

***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)