

Hebrews 4:11 (NOTES)

- "rest" - Trusting in Jesus Christ for the remission of sin and eternal life. The rest refers to the present spiritual rest we find in Christ (soulish rest - from distress, fear, false belief systems anything that is not rooted in love) and the future rest (from labor, sin, heartache, pain, etc.) we will find in eternity with Him. 1John 4:8, Matthew 11:28-30, Ephesians 1:3, 2Peter 1:3, Revelation 21:4-5, 22:1-5
- "therefore" - Based on the prior two chapters, therefore refers to the risk of failing to enter God's rest (trust in Christ) through the disobedience of unbelief.
- "same example of disobedience" - The example was the Jews of the Exodus from Egypt who sent spies into the Promised Land and refused to enter because they saw "giants" in the land. God sealed their fate to NEVER enter, and instead, die over the next 38 years in the wilderness. God allowed the following generation to enter under Joshua's leadership.

Hebrews 4:12 (NOTES)

- "For" - Because of the power and attributes of the Word of God, its Gospel (good news), its judgments and damnation (bad news), and the reality of its truth.
- "For the Word of God" - The Word of God is the expression of Himself. Christ is the Word of God, who expresses the Father, and who is the Truth. John 1:1-3, 14, Hebrews 1:2-3, Colossians 1:15 John 14:6, 10-11, 6:63, 8:31-32, 1Corinthians 1:24
- The Word of God is what God speaks, and it is perfect, and it never changes. Every verse with "Thus saith the Lord ..." is evidence thereof. Psalm 19:7-8, Luke 21:33, Malachi 3:6
- The Word of God is what He reveals - special revelation (not natural revelation - Romans 1:20). Exodus 31:18, Jeremiah 1:9, Hosea 12:10, 2Timothy 3:15-16, 2Peter 3:15-16
- "living and active" - Whatever God speaks occurs. It is embodied in the second person of the Trinity, who performs it. Isaiah 55:11, Colossians 1:15-17
- "sharper than any two-edged sword" - God's Word is a weapon against Satan and his works. Revelation 19:15, Matthew 4:4, Ephesians 6:17

- The Fall of Man in the Garden, at the hands of Satan, reduced the spirit of man (demoted him, so-to-speak) to the lesser region of his existence: the soul - the seat of his cognitive emotions, will, and mind. In other words, a result of the Fall was the loss of man's ability to live life in the spirit; he became spiritually "dead in [his] trespasses and sins." Spiritual death separated him from God, and the things of God, the spiritual life. His daily existence became soulish; he could only live the life of the soul. Spiritual things became veiled to him. The man who remains in this condition (unregenerate) until death will have his fate sealed in eternal separation from God (eternal spiritual death). Isaiah 59:2, Ephesians 2:1, Ezekiel 18:4, 2Thessalonians 1:9
- "piercing as far as the division of soul" - The natural man is the fallen man, the unregenerated man, the soulish man. The word for *soul* is "psuche," (*psyche*) which is translated in the 1 Corinthians passage as *natural*. 1Corinthians 2:14-15, Jude 1:16, 19, James 3:13-18, 1Thessalonians 5:23
- "and spirit" - The spiritual man is the man regenerated, born again, and indwelt by God. This man's non-physical ontology (nature of existence) is soul and spirit. His physical ontology is body. Just as the non-physical will be changed from carnal (oriented to the desires of the flesh) to holy, so will the physical be changed from carnal to holy. John 3:3-8, Titus 3:4-6, 2Corinthians 6:16, Romans 8:11, 1Corinthians 3:16, 15:44-46
- Our souls and spirits must be separated. The Word of God has the power to lift the spirit of a man up out of the soulish life and renew him. The spirit of a man cannot be controlled by his soul. We must be made alive in our spirits, in our inner man, and yield to *the Spirit* who indwells us, if in fact He does indwell you and me. Matthew 26:41, Romans 7:4-6, Ephesians 3:16-19