

Lesson 3: Entering God's Rest – Hebrews 4

Historical Introduction (3:17-18)

Many Jews failed to enter God's Rest in Moses' Day because of:

- Disobedience (3:18, 4:6)
- Unbelief (3:19, 4:2)

Not everyone in Moses' day entered God's Rest.

The "Rest" of Moses' and Joshua's day was entering Canaan

- Wanderings were over.
- In the Land of Promise.
- In a land flowing with Milk and Honey.
- Where God chose for His dwelling.

God's promise of Rest in the Exodus was corporate, not personal.

The Exodus Experience

- Delivered from Egypt
- Nurtured in the Wilderness
- Witnessed God's Power

Is N.T. Rest a present-day possibility or the reward of Heaven?

Rest Requires Faith (4:1-5)

- The Promise of Rest Still Stands (v. 1)
- Some *may not* Enter God's Rest (v. 1)
- Those who believe enter God's Rest (v. 3)

To Obey God's Will You Need:
1. To Know God's Will.
2. To Do God's Will.

Rest Requires Obedience (4:6-11)

- The Rest of God is Still Offered (v. 6)
- The "Rest" of the Exodus was not God's only Offer (vv. 8-9)
- Rest = No longer relying on human effort (v. 10; Mt. 11:28-29)

Appropriating the Rest of Jesus (4:12-16)

Become a Believer in Christ

- Acknowledgement of personal sin
- Realization of sin's punishment
- Belief in Jesus' substitution for sin
- Acceptance of Christ's death as payment for sin

Biblical "Rests":

- Creation (7th Day)
- Sabbath
- Canaan
- In Jesus

Be Genuine Before God (vv. 12-13)

- Trust God's Word (not self) as objective truth (v. 12)
- God sees all and knows all (v. 13)

Be Dependant on God (vv. 14-16)

- Jesus is our eternal and only High Priest (v. 14)
- Jesus knows our experience of being tempted (v. 15)
- God wants to be merciful and give us grace to overcome (v. 16)

Because:

- God has provided objective instruction
- Jesus knows (by experience) our struggle
- God knows our every sin and weakness
- God knows that we cannot be righteous on our own

God has made possible our rest from our own efforts by:

- Our being found in Christ, and
- His work in and through us.