shall be your strength.’” (Isaiah 30:15, NKJV)

The Sabbath doesn’t shout ‘Try harder’; it whispers, ‘Trust deeper.’

*“For he who has entered His rest has himself also ceased from his works as God did from His.”
(Hebrews 4:10, NKJV)*

We live like God is grading our week, and heaven is the report card.

***Entering God’s rest means you stop treating grace like a paycheck
and start receiving it like a gift.***

“One person esteems one day above another; another esteems every day alike. Let each be fully convinced in his own mind. He who observes the day, observes it to the Lord...” (Romans 14:5–6, NKJV)

When we make the day the basis of righteousness—we’ve moved from gospel to performance.

“So let no one judge you in food or in drink, or regarding a festival or a new moon or sabbaths, which are a shadow of things to come, but the substance is of Christ.” (Colossians 2:16–17, NKJV)

Sabbaths are the shadow; Christ is the substance—so don’t cling to the shadow when you have the Savior.

“Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience.” (Hebrews 4:11, NKJV)

The enemy of rest isn’t laziness—it’s unbelief dressed up as self-sufficiency.

Have You Entered His Rest?