

The Promise: Entering God's Rest
Hebrews 4:1-13

INTRODUCTION:

I. Future Hope of God's Rest (vv.1-11)

- A. Immediate connection to the warning of Psalm 95 leads to an understanding of hope-filled promises: STRIVE TO REACH THE PROMISED REST (v.1)
- B. The Coming Rest is Promised (v.2)
 - 1. God's redemptive story points to the coming rest (this is the essential message of the "gospel" [ie "good news"] - the deliverance of His people into rest in His presence
 - 2. The Gospel does not take root unless it is responded to, and then the fruit bears witness to it's effects (God / Man / Christ / RESPONSE)
 - 3. The Gospel's foundation is in the finished work of God
 - 4. This rest is only for God's own (the exposition of Psalm 95 continues)
 - 5. Because it is yet to be, there is a danger in NOT entering that rest
- C. The Failure to Enter is due to unbelief (v.3)
 - 1. Fear (that we would be in a state of unbelief)
 - 2. Faith alone promises the benefits of rest
 - 3. There are two groups (simply enough): Believers and unbelievers...in context, and keeping with the Hebrew audience, "joined"

would be attached with others in their midst who did believe (like Caleb & Joshua)

D. The Nature of this Rest (vv.4-10)

- 1. Every "rest" of God is a type in time
 - a) Creation
 - b) Exodus
 - c) Promised Land
 - d) Now
- 2. The first "rest" of the Sabbath was the resting of God from the finished and good work of creation
- 3. It is to come for those whose saving work was finished in Christ AND whose works of faith bore witness to that finished work
- 4. Understanding the designed parallel of the Exodus and the Church
- 5. Understanding the designed parallel of Creation with Re-creation
- 6. It is both NOW and NOT YET (vv.6-10)
- 7. It is a Sabbath rest (rest FOR God's people FROM works -- define this as the evidenced working out of salvation)
 - a) "Sabbath" here refers to a sabbath observance, NOT a Sabbath day
 - b) Remember, each feast and remembrance in Leviticus related to a type of Sabbath
 - c) We are to be drawn regularly to creation to understand God's completed, sufficient, independent work for the purpose of His glorious good
 - d) So, each Sabbath Day observation on our part says a lot about what we expect and

- look for in that eternal Sabbath
Observance in heaven (worship, gospel,
rest, joy)
- E. You can only rest if you've worked (v.11)
 - 1. Striving language
 - 2. **2 Peter 1:5,10**
 - 3. **Phil.2:12-13**
 - 4. Failure is due to disobedience

- b) The Word of God as the eyes of God
- 3. An accounting
 - a) What is the nature of this accounting?
 - b) Everyone must give a speech ("logos" is the word for "account")
 - c) Divine expression in the living Word of Scripture is the living Word as Christ -- we must declare what we've done with the Gospel proclaimed

II. Fighting for the Future Hope of God's Rest (vv. 12-13)

CONCLUSION:

- A. We battle with the Sword (v.12)
 - 1. We will focus on this more distinctly next week
 - 2. This nature of this weapon is for defense against unbelief by promoting belief
 - 3. So, this is the central instrument in our corporate battle for one another
 - 4. Unbelief is battled with the gospel of Christ -- the Gospel is revealed in the Scriptures
- B. EVERYONE will give an account (v.13)
 - 1. Being naked and exposed
 - a) Nothing hidden
 - b) Everything exposed ("seized by the throat")
 - c) **John 3:19-21**
 - 2. Before His eyes
 - a) God is watching (more than a threat to your kids)