

LESSON 13

Perfect Peace and Rest

Hebrews 4:9-11

Therefore, a Sabbath rest remains for God's people. For the person who has entered his rest has rested from his own works, just as God did from his. Let us, then, make every effort to enter that rest, so that no one will fall into the same pattern of disobedience, Hebrews 4:9-11.

Class Overview: Heaven is the place where all struggle ends, and perfect peace begins. Scripture promises that God will wipe away every tear, remove death and sorrow, and welcome His people into eternal rest. The curse of sin and the weariness of life will be gone, replaced by the security of God's presence and the joy of His Sabbath rest. This lesson helps us see how heaven answers our deepest longings for relief, renewal, and safety, and encourages us to persevere with hope until that day.

Class Objectives:

By the end of this class, you should be able to:

1. Explain what Revelation 21:4 and related passages teach about the end of earthly struggle.
 2. Describe the biblical vision of perfect peace in God's presence.
 3. Define the "Sabbath rest" of Hebrews 4:9–11 and how it is fulfilled in heaven.
 4. Contrast the temporary nature of earthly rest with the eternal rest of heaven.
 5. Apply the hope of heaven's peace and rest to daily struggles, griefs, and trials.
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Introduction:

When we purchased our property a few years ago, the back acre and a half was overgrown with honeysuckle trees and brush. There were stands of thorn bushes and broken limbs from years of neglect. As fall began, I began clearing things by hand. Throughout the winter, the work continued – clearing a section at a time. Days were filled with cutting trees, cutting firewood, piling branches and debris onto a burn pile. By early spring, it was done. But the work was exhausting. I can remember walking back to the house so worn out that I could barely think straight. My body ached and all I wanted was to get a shower and then collapse in a chair and rest. After some sleep, I felt better, but the rest never lasted. The next day brought out sore muscles, scratched skin, *and* more work to do. That's the way it is with earthly rest—it always runs out.

Thankfully, Scripture promises a rest that does not end. Revelation 14:13 says, "*Blessed are the dead who die in the Lord ... they will rest from their labors, since their works follow them.*" Revelation 21:4 assures us that every tear will be wiped away, and pain, grief, and death will be gone forever. The eternal city is not marked by striving and struggle, but by peace and rest.

The peace of heaven is not just the absence of conflict: it is the presence of God Himself. It is safety, security, and joy in His presence. It is what Jesus promised when He said, “*Come to me ... and I will give you rest*” (Matthew 11:28).

Heaven is the home of perfect peace and everlasting rest. The struggles that wear us down now will be finished. The griefs that break our hearts will be healed. In God’s presence, His people will rest secure forever.

The End of Struggle

He will wipe away every tear from their eyes. Death will be no more; grief, crying, and pain will be no more, because the previous things have passed away., Revelation 21:4.

From the Text

John’s vision assures us that in heaven, the struggles that define life on earth will finally end. Death, sorrow, pain, and tears, all marks of a broken world, will be gone forever. The curse that began in Eden is fully lifted in the eternal city.

Biblical Themes of the End of Struggle

- Isaiah 25:8: God will swallow up death forever and wipe away the tears from every face.
- Romans 8:18: “The sufferings of this present time are not worth comparing with the glory that is going to be revealed to us.”
- 1 Corinthians 15:54-55: Death is swallowed up in victory.
- 2 Corinthians 4:17: Our momentary light affliction is producing an absolutely incomparable eternal weight of glory.

The Experience of Heaven’s Rest

- No more sin to fight against. Temptation and weakness are gone.
- No more sorrow to endure. Grief, pain, and loss are healed.
- No more death to fear. Its power is broken forever.
- No more tears to shed. Every wound is healed by God’s own hand.

Application

- Heaven is the end of weariness: no more long days, no more exhaustion of body or spirit.
- Heaven is the end of grief: no more loss, no more empty places at the table.
- Heaven is the end of fear: no more waiting for the next hardship or trial.

The Presence of Peace

My people will dwell in a peaceful place, in safe and secure dwellings, and in undisturbed resting places., Isaiah 32:18.

From the Text

The peace of heaven is not simply the absence of conflict: it is the presence of God Himself. His presence assures safety, security, and calm. Isaiah's vision of God's people resting in secure dwellings finds its ultimate fulfillment in the heavenly city, where nothing can threaten or disturb again.

Biblical Themes of Peace in God's Presence

- Psalm 4:8: "I will both lie down and sleep in peace, for you alone, Lord, make me live in safety."
- Psalm 23:2: "He leads me beside quiet waters. He renews my life."
- Philippians 4:7: The peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.
- John 14:27: Jesus promised, "My peace I give to you. I do not give to you as the world gives."

The Experience of Peace in Heaven

- No danger to fear. God's protection is absolute.
- No unrest or anxiety. Perfect calm in His presence.
- No division or conflict. Complete harmony among all God's people.
- No insecurity. Dwelling in the unshakable kingdom of God.

Application

- Heaven reminds us that true peace is not found in circumstances but in God's presence.
- We should not be surprised when peace is fragile in this world; only in heaven will it be complete.
- When we trust God's promises now, we taste the peace that will one day be ours fully.
- Living with heaven in view helps us approach trials and conflict with steady hearts.

The Fulfillment of Rest

Therefore, a Sabbath rest remains for God's people. For the person who has entered his rest has rested from his own works, just as God did from his. Let us, then, make every effort to enter that rest, so that no one will fall into the same pattern of disobedience., Hebrews 4:9-11.

From the Text

The Hebrew writer points to the promise of eternal rest as the ultimate goal of God's people. Just as God rested after creation, His people will enter His rest, complete, unbroken, and eternal. In heaven, the weariness of labor, the burdens of sin, and the trials of life are replaced by the joy of God's Sabbath rest.

Biblical Themes of God's Rest

- Exodus 33:14: "My presence will go with you, and I will give you rest."

- Matthew 11:28-29: Jesus invites the weary to find rest in Him.
- Revelation 14:13: “Blessed are the dead who die in the Lord... they will rest from their labors.”
- Isaiah 57:2: “The one who walks uprightly enters into peace; they will rest on their beds.”

The Experience of Rest in Heaven

- Rest from labor, our work and toil in a cursed world will be finished.
- Rest from sin and temptation, the battle is over.
- Rest from sorrow, grief and pain will be no more.
- Rest in God, perfect contentment and refreshment in His presence.

Application

- Heaven is the answer to our deepest longings for relief and renewal.
- The rest Jesus gives us now is a foretaste of the eternal rest to come.
- Our labor and perseverance in Christ are not in vain; they lead to eternal reward.
- Striving faithfully today ensures we will share in God’s Sabbath rest tomorrow.

Conclusion


Heaven is the home of perfect peace and everlasting rest. The struggles of life will be finished, the griefs of the heart will be healed, and the labor of a broken world will be over. God Himself will wipe away every tear, and His people will dwell securely in His presence.


On earth, peace is fragile, and rest is temporary. But in heaven, peace will never be disturbed, and rest will never end. It is the fulfillment of what Jesus promised when He said, “*Come to me ... and I will give you rest.*”


This promise calls us to endure faithfully now. Our present struggles, griefs, and labors are not the end of the story. God has prepared a place where His people will live in unshakable peace and eternal rest. That hope strengthens us today and points us forward to the eternal joy of His presence.


For Discussion

1. Revelation 21:4 says God will wipe away every tear. What does this tell us about His care for His people in heaven?


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2. What struggles from this life are you most thankful will be gone forever in heaven?

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3. Isaiah 25:8 and 1 Corinthians 15:54-55 both speak of death being swallowed up. How does this promise give us courage now?

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4. How do passages like Isaiah 32:18 and Philippians 4:7 help us understand the presence of peace in God's eternal city?

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5. What is the difference between the temporary peace the world offers, and the permanent peace God promises?

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6. Hebrews 4:9-11 speaks of a Sabbath rest for God's people. What does that image teach us about heaven's rest?

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7. In what ways does Jesus give us a foretaste of heavenly peace and rest in this life (Matthew 11:28-29)?

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8. How can the hope of heaven's rest strengthen you to remain faithful in seasons of weariness, grief, or trial?

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