

- 1 Therefore, let us fear lest, while a promise remains of entering His rest, any one of you should seem to have come short of it.
- 2 For indeed we have had good news preached to us, just as they also; but the word they heard did not profit them, because it was not united by faith in those who heard.
- 3 For we who have believed enter that rest, just as He has said, " AS I SWORE IN MY WRATH, THEY SHALL NOT ENTER MY REST," although His works were finished from the foundation of the world.
- V.4 For He has thus said somewhere concerning the seventh *day*, " AND GOD RESTED ON THE SEVENTH DAY FROM ALL HIS WORKS";
- 5 and again in this *passage*, " THEY SHALL NOT ENTER MY REST."
- 6 Since therefore it remains for some to enter it, and those who formerly had good news preached to them failed to enter because of disobedience,
- 7 He again fixes a certain day, "Today," saying through David after so long a time just as has been said before, " TODAY IF YOU HEAR HIS VOICE, DO NOT HARDEN YOUR HEARTS."
- 8 For if Joshua had given them rest, He would not have spoken of another day after that.
- 9 There remains therefore a Sabbath rest for the people of God.
- 10 For the one who has entered His rest has himself also rested from his works, as God did from His.
- 11 Let us therefore be diligent to enter that rest, lest anyone fall through *following* the same example of disobedience.

## Review:

- 1) Remember – this book was written to **Jewish believers** who were being **persecuted** to the degree that they were considering going **back to Judaism**
- 2) God wanted these believers to **know** that the **second** covenant<sup>(w/ Christ)</sup> is far **better** over the **first** covenant<sup>(Judaism)</sup>
- 3) Christ is better than – prophets, angels, Moses
- 4) God gives **five serious warnings** to believers in Hebrews
  - a) **Warning #1.** Don't **drift away** from the fixed truths of God's Word
    - i) **No believer can escape** Satan's pitfalls if they ignore what God has said.
 

**Heb.2:1** For this reason we must pay much closer attention to what we have heard, lest we drift away from it.

**V.2** For if the word spoken through angels proved unalterable, and every transgression and disobedience received a just recompense,

**V.3 (NP)**

**V.3** how shall we escape if we neglect so great a salvation?  
After it was at the first spoken through the Lord, it was confirmed to us by those who heard,

\*I remind you that the "salvation" spoken of here is not **just** missing hell & going to heaven. It is the **salvation package** that is being spoken of (i.e. **justification – sanctification – glorification**)

b) **Warning #2.** The **second warning** we are looking at now – be careful that sin doesn't harden your heart.

**Heb.3:12** Take care, brethren, lest there should be in any one of you an evil, unbelieving heart, in falling away from the living God.

V.13 But encourage one another day after day, as long as it is still called "Today," lest anyone of you be **hardened** by the **deceitfulness of sin.**)

c) The background for chapters 3-4 is **Ps.95**

i) I realized we talked about it last week – but every study has to stand on its own

ii) In **Ps.95** the **writer warns** of the **progressive nature of sin** & its effect on Israel

**Ps.95:7** For He is our God, And we are the people of His pasture, and the sheep of His hand. Today, if you would hear His voice,

8 Do not harden your hearts, as at Meribah, As in the day of Massah in the wilderness; **(the sin of Meribah produced greater sin)**

9 "When your fathers tested Me, They tried Me, though they had seen My work.

10 "For forty years I loathed *that* generation, And said they are a people who err in their heart, And they do not know My ways. **(the greater sin of Kadesh Barnea)**

11 "Therefore I swore in My anger, Truly they shall not enter into My rest." **(explain)**

4:1 Therefore, let us fear lest, while a promise remains of entering His rest, any one of you should seem to have come short of it.

1) "let us"

a) "us" – He is speaking to believers

2) "fear...unless...while a promise remains of entering His rest, any...should... come short of it"

a) They **implication** is – there is a **promise** that a believer **might not receive**

V.2 (NP)

V.2 For indeed we have had good news preached to us, just as they also; but the word they heard did not profit them, because it was not united by faith in those who heard.

- 1) "we have had good news preached to us, just as they also"
  - a) It is important that there is **no definite article** in front of "good news"
    - i) This **isn't the** "good news"
    - ii) **Not** referring to the gospel as we think of it
  - b) Your translation may say "we had the "gospel" preached..."
    - i) **The word** "gospel" means good news
    - ii) **Their good news** was **different** than **our good news**
    - iii) **But faith** was a **prerequisite** in either case to **appropriate it**
- 2) "the **word they heard** did **not profit** them, because it was **not united by faith**"
  - a) They were already saved – they had the blood applied to their door post
  - b) But they did not trust God to bring them to a safe place of rest
  - c) They were to go into Canaan & take it
    - i) **Canaan represents rest**
    - ii) They **didn't believe God** & therefore **wouldn't go** in

V.3 For we who have believed enter that rest, just as He has said, " AS I SWORE IN MY WRATH, THEY SHALL NOT ENTER MY REST," although His works were finished from the foundation of the world.

- 1) "For we who have believed enter that rest"
  - a) This is very hard to understand
  - b) It appears to say that **some have entered that rest** – while **the children of Israel didn't enter b/c of unbelief**
- 2) "although His works were finished from the foundation of the world"
  - a) He appears to be saying – that God had a rest for His people planned from the beginning **V.4**

4 For He has thus said somewhere concerning the seventh *day*, " AND GOD RESTED ON THE SEVENTH DAY FROM ALL HIS WORKS";

- 1) "HE said somewhere AND GOD RESTED ON THE SEVENTH DAY FROM ALL HIS WORKS"
  - a) This is of course a quote from **Gen.2:2**

**Gen.2:2** And by the seventh day God completed His work which He had done; and He rested on the seventh day from all His work which He had done.

**V.3 (NP)**

**V.3** Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.

- b) **WE know** that God wasn't tired and that is why He rested on the 7<sup>th</sup> day
- c) HE rested **b/c He was content w/ what He had created**  
**Gen.1:31** And God saw all that He had made, and behold, it was very good. And there was evening and there was morning, the sixth day.

V.5 and again in this *passage*, " THEY SHALL NOT ENTER MY REST."

V.6 Since therefore it remains for some to enter it, and those who formerly had good news preached to them failed to enter because of disobedience,

- 1) "Since therefore it remains for some to enter it"
  - a) This has reference to the "Canaan rest"
    - i) This is the rest of sanctification – daily living rest – practical rest
  - b) What does this rest look like?
  - c) If you have the idea that this "**rest**" is the easy life – let me explain
  - d) Canaan is a picture of that rest<<<

**Josh.1:1** Now it came about after the death of Moses the servant of the LORD that the LORD spoke to Joshua the son of Nun, Moses' servant, saying,

2 "Moses My servant is dead; now therefore arise, cross this Jordan, you and all this people, to the land which I am giving to them, to the sons of Israel.

3 " Every place on which the sole of your foot treads, I have given it to you, just as I spoke to Moses.)**V.5**

**V.5** " No man will be able to stand before you all the days of your life. Just as I have been with Moses, I will be with you; I will not fail you or forsake you.

6 "Be strong and courageous, for you shall give this people possession of the land which I swore to their fathers to give them.

7 "Only be strong and very courageous; be careful to do according to all the law which Moses My servant commanded you; do not turn from it to the right or to the left, so that you may have success wherever you go.)**V.9**

**V.9** "Have I not commanded you? Be strong and courageous! Do not tremble or be dismayed, for the LORD your God is with you wherever you go."

- a) The **rest we are to find** is **not** the **easy life** – **it is** a life of trusting God
- b) Canaan is a place where you **traverse flooded rivers, battle fortified cities, slay giants**
  - i) But **the rest guarantees victory** – **b/c God does the fighting**
- c) You may say – that is no rest in my opinion
- d) **V.9** pretty much sums it up **V.9 (NP)**

**V.9** "Have I not commanded you? Be strong and courageous! Do not tremble or be dismayed, for the LORD your God is with you wherever you go."<sup>(sometimes we have to learn how to not tremble)</sup>

- e) The man of faith **follows** God even if he is scared to death
- f) God **looks** at our **actions** not our **feelings**
- g) God's "rest" is defined differently than the world's rest
- h) God's rest has better benefits

V.7 He again fixes a certain day, "Today," saying through David after so long a time just as has been said before, " **TODAY IF YOU HEAR HIS VOICE, DO NOT HARDEN YOUR HEARTS.**"

1) "**TODAY** IF YOU HEAR HIS VOICE, DO NOT HARDEN YOUR HEARTS"

- a) Timing is everything in obeying God
- b) Israel decided to obey & go into the promise land – just like God told them to do – **only their timing was off**

**Num.13:25** (spies come back w/ report) When they returned from spying out the land, at the end of forty days,

26 they proceeded to come to Moses and Aaron and to all the congregation of the sons of Israel in the wilderness of Paran, at Kadesh; and they brought back word to them and to all the congregation and showed them the fruit of the land.

27 Thus they told him<sup>(Moses)</sup>, and said, "We went in to the land where you sent us; and it certainly does flow with milk and honey, and this is its fruit.

28 "**Nevertheless,** the people who live in the land are strong, and the cities are fortified and very large; and moreover, we saw the descendants of Anak there. **V.30**

**V.30** Then Caleb quieted the people before Moses, and said, "We should by all means go up and take possession of it, for we shall surely overcome it."

31 But the men who had gone up with him said, " We are **not** able to go up against the people, for they are too strong for us."

32 So they gave out to the sons of Israel a bad report of the land which they had spied out, saying, "The land through which we have gone, in spying it out, is a land that devours its inhabitants; and all the people whom we saw in it are men of *great* size.

33 "There also we saw the Nephilim (the sons of Anak are part of the Nephilim); and we became like grasshoppers in **our own sight,** and so we were in their sight."

**Num.14:1** Then all the congregation lifted up their voices and cried, and the people wept that night.

**V.2 (NP)**

**V.2** And all the sons of Israel grumbled against Moses and Aaron; and the whole congregation said to them, " Would that we had died in the land of Egypt! Or would that we had died in this wilderness!

3 "And why is the LORD bringing us into this land, to fall by the sword? Our wives and our little ones will become plunder; would it not be better for us to return to Egypt?"

4 So they said to one another, " Let us appoint a leader and return to Egypt"<sup>(you can see why writer to Hebrews used this portion of O.T.)</sup> "

**V.5** Then Moses and Aaron fell on their faces in the presence of all the assembly of the congregation of the sons of Israel.

6 And Joshua the son of Nun and Caleb the son of Jephunneh, of those who had spied out the land, tore their clothes;

7 and they spoke to all the congregation of the sons of Israel, saying, " The land which we passed through to spy out is an exceedingly good land.**V.9**

**V.9** "Only do not rebel against the LORD; and do not fear the people of the land, for they shall be our prey. Their protection has been removed from them, and the LORD is with us; do not fear them."

10 But all the congregation said to stone them with stones. Then the glory of the LORD appeared in the tent of meeting to all the sons of Israel.

**V.26** And the LORD spoke to Moses and Aaron, saying,

27 "How long *shall I bear* with this evil congregation who are grumbling against Me? I have heard the complaints of the sons of Israel, which they are making against Me.

28 "Say to them, ' As I live,' says the LORD, '**just as you have spoken** in My hearing, so I will surely do to you;

29 your corpses shall fall in this wilderness, even all your numbered men, according to your complete number from twenty years old and upward, who have grumbled against Me.

**V.31** ' Your children, however, whom you said would become a prey-- I will bring them in, and they shall know the land which you have rejected.

**V.39** And when Moses spoke these words to all the sons of Israel, the people mourned greatly.

40 In the morning, however, they rose up early and went up to the ridge of the hill country, saying, " Here we are; we have indeed sinned, but we will go up to the place which the LORD has promised."

**V.41** But Moses said, " Why then are you transgressing the commandment of the LORD, when it will not succeed?

42 " Do not go up, lest you be struck down before your enemies, for the LORD is not among you.

**V.44** (NP)

**V.44** But they went up heedlessly to the ridge of the hill country; neither the ark of the covenant of the LORD nor Moses left the camp.

45 Then the Amalekites and the Canaanites who lived in that hill country came down, and struck them and beat them down as far as Hormah.

- 1) "Here we are; we have indeed sinned, but we will go" (**V.40**)
  - a) "**Today** if you hear His voice, do not harden your hearts"
  - b) The life we live doesn't have a "do over" or a mulligan
  - c) Today is all any of us have
  - d) Now he will change the content of the message to Hebrew believers

Heb.4:7 **x** He again fixes a certain day, "Today," saying through David after so long a time just as has been said before, " TODAY IF YOU HEAR HIS VOICE, DO NOT HARDEN YOUR HEARTS."

V.8 For if Joshua had given them rest, He would not have spoken of another day after that.

- 1) "if Joshua had given them rest, He would not have spoken of another day"
  - a) Corrected – "He would not **be speaking** of another day"
  - b) David Psalm is still speaking of another day – "today..."
  - c) **Jesus** is **better** than **Joshua** (which is Hebrew for Jesus)
  - d) Joshua couldn't give the people the divine rest that Canaan represented
    - i) The enemies of Israel were never fully defeated
    - ii) The people never had permanent peace
    - iii) And only Jesus can give the ultimate rest that comes by trusting Him

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

- 1) "a **Sabbath rest** for the people of God"
  - a) The word for "rest" is different word here than all other "rest" mentioned in this passage

V.10 For the one who has entered His rest has himself also rested from his works, as God did from His.

- 1) "has himself also rested from his works, as God did from His"
  - a) There are **3 rest** recognized in Scripture
    - i) The rest we have **when we trust Christ** as Savior – we must rest from our own works
    - ii) The rest we fight for in **trusting Him thru this life** – which we must labor to find & keep
    - iii) The rest **we shall have** when all our enemies are vanquished – we will rest in His finished work
  - b) In each case – we must rest from our own works to find the rest He has for us

- c) The **rest the believer seeks** today is the **resting in His power**  
**V.11**

V.11 Let us *therefore be diligent to enter that rest*, lest anyone fall through *following* the same example of disobedience.

- 1) "therefore be diligent to enter that rest"
  - a) "be diligent" – to exert oneself – to labor – make haste
    - i) Some things are worth struggling for – God's rest is one of them

**Mt.11:28** " Come to Me, all who are weary and heavy-laden, and I will give you rest. (I will rest you)

29 "Take My yoke upon you, and learn from Me, for I am gentle and humble in heart; and YOU SHALL FIND REST FOR YOUR SOULS.

30 "For My yoke is easy (kindly – virtuous – serviceable), and My load is light."