



**GREATER >**

THE BOOK OF HEBREWS

Therefore, while the promise of entering his **rest** still stands,  
let us fear lest any of you should seem to have failed to reach it.

For good news came to us just as to them,  
but the message they heard did not benefit them,  
because they were not united by faith  
with those who listened.

(Hebrews 4:1-2 ESV)

For we who have believed enter that **rest**,  
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.  
For he has somewhere spoken of the seventh day in this way:  
“And God **rested** on the seventh day from all his works.”

(Hebrews 4:3-4 ESV)

And again in this passage he said,

“They shall not enter my **rest.**”

Since therefore it remains for some to enter **it,**  
and those who formerly received the good news

failed to enter because of disobedience,  
again he appoints a certain day, “Today,”

saying through David so long afterward, in the words already quoted,

“Today, if you hear his voice,  
do not harden your hearts.”

(Hebrews 4:5-7 ESV)

For if Joshua had given them **rest**,  
God would not have spoken of another day later on.  
So then, there remains a Sabbath **rest** for the people of God,  
for whoever has entered God's **rest**  
has also **rested** from his works as God did from his.  
Let us therefore strive to enter that **rest**,  
so that no one may fall by the same sort of disobedience.

(Hebrews 4:8-11 ESV)



# THE GOSPEL OF REST

HEBREWS 4:1-11

# 1. The Explanation of Rest

for whoever has entered God's rest  
has also rested from his works as God did from his.

(Hebrews 4:10 ESV)



After making purification for sins,  
he sat down at the right hand of the Majesty on high,

(Hebrews 1:3 ESV)


“DO”

THE BOOK OF HEBREWS

“DO”

VS

“DONE”



THE BOOK OF HEBREWS

## 2. The Expressions of Rest

# i. Creation Rest

## i. Creation Rest

although his works were finished from the **foundation of the world**.

For he has somewhere spoken of the **seventh day** in this way:

**“And God rested on the seventh day** from all his works.”

(Hebrews 4:3,4 ESV)

What is meant by God resting?  
Surely not the rest of weariness!  
"He fainteth not, neither is weary."  
It was the rest of a finished work.....  
of divine complacency, of infinite **satisfaction**, of perfect content...  
A rest of satisfaction not after exhaustion!

FB Meyer

... whereas we are expressly told of the evening and morning  
of each of the other days of creation,  
there is no reference to the dawn or close of God's rest-day;  
and we are left to infer that it is impervious to time,  
**independent of duration, unlimited, and eternal;**  
that the ages of human story are but hours in the rest-day of Jehovah....  
But, better than all, it would appear that  
**we are invited to enter into it and share it...**

FB Meyer



God who has a rest and a peace and a place of joy  
where his people can enjoy fellowship with him.  
He will call it a "Sabbath rest" because on the seventh day God rested.  
But in reality it lasts for ever.

John Piper

# i. Creation Rest

THE BOOK OF HEBREWS

## ii. Canaan Rest

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For if Joshua had given them rest.....  
(Hebrews 4:8 ESV)

## ii. Canaan Rest

For if Joshua had given them rest,  
God would not have spoken of **another day later on.**  
(Hebrews 4:8 ESV)

# iii. Calvary Rest

### iii. Calvary Rest

again he appoints a certain day, “Today,” saying through David so long afterward, in the words already quoted, “Today, if you hear his voice, do not harden your hearts.”

(Hebrews 4:7 ESV)

They tie up heavy burdens, hard to bear,  
and lay them on people's shoulders, but  
they themselves are not willing to move them with their finger.

(Matthew 23:4 ESV)



Come to me, all who labor and are heavy laden,  
and I will give you **rest**. Take my yoke upon you, and learn from me,  
for I am gentle and lowly in heart, and you will find **rest** for your souls.

(Matthew 11:28-29 ESV)

When Jesus had received the sour wine,  
he said, “It is finished,”

(John 19:30 ESV)

### iii. Calvary Rest

For if Joshua had given them rest,  
God would not have spoken of another day later on.  
So then, there remains a **Sabbath rest** for the people of God,

(Hebrews 4:8-9 ESV)

The use of the term *sabbatismos* ("Sabbath-rest") suggests that the **weekly sabbath** given to Israel is only a **shadow of the true rest of God.....**

Ray Stedman

truly keeping the sabbath is not observing a special day,  
but sabbath-keeping is achieved when  
the heart rests on the great promise of God.

Ray Stedman

CDs Inside

# THE **BIG** **PICTURE** STORY BIBLE



DAVID HELM WITH ILLUSTRATIONS BY GAIL SCHOONMAKER

The Bible is God's story,  
and it begins with these big words:



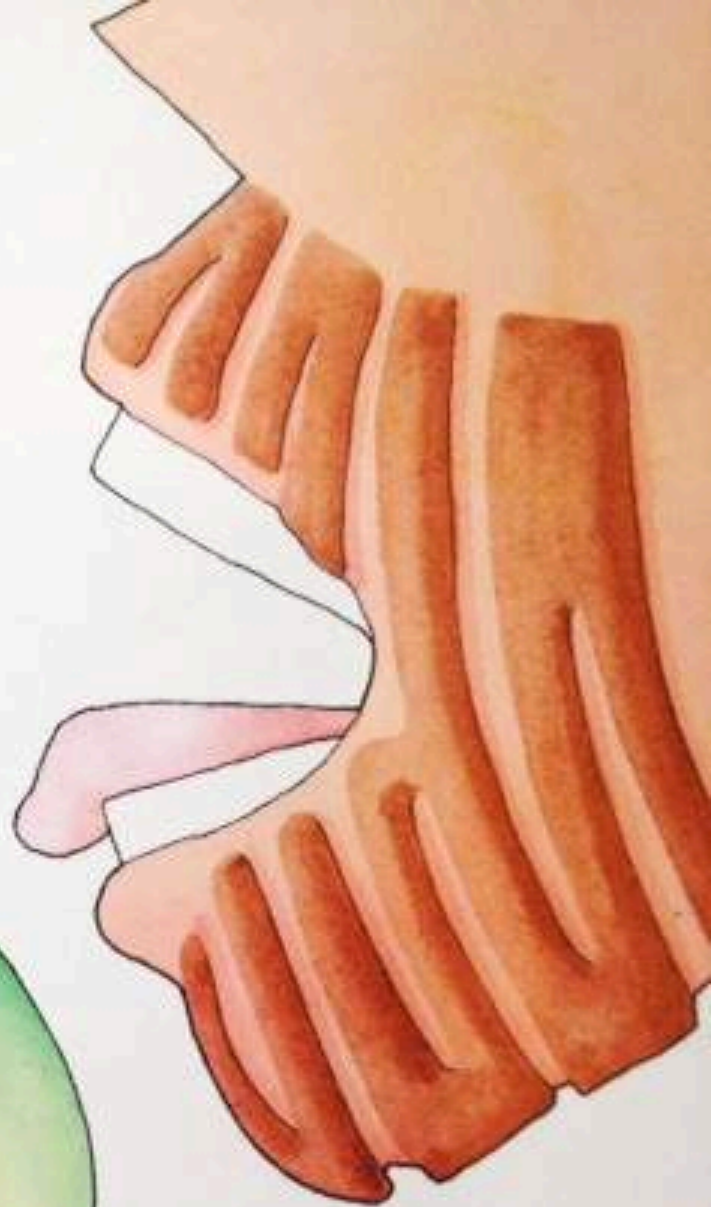
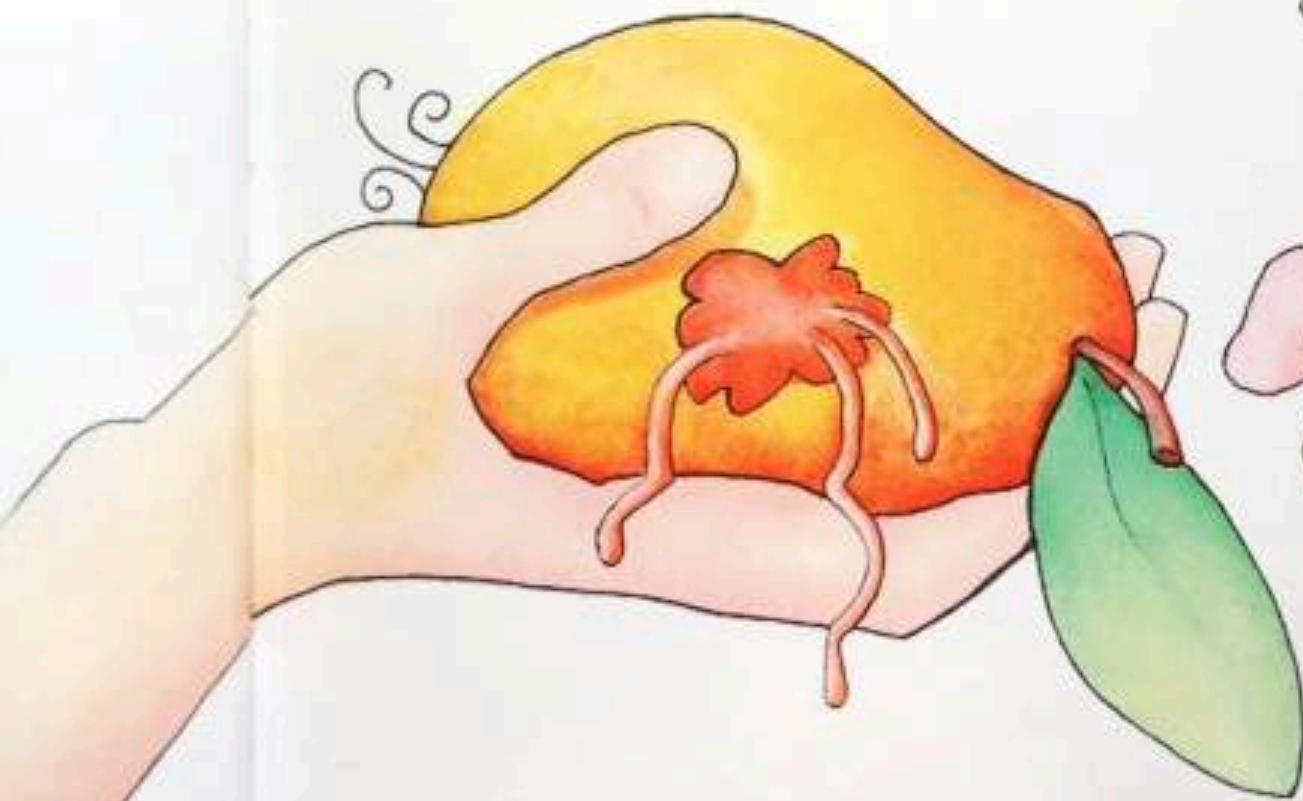
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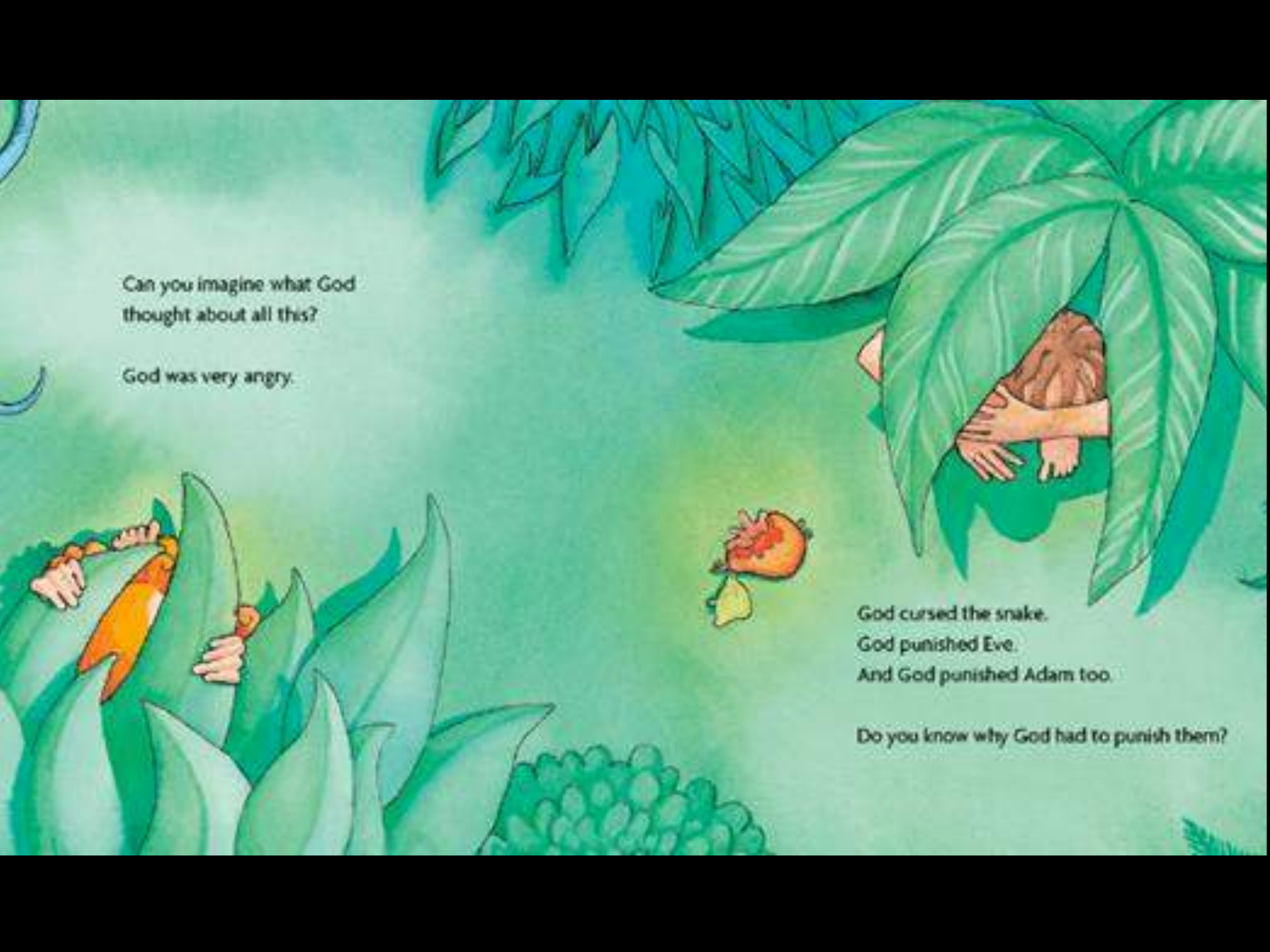


They ate some fruit from the tree.

They listened to the voice of Satan  
instead of the word of God.



What a very sad day.



Can you imagine what God  
thought about all this?

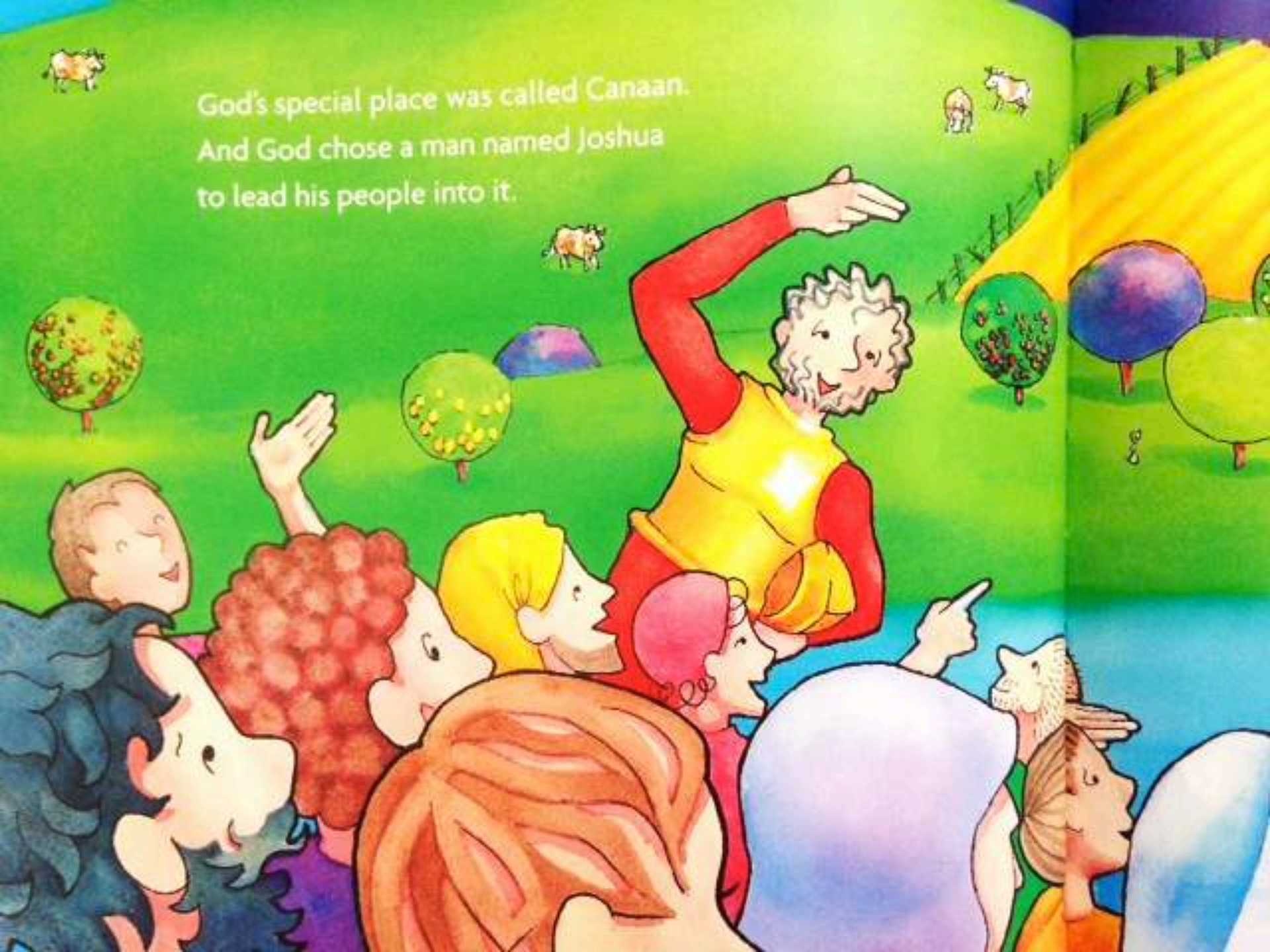
God was very angry.

God cursed the snake.  
God punished Eve.  
And God punished Adam too.

Do you know why God had to punish them?



God's special place was called Canaan.  
And God chose a man named Joshua  
to lead his people into it.





On a small hill  
outside the city  
of Jerusalem,  
Jesus  
was nailed to a cross,  
and died.

The Bible is God's story,  
and it begins with these big words:



"In the b  
God cre

# 3. The Experience of Rest



Therefore, while the promise of entering his rest still stands,  
let us fear lest any of you should seem to have failed to reach it.

(Hebrews 4:1 ESV)

So we see that they were unable to enter because of **unbelief**.

(Hebrews 3:19 ESV)

For good news came to us just as to them,  
but the message they heard did not benefit them,  
because they were **not united by faith** with those who listened.

(Hebrews 4:2 ESV)

Therefore, while the promise of entering his rest still stands,  
let us fear lest any of you should seem to have failed to reach it.

(Hebrews 4:1 ESV)

Let us therefore **strive** to enter that rest,  
so that no one may fall by the same sort of disobedience.

(Hebrews 4:11 ESV)

Therefore we must **pay much closer attention**  
to what we have heard, lest we drift away from it.

(Hebrews 2:1 ESV)

Therefore, holy brothers, you who share in a heavenly calling,  
**consider Jesus**, the apostle and high priest of our confession,

(Hebrews 3:1 ESV)

**Take care,** brothers, lest there be in any of you an evil,  
unbelieving heart, leading you to fall away from the living God.

(Hebrews 3:12 ESV)



But exhort one another every day, as long as it is called “today,”  
that none of you may be hardened by the deceitfulness of sin.

(Hebrews 3:13 ESV)

For we have come to share in Christ,  
if indeed we **hold our original confidence firm to the end.**

(Hebrews 3:14 ESV)

Let us therefore **strive** to enter that rest,  
so that no one may fall by the same sort of disobedience.

(Hebrews 4:11 ESV)

For good news came to us just as to them,  
but the message they heard did not benefit them,  
because they were not united by faith with those who listened.

(Hebrews 4:2 ESV)

Then they **despised** the pleasant land,  
having **no faith** in his promise.

(Psalm 106:24 ESV)

The promises of God are not merely beautiful pieces of literature;  
they are promises on which a man is meant to stake his life  
and dominate his action.

William Barclay

Therefore, while the promise of entering his rest still stands,  
let us fear lest any of you should seem to have failed to reach it.

(Hebrews 4:1 ESV)