

## Hebrews 4:1-10

### Hebrews 4:1 (NOTES)

- What "rest" is in view here? The historical context is the Exodus of the Jews from slavery in Egypt (circa 1440 BC). God led the Jews out of Egypt to a new land. But, the Jews refused to enter it. Had they accepted the Promised Land, they would have found God's rest in a land flowing with milk and honey. Because they refused in unbelief, they were relegated to wandering in the wilderness with no homeland until all that generation had died, including Moses (although for a different reason). Joshua led the next generation into the Promised Land. The event foreshadowed the spiritual rest we find in Christ. To **enter God's rest** is to trust in Jesus Christ for the remission of sin to the attainment of eternal life. God used the physical to foreshadow the spiritual. Matthew 11:28
- "Therefore" - Speaking to the unconverted, based on the prior verses which referenced the cost of unbelief (disobedience: rejecting the promise of His rest and the refusal to trust Him), which is being barred from EVER entering it, not later, not when I feel the time is right, not after I do this, or after that happens, etc. Waiting is rejecting. "Not now", is "NO!"
- Since it is the Holy Spirit who convicts us of our sin and our need for forgiveness, and since it is the Holy Spirit that points us to Jesus, to reject the work of the Holy Spirit is to commit the unpardonable sin of Blasphemy. Mark 3:28-29
- "let us fear" - Fear what? God's wrath. Blasphemy of the Holy Spirit brings about the sure wrath of God. It cannot be escaped. Heb 10:27, 29, 31
- "while a promise remains of entering His rest" - Before God closes your door of grace.
- "lest ... any one of you should seem to have come short of it." - To the unconverted Jew the writer is offering the carrot and stick of evangelism. The carrot = His rest. The stick = His wrath. They have memorized, followed closely and lived out the OT, but have not been able to see Jesus in them. John 5:39, Luke 24:27

### Hebrews 4:2 (NOTES)

- "good news preached" - (GR. - euaggelizo, "*you-an-galeed'-zo*"). The writer is saying, "We have heard the gospel (the preaching of the message of salvation through faith in Christ), just like the ancient Jews. Their unbelief resulted in their condemnation.

### Hebrews 4:3 (NOTES)

- **Belief** is the means of **entering**. John 14:1-3
- Note that "enter" is not past tense, as something that happened once some time ago. We who have trusted in Christ are in an ongoing state of entering His rest (in Christ). Continually, day-by-day, we are pressing into Jesus and resting in Him. When we allow sin into our lives, to take hold in some area, it always brings doubt. When we do this, unbelief can fester in our hearts. We don't trust in God's promises any more. We doubt our own salvation. We open ourselves up to false beliefs. Ask Eve about doubting God, and see where it led her. We must stay close to Him through His word and prayer.
- We also stay close the Christ through the fellowship of the spirit, something about which often too little is said. If we are in Christ, then we are in His family - brothers and sisters. We are to spend time together - God has a purpose in this. If you and I are not regularly in the close presence and fellowship of other believers who are living their lives out for God every day, then we are living lives as spiritual loners. We're unwilling to submit ourselves to one another, to submit ourselves to correction. We must live as the family of God, because God uses us to strengthen one another through encouragement, correction, and love. Hebrews 10:24-25, Philippians 2:1-5, Proverbs 27:17
- "His works were finished" - He created the universe, and then created man to live in fellowship with Him. No sin, no strain or sweat, no worry - just harmonious life. When you think of *rest*, think of *life*. John 14:4-6
- Life with Christ is a life of spiritual rest. Not the rest of the body. The rest of the soul, mind, heart. God's original plan in the creation was to have us walk in harmony with Him. His desire has never changed. His offer of rest is the offer of life - now and forever. Matthew 11:28-30, John 10:10

### Hebrews 4:6 (NOTES)

- "it remains for some to enter it" - Not all men will enter His rest.

### Hebrews 4:7 (NOTES)

- "Today" - *Today* was not just that singular day when the twelve spies came back from Canaan and reported giants in the land and the Jews refused to enter the physical Promised Land. That was an actual, historical event, but it prefigured the real (spiritual) rest we have available in God through Christ to which the event ultimately pointed. Remember, God's OT law is the tutor that leads us to Christ. The Sabbath Law was one of the big ones. That day, TODAY, is still ticking, the sun has not set, there is still time to enter (Unless God locks you out because of your unbelief the *hardening of your heart* - and says, "You shall not enter my rest," meaning *ever!*). Only God knows how long the "TODAY" window is open in each person's life. Exodus 20:6-11, Galatians 3:24, Isaiah 55:6-7
- "IF YOU HEAR HIS VOICE" - To hear His voice is to a). hear the Gospel message of forgiveness of sin through faith in Christ - a preacher's sermon, reading the Bible, a chance meeting on an airplane when someone shares her faith with you; and it is also b). the wooing or drawing or calling of the Spirit of Christ. Romans 10:17, John 10:27, 6:44-45
- "if you hear" - He calls all, but not all hear His voice. John 12:32, Matthew 22:14
- "TODAY IF YOU HEAR HIS VOICE, DO NOT HARDEN YOUR HEARTS." This is a quote of King David, who wrote more of the Psalms than anyone else. David is stating that in five centuries past the door was open to enter God's rest in the Promised Land, and that the door was still open in David's day. Since the writer of Hebrews is quoting David about ten centuries later, the writer is stating that the door was still open in the first century after the cross. The door is open in each person's individual life until it is closed by persistent unbelief or death. Psalm 95:6-11

### Hebrews 4:8 (NOTES)

- "Joshua" - (Gr. - Jesus) Means "God is salvation." Jo - a prefix referring to Yahweh/Jehovah. Shua - a suffix referring to salvation. The writer has shown in the first three chapters that Jesus is superior to the prophets, then the angels, then Moses, and now Joshua, who followed Moses as the leader of Israel and who also led them across the Jordan River and into the Promised Land.

- "if Joshua had given them rest" - When the first generation died in the wilderness, and Joshua and Caleb led the next generation into the Promised Land, that was not the end of the discussion. That event was just one more in a progression: First, Adam and Eve in their rebellious unbelief, lost the **Garden**, which is a **type of His rest** (sabbath = rest). Second, the two million Jews of the Exodus from Egypt in their rebellious unbelief, lost the **Promised Land**, which is a **type of His rest** (sabbath = rest). When Joshua led the people into the **Promised Land**, it was a **type of His rest** (sabbath = rest). At the time of the writing of the Book of Hebrews, there remained a Sabbath rest. And, it is still available today. Hebrews 4:9

### Hebrews 4:9 (NOTES)

- "for the people of God" - Who make up the nation of Israel - God's chosen people. God established the sabbath to make a spiritual point. Salvation is available until He closes the door on her. When will He close her door? When the last Gentile is saved. Romans 11:1-5, 25
- Of the Ten Commandments, only the command to keep the Sabbath is not quoted in the NT. However, the command is oft referred to. It is not repeated as a command to be kept in the NT because Jesus fulfilled the Sabbath. His is the rest to which the Sabbath command ultimately speaks. Luke 6:1-5, Matthew 5:17-18

### Hebrews 4:10 (NOTES)

- "the one who has entered ... rested from his works" - This speaks of the future rest in eternity with Christ. This life is full of labor and works, unlike the days of Adam in the Garden, before the Curse. After the Curse, work began. There were things to do before the Fall and Curse, but man was not exerting himself to exhaustion. Once we enter the next life, either at death or the rapture of the church, we, too, will cease from our labors. Paradise will have been restored. (\*Note: This has, perhaps, been dubiously taught in claiming it refers to the cessation of the intent/labor to make ourselves acceptable to God through good works - but the unbeliever undertakes no such endeavor.) Genesis 3:19, Revelation 21:4
- "as God did from His" - God created a perfect Paradise for humans to live in fellowship with Him, and they lost it. The parallel is that Jesus restored us to Paradise by His work on the cross from which He rested when he said, "Tetelestai!" Luke 23:43, John 19:29-30