

The Book of Hebrews

4. Entering God's Rest



Entering God's Rest

1. Listening to the Gospel

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

HEB 4:2 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.

HEB 4:3 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.

Verse 1-3

Therefore; The writer of Hebrews continues his discussion of the Hebrews in the wilderness in the time of Moses. He is drawing the parallel between disobedient Israel, who refused to believe the Lord.

Israel had the opportunity through faith, to enter "Rest", the Promised Land. The nation did not believe God was able to accomplish his promise.

His rest: The Greek word for rest is *katapausis* (*kat-ap'ow-sis*); means to ceasing from work or

from any kind of action, "The calming of the winds".

The idea of "Rest" has several layers of meaning, The "Promised Land" was the destination for Israel. For the believing Christian the "Promised Land" is a type of "Victorious living" and eventually the "salvation". For Israel, the "Promised Land" was the fulfillment of obedience resulting from faith. Israel, as a nation, lacked faith in God's promise and failed to enter in his rest.

Come short of it: The writer is warning, the Hebrews of making the same mistake Israel did in the wilderness. Brought to the edge of the "Promised Land", they failed to enter it. The fear is for first century Hebrews, to make the same mistake Israel made in wilderness. "**Any of You**" could apply to both the "Saved" and "Unsaved". The saved reader could miss the "Promise Land", the Lord's "Rest" because they fail to trust in Christ's "finished work". And either through "Carnal living" or "Works oriented" salvation wander in a restless wilderness, rather than "Rest" in the "Promise Land". To the unsaved, "to come short of it" applies to those who heard the Gospel, but lack of faith, and therefore fail to enter the "The Land of Promise", like those who did not believe who came out of Egypt.

Israel as Type of God's Grace

Description	Israel	The Believer
Position	Israel is a child of God's Promise to Abraham (Genesis 12:2-3)	Those who believe are chosen by God, from the foundation of the World. (Ephesians 1:4)
Condition	Israel is a slave in Egypt	The Believer was a slave to the

		flesh. (Romans 6:6)
Way of Escape	Following the "Passover" those who have Lamb's blood on their door are released by Egypt. (Exodus 12)	Those who have taken the "Blood of the Lamb" are freed from the bondage of Sin. (Romans 8)
Struggle	The "Glory of the Lord" Leads Israel through the wilderness, Israel struggles to believe God. (Exodus 13:21)	The Believer battles against the Sin nature, which is opposed to God's Spirit, we are led by Christ. (Romans 7:21-25, Romans 8:12)
The Human solution	Israel wanted to turn and Go back to Egypt when the struggle became too hard. (Numbers 14)	The natural inclination of our Sin nature is to go back to our old ways. (Romans 8:13)
The Choice	Israel had the choice trust God through the troubles or too rebel.	The believer when faced with hard circumstances can grumble against God or trust Him.
Wandering in the Wilderness	Disobedient Israel was allowed to wander the wilderness of Sinai, and not Rest.	The Believer who grumbles against God and refuses to "Rest" in his provision will wander in the wilderness of Life. (Colossians 3:3, I Corinthians 10:8-11)
Entering the Land of Promise	Israel in spite of disobedience was given "Grace" unmerited favor by God, and allowed to enter the promise land under Joshua.	The Believer despite our sin and sin nature, we receive "Grace" and are led into the land of Promise by Joshua (Jesus). (Ephesians 2:8-10)

The gospel: ~~eupggel iww~~ *Euaggelizo* (yoo-ang-ghel-id'-zo); Gospel means "Good News", the Hebrews in the wilderness had the "Good News" preached to them. The "Good News" for the Saved, is that Christ died for our sins, and that by faith in Christ, we are "Saved" from our sins. The "Good News" for the Hebrew in the wilderness, was to put their faith, in the God of Israel, which would result in obedience.

And he believed in the Lord, and He accounted it to him for righteousness.
Genesis 15:6

But the just shall live by his faith.
Habakkuk 2:4b

Mixed with faith: The word or "Logos" was preached to the Hebrews in the wilderness, but they did not believe as a corporate body, but a remnant within believed. Because they lacked faith the "Word" was not profitable. Many can hear the Good News or Gospel, but without faith, it is impossible to please God. (Hebrews 11:1)

For this reason we also thank God without ceasing, because when you received the word of God which you heard from us, you welcomed it not as the word of men, but as it is in truth, the word of God, which also effectively works in you who believe.
1 Thessalonians 2:13

The test of faith separates the believer from the unbeliever, this applied to Israel as well to those who claim to be part of the Church. God requires faith before obedience and works, without faith the works means nothing. The attitude behind the action determines the true nature of the heart. God looks at the heart not the action, the action merely demonstrates the heart. Sacrifice was part of the Mosaic Law, but sacrifice was the result of sin and disobedience. God preferred obedience, which demonstrates belief. Israel in the wilderness was a picture of "unbelief". (Isaiah 66:3-6)

Then Samuel said: "Has the Lord as great delight in burnt offerings and sacrifices, As in obeying the voice of the Lord? Behold, to obey is better than sacrifice, And to heed than the fat of rams."
1 Samuel 15:22

"For I did not speak to your fathers, or command them in the day that I brought them out of the land of Egypt, concerning burnt offerings or sacrifices.
"But this is what I commanded them, saying, 'Obey My voice, and I will be your God, and you shall be My people. And walk in all the ways that I have commanded you, that it may be well with you.'
"Yet they did not obey or incline their ear, but followed the counsels and the dictates of their evil hearts, and went backward and not forward.
"Since the day that your fathers came out of the land of Egypt until this day, I have even sent to you all My servants the prophets, daily rising up early and sending them.
"Yet they did not obey Me or incline their ear, but stiffened their neck. They did worse than their fathers.
Jeremiah 7:22-26

We who have believed: In contrast to Israel in the wilderness, the Hebrew writer along with the Hebrew Christians, part of his audience, believed the Gospel, they will enter the "Rest" promised and typified as the "Promised Land". Unlike those who did not believe, who do not enter the land of Promise.

They shall not enter: Those from corporate Israel, who were led out of Egypt, and rebelled against God's leadership were prevented from entering the "Promised Land" the land of "Rest". Of the over one million souls who left Egypt, 20 years and older only two, Joshua and Caleb were allowed to enter the Promised Land. This was a testimony against the majority who did not believe God. Who, built an idol, a golden calf, to lead them back into Egypt, this demonstrated their lack of faith, even after signs and wonders in their delivery. (Exodus 32:1-16). This included Moses, who also disobeyed God, and was prevented from entering the Promised Land.
Joshua, who typified Jesus Christ, would lead the children of the disobedient generation into the "Promised land"

The works were finished: Even before Israel was a nation, the works were completed waiting for Israel to accomplish what was pre-destined. The "Foundation of the world", means from the beginning, before creation Heb. 9:26; Matt. 13:35; 25:34; Luke 11:50; John 17:24; Eph. 1:4; 1 Pet. 1:20; Rev. 13:8; 17:8.

According as he hath chosen us in him before the foundation of the world, that we should be holy and without blame before him in love: Ephesians 1;4

2. Resting from our work

HEB 4:4 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";
HEB 4:5 and again in this place: "They shall not enter My rest."
HEB 4:6 Since therefore it remains that some must enter it, and those to whom it was first preached did not enter because of disobedience,
HEB 4:7 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."
HEB 4:8 For if Joshua had given them rest, then He would not afterward have spoken of another day.
HEB 4:9 There remains therefore a rest for the people of God.
HEB 4:10 For he who has entered His rest has himself also ceased from his works as God did from His.

Verses 4-10

The Seventh day: The Hebrew word for seven is the root for "Sabbath". On the Seventh day, God rested from His six days of creation work. This "Rest" of God typified the coming rest for the people of God, who were to rest from their work. We can rest from our work because Christ has brought us into His rest.

16 So let no one judge you in food or in drink, or regarding a festival or a new moon or sabbaths,
17 which are a shadow of things to come, but the substance is of Christ.

Colossians 2:16-17

Adam and Eve were created on the 6th day, The 7th day was a day of “Rest”, Adam and Eve entered the 7th after the 6th day. In the garden, they were sinless, and were in fellowship with their creator. The “Rest” is restored, by the work of Christ.

1 Thus the heavens and the earth, and all the host of them, were finished.

2 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.

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.

Genesis 2:1-3

Therefore: Those who were disobedient, who rejected the “Good News” would not be permitted in God’s rest. This was typified in the “Promised Land”, Moses was not able to enter because of disobedience, in the Wilderness of Zin, Moses hit the rock twice rather than just speaking to the rock as God commanded. (Numbers 20:7-12, Deuteronomy 1:37)

First preached: The first generation typified disobedience against God and were not permitted into His rest. This would also happen to the generation that rejected Christ

Israel under Moses as a foreshadow of its future

Event	Israel under Moses	Israel under Christ
Position of Israel	Israel was slave to Egypt and Pharaoh	Israel was subject to Rome and Caesar
Freedom from slavery	At “Passover” Israel was freed from Egyptian slavery. (Exodus 12)	Messiah became Israel’s Passover Lamb (John 1:29, Isaiah 53). Freeing Israel from the power of sin.
The Office of Prophet	Moses established the Mosaic Covenant with Israel, foretelling of the coming of Someone “Like You” (Deuteronomy 18:18)	Jesus would establish a superior Covenant to the Mosaic Covenant. (Jeremiah 31:31)
Proof of Authority	Moses demonstrated his authority to Israel, through Miracles and Prophetic fulfillment.	Christ demonstrated his authority to Israel via Miracles and prophetic fulfillment. (Matthew 11:4-5)
Israel’s reaction to Miracles	Israel was stiff-necked to God’s signs and wonders, they refused to believe. (Exodus 33:1-3, Jeremiah 7:24)	Israel’s was hardened to the miracles performed by Jesus. (Matthew 11:23)
Bread & Meat	Manna & Quail came down from Heaven to feed Israel. (Exodus 16)	Jesus called Himself, the true Bread that came down from Heaven (John 6:22-23). Jesus feeds 5000 with 5 loaves and 2 Fish (Matthew 14:7)
Water	Moses brought water from the Rock (Exodus 17, Numbers 20:1-13)	Jesus promised the water that wells up into eternal life. (John 4:14)
Bronze Serpent	Moses lifted up a Bronze Serpent for Israel to look upon and be healed from the bite of the serpents. (Numbers 21:8-9)	Jesus was lifted up on a stick, and all who look at him in Israel will be healed. (John 3:14)
The Tabernacle	God Presence came down into the midst of Israel and dwelt in their midst, in a badger skin tent. (Exodus 35:7,23,)	Jesus was God incarnate who came down in Human flesh in the midst of Israel and “Tabernacles” amongst them. (John 1:14)
A Portion Believed	A portion of Israel believed God, including Joshua and Caleb. (Numbers 14)	A remnant believed Jesus was the Messiah. (Romans 11:5)
Israel’s Reaction to God’s Promise	Israel rejects the “Promised Land” preferring slavery in Egypt (Numbers 14)	Israel rejects Christ as Messiah preferring Roman rule to God’s Rule. (John 19:6)

Israel's fear	Israel fears what the inhabitants of Canaan will do to their children (Numbers 14:3)	Israel fears what Rome will do to them if they accepted Jesus as Messiah (John 11:50)
Fate of the Generation	All those 20 years and older were forced to wander in the wilderness for the next 40 years until they perished. About 1.2-1.5 million Israelites died in 40 years following the rejection of the Promise. (Numbers 1)	Within 100 years of Christ rejection, the Temple was destroyed, Jerusalem was destroyed, the nation was scattered and over 1.5 million Jews killed, by the Romans. (Daniel 9:26, Matthew 24:1)
Wilderness Wandering	Following rejection they wandered in the wilderness of Sinai for 40 years	Following Rejection of Christ Israel wandered for the nations for the last 2000 years. (Deuteronomy 28:15-68, Daniel 9:26)
Israel enters the Promised land	The children of those who wandered the wilderness and feared the Canaanites entered the Promised Land.	The Descendents of those who rejected Christ will one day be restored to the Promised Land. (Romans 11:26-29, Zechariah 12, Daniel 9:27, Matthew 24:15-19)
Leader of Israel into the promised land.	Joshua would lead Israel into the "Promised land".	Jesus will one day lead Israel into the "Promised Land", Zechariah 12:10-12, Daniel 9:24-27)
Judge in the Promised Land	Joshua was Judge over Israel in the "Promised land".	Jesus (Joshua) the Messiah will rule over Israel during the Millennium.



Because of disobedience: Obedience is the result of faith, lack of obedience is lack of faith.

Today: Quoting from Psalm 95:7, The Holy Spirit, through David urges Israel to enter God's Rest, the Exodus took place about 1450 B.C., David wrote about 1000 B.C. almost 400 years after the Exodus. The "Rest" was not accomplished with Joshua, he lead Israel into the promised land, but his "Rest" was only a picture of a greater rest.

Joshua: Joshua is picture of Christ, he lead the children of the rebellious and unbelieving generation into the "Promised Land". This is a picture of what is to come, as Israel will one day look to Jesus (Joshua) as her King and Messiah. (Zechariah 12:10)

Joshua's and his invasion as a type of Christ

	Joshua Conquest	Jesus' Conquest
Commanders Name	Joshua (Joshua 5:13)	Joshua (Jesus) (Mat 24:30-31)
Trumpets	7 Trumpets (Joshua 6:6)	7 Trumpets (Rev 8:2)
Days of Conquest	7 days	7 years (Dan 9:27)
Location of Trumpet	Before the Arc (Joshua 6:6)	Before the Throne (Rev 8:2)
Invading army	Children of Israel (Joshua 6:1)	Saints with angels (Rev 19; 14, Mat 24:31)

Time of Invasion	End of 7 th Trumpet (Joshua 6:15-18)	End of 7 th Trumpet (Rev 10:7)
Holders of Trumpets	7 Priests before arc (Joshua 6:6)	7 Angels before Throne (Rev 8:2)
People's reaction to 7th Trumpet	Shout by Israel (Joshua 6:16)	Loud voices in Heaven (Rev 11:15)
Inhabitants spared	Rahab & all in her house waiting for Joshua's invasion (Joshua 6:17)	Inhabitants on Earth waiting for Jesus' Return (Matt 25:31-41)
Description of Rahab & Israel before invasion	Prostitute (Joshua 6:17)	Prostitute (Ezekiel 16:33-36, Ezekiel 23, Hosea 1:2, 2:4, 4:10)

People of God: The People of God is Israel, and the Church. Israel has yet to attain to the "Rest" which was promised. In the Millennium, Israel will attain the "Rest" promised, the Church has attained Israel's promise in this dispensation.

11:25 For I do not desire, brethren, that you should be ignorant of this mystery, lest you should be wise in your own opinion, that blindness in part has happened to Israel until the fullness of the Gentiles has come in.

11:26 And so all Israel will be saved, as it is written: "The Deliverer will come out of Zion, And He will turn away ungodliness from Jacob;

11:27 For this is My covenant with them, When I take away their sins."

11:28 Concerning the gospel they are enemies for your sake, but concerning the election they are beloved for the sake of the fathers.

11:29 For the gifts and the calling of God are irrevocable.

Romans 11:25-29

He who has entered his rest: The "Believer", has entered the "Rest" promised by God. In addition, the Christian who takes God's promises to heart enjoys the "Rest" of a victorious Christian life.

Ceased from his works: Believers are saved by faith, in Christ alone, not by works. When the saved person comes to this understanding, he/she can "Rest" in their salvation. Salvation is no longer, self-effort, but rest in the completed work of the Savior.

2:8 For by grace you have been saved through faith, and that not of yourselves; it is the gift of God,

2:9 not of works, lest anyone should boast.

2:10 For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.

Ephesians 2:8-10

3. *Being Diligent*

HEB 4:11 Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience.

HEB 4:12 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 discernor of the thoughts and intents of the heart.

HEB 4:13 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.

Be diligent: It is the responsibility of the hearer of the Gospel, to enter the "Rest" promised by God, through the work of Christ. The saved must strive to enter God's promise and cease from their self-effort. The unsaved need to quickly decide, "**Today**" before their hearts are hardened.

Anyone fall according: The example of the "Fall" here is according to the of Israel in the Wilderness. The two groups in the wilderness, those who believed God, and those who did not believe, the first century Hebrews also had those who believed and those who did not.

Word of God: God's word will testify against those who choose to reject its message. God's word is Living and powerful.

11 So shall My word be that goes forth from My mouth; It shall not return to Me void, But it shall

accomplish what I please, And it shall prosper in the thing for which I sent it.
Isaiah 55:11

Two-edged Sword: The word for Sword here is *machaira Machaira* (makh'-ah-rah) which was a small sword or large knife used in killing animals or cutting flesh. The two edges allowed the sword to cut two ways. The writer of Hebrews is comparing God's word to this instrument. Our actions and inactions are judged, according to God's Word, both to loss and to benefit.

Our Great High-Priest

HEB 4:14 **Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession.**

HEB 4:15 **For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin.**

HEB 4:16 **Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.**

Great High Priest: Another Picture or type we have of Christ is that of High Priest. There were many Priests, but only one High-Priest, the High Priest would offer the sacrifice for Israel. He would enter the Holy of Holies and sprinkle blood on the mercy seat, for his and Israel's sin. (Hebrews 2:17, 3;1)

Passed through the heavens: Israel's High Priest would pass through the "Curtain" once per year, on the "Day of atonement". (Yom Kippur). This was a picture of Christ, our High Priest passed through the Heavens. (Ephesians 4:10)

Sympathize with our weaknesses: Christ became fully human, and can understand Man's condition and weakness.

All points tempted: Every temptation that comes before Man came before Christ. (Luke 4:2)

Without sin: Christ did not fall to sin, he was the perfect spotless Lamb who was took away the sins of the world. (Isaiah 53:9)

Therefore come boldly: Because Christ understands our condition, and has compassion on us we can approach His throne boldly.

15 For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, "Abba, Father."

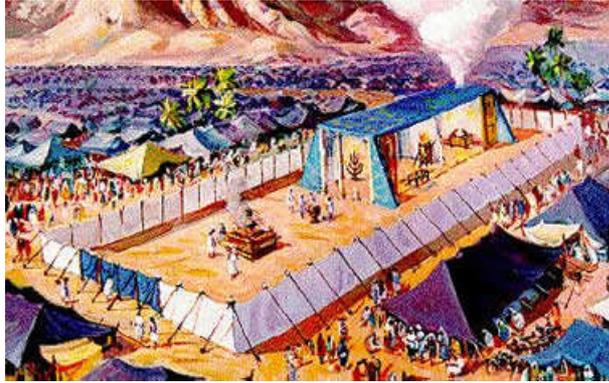
16 The Spirit Himself bears witness with our spirit that we are children of God,

17 and if children, then heirs-heirs of God and joint heirs with Christ, if indeed we suffer with Him, that we may also be glorified together.

Romans 8:15-17

Throne of grace: Christ has restored the relationship of those who have believed, we have entered God's rest. We are no longer under works but grace. We can enter God's throne room, not for judgment but for Grace.

Obtain mercy: Because of our condition, man's sinful nature will causes him to sin. We can approach God throne in our time of need.



Israel as a picture of God's grace

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