

Hebrews 4:1-13

“Resting in Jesus”

Pastor Bruce Zachary

Intro. When you hear the term “resting in Jesus” what thoughts come to mind?

Subject: Resting in Jesus

Object: Experience rest in Christ

I. God has always wanted His people to rest in Him [1-10]

A. The problem of unbelief [1-3]

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.

1. The heart of every problem is the problem of the heart [1-3]

Therefore [1] Heb. 3 re generation that did not enter God’s rest because of their [Num. 13-14]. Exodus from Egypt, but didn't enter PL & wandered in wilderness

a. **The problem of unbelief [2]** did not respond to God’s promise because of unbelief

i. Hard hearts [unbelief] results in not experiencing God’s rest

? **Why might people have greater rest if they have greater faith in Christ?**

b. **The hope: promise remains of entering His rest [1]**

i. **let us fear [1]** sober warning re danger of unbelief and not entering God’s rest

B. The progressive revelation of resting in Jesus [3-10]

v.3 The works were finished from the foundation of the world.

1. **Creation rest [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

a. **God rested from all His works to provide rest for man** 7th day [Gen. 2:2]

i. Sabbath was made for man [not for God]. Freedom to worship & rest in God

ii. Sign of the covenant between God and the Jews

2. **Canaan rest [5-6] [3:16-18]** and again in this *place*: “They shall not enter My rest.

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

a. **God brought the faithful into the Promised Land [5-6]** The failure of those who didn’t believe did not void promise of rest to those who would believe. **Ps.95:11** [3,5]

i. Joshua, Caleb and the generation who believed [**Josh 21:43-45**] experienced the benefits of the Promised Land.

ii. Freedom to worship & rest in God in a good land where God was present.

b. **God has promised a greater rest than the Promised Land [7-9]**

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.”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.

i. today [7] David Ps.95:7-8 @ 500 yrs after Exodus. If Joshua had fulfilled promise of rest, no need for a future rest spoken by David [8].

ii. There remains a rest for God’s people [9] a greater rest than PL or Sabbath

3. Christ’s rest [10] For he who has entered His rest has himself also ceased from his works as God *did* from His.

a. Christ’s rest is based on faith in Jesus’ work on the cross

i. It is finished [Jn. 19:30] Freedom to worship & rest in God

ii. Working from salvation vs. working for salvation [Eph. 2:8-10]

iii. rest: picture of spiritual experience available today. Call to us today to hear God and not harden our hearts. Peace with God results in the peace of God [Rom.5:1]

iv. future rest: heaven, enjoy God’s greatest rest, all work and battles are ended.

b. A true believer seeks to live life growing in conformity to Christ and resting in His work for salvation [Matt. 11:28-29]

? Think about the rest believers experience via Sabbath or in the Promised Land. Why is Christ’s rest better?

II. How to experience God’s rest [11-13]

A. Be diligent to submit to Christ [11] Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience.

1. Rest flows from yielding to Christ and learning from Him [Matt. 11:28-19]

a. Be diligent is contrast with drifting [Heb. 2:1-3], and unbelief [Num. 13-14]

b. The extent of rest is in direct proportion to faith

B. The word of God shows us how to submit to Christ [12-13]

1. The word is God’s instrument for heart surgery [12] For the word of God *is* living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.

a. Word of God is living: alive and gives life,

b. Powerful: dynamic, energizes

c. Sharper sword: precise dagger vs. broad sword,

d. Piercing: inner most person,

e. Discerns the heart: word reveals our trust or unbelief

i. Rom. 7:7 “I would never have known that coveting is wrong had the law not said, You must not covet.”

2. The word reveals the all-knowing God and the condition of our hearts [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.

a. God sees our hearts, knows how to touch us, and sees our responses to Him: trust or unbelief

C. When is the right time for heart surgery? Today [5x 3:7,13,15; 4:7 (2x)]

1. Promise remains of entering His rest [1]

Conc. Trust Jesus and rest

Discussion Qs

- 1. When you hear the term “resting in Jesus” what thoughts come to my mind?**
- 2. Why might people have greater rest if they have greater faith in Christ?**
- 3. Think about the rest believers experience via Sabbath or in the Promised Land. Why is Christ’s rest better?**
- 4. How has the word of God helped you to rest in Christ?**