

“His Rest”
Hebrews 4:1-13
12/14/25
Message 6

Introduction

- Title Of The Message: “His Rest”

- **Illustration – People Are Looking For Rest**

- **People Are Looking For REST**

- Special places are built and designed called Resorts –
 - Where people pay top dollar try and experience rest - hectic lives
- Go to therapist –
 - Pay huge amounts – In Hopes to finding some rest
- People Purchase
 - Vehicles
 - Homes
 - Toys
 - Take trips trying to achieve REST
- Saw the other day the Ostrich pillow Original –
Show Pic
 - Get rest on the go...

- **But Nothing compares to rest we will discuss in our passage today**

- **REST is Clearly the Message of the passage**

- Paul uses the word 9 times in verses 1-11
 - In v. 9 - He says there's a rest for God's people
 - In v. 10 - He describes what this rest is
 - In v. 11 - He urges his readers to press into it.

- **What is this REST?**

- Doesn't cost US a thing
- We Don't have to go anywhere to find it
- It is the Ultimate in experiencing
 - It is the rest, refreshment, and fulfillment - people longing for

- **This Rest I refer to is the COMPLETE REST found in Jesus**

- May we press into His REST this morning!!!

- **Context / Review**

- **The Example of Israel – Failure In The Wilderness**

Hebrews 3:16–19 (NKJV)

16 For who, having heard, rebelled? Indeed, was it not all who came out of Egypt, led by Moses?

17 Now with whom was He angry forty years? Was it not with those who sinned, whose corpses fell in the wilderness?

18 And to whom did He swear that they would not enter His rest, but to those who did not obey?

19 So we see that they could not enter in because of unbelief.

- Review Israel's History
- 1. God brought Israel out of slavery in Egypt.

- **2. When backed up against the Red Sea**

- With their enemies pressing in behind them to wipe them out –
 - He parted the Sea and rescued them.
 - By the way this is where they started to dis-believe and complain

- **3. He led them through the wilderness by a pillar of fire and smoke.**

- **4. The entire way He provided for them with miracle bread and water.**

- **5. Kadesh Barnea**

- They found themselves at the border of the Promised Land– which was their destination
- Sent Spies - 12

- **6. What will Happen**

- Will They Enter?
- Will they BELIEVE the PROMISES of God?
- PLEASE NOTE
 - For about 18 months they had seen God's faithfulness
 - God's Protection
 - God's Provision
 - God's Promises

- **7. They FAILED**

- 10 of the 12 came back and did not Believe GOD
- What was their failure at Kadesh Barnea?
 - Unbelief!
 - They chose to NOT believe God would go with them to take possession of the land
 - God made it very clear He would fight for them and help them to overcome all their adversaries.
 - Yet they choose NOT to TRUST God
 - So they decided to avoid the conflict altogether.

- **8. As a Result**

- They spent the next 38 years wandering around the Wilderness
 - Until all the adults who had come out of Egypt died off –
 - That whole generation of unbelief
- It was their children who crossed over the Jordan River and entered in under the leadership of Joshua, Moses' successor.
 - Quick NOTE
 - Moses represents the LAW
 - Joshua – Jesus

- That generation FAILED
 - Paul is wanting his readers to understand
 - DON'T MAKE THE SAME MISTAKE with Jesus that their fathers made with the Promise Land they made

▪ **9. That generation FAILED**

- Paul is wanting his readers to understand
- DON'T MAKE THE SAME MISTAKE with Jesus that their fathers made with the Promise land they made
- So this morning God wants us to make sure we have Entered His REST

• **This Morning 2 POWERFUL TRUTHS About HIS REST**

- His Rest vv. 1-11
- His Word vv. 12-13

His Rest vv. 1-11

1. Context vv. 1-3

- **1. A Promises Remains / Gospel Preached vv. 1-2**

▪ **1. Since a Promise Remains v. 1**

Hebrews 4:1 (NKJV)

1 Therefore, since a promise remains of entering His rest, let us fear lest any of you seem to have come short of it.

- No one should think that the promise of rest is no longer valid.
 - The Promise of REST is STILL available to all those who come to Jesus – TODAY

- 2. They had the gospel preached to them – just like us! V. 2a

Hebrews 4:2 (NKJV)

2 For indeed the gospel was preached to us as well as to them; but the word which they heard did not profit them, not being mixed with faith in those who heard it.

- Gospel = Good News!
- To Them
 - The Tabernacle Sacrifice / System –
 - That pointed to Jesus – The Lamb Of God
 - The Gospel Joshua and Caleb preached
 - God has given us this land
 - Land flowing with milk & Honey – awesome place
 - BELIEVE IN THE PROMISES OF GOD
- To US
 - DBR of Jesus

- 3. But the word which they heard did not profit them v. 2b

Hebrews 4:2 (NKJV)

2 For indeed the gospel was preached to us as well as to them; but the word which they heard did not profit them, not being mixed with faith in those who heard it.

- The 10 spies offered Bad news
 - And the People doubted

- Sadly After all that God had done & showed them of His Power & Provision –
 - They didn't Believe
- WHY?
 - NO FAITH
 - UNBELIEF
 - DOUBT
- The truth is
 - Their struggles in faith started long before they came to Kadesh Barnea
 - REALLY RED SEA! – “Led us here to die!”
 - Continued to doubt and murmur and complain, Kadesh was the final manifestation of what had been going on for a year and half
 - Experiencing HIS REST involves faith!
 - They DID not Have IT
 - So God said because of their unbelief they will not enter into MY REST- (PSALM 95)
- **They Will NOT Enter v. 3**

Hebrews 4:3 (NKJV)

3 For we who have believed do enter that rest, as He has said: “So I swore in My wrath, ‘They shall not enter My rest,’ ” although the works were finished from the foundation of the world.

- In other words

- This whole plan of God for Blessing, Rest and fulfillment
 - Was established from the foundation of the world
- What's the key for entering the REST of God?
 - Believe!
 - Believe what?
 - Believe God!
 - Believed the good news!
- **2. So the Focus of Chapter 4 is to say!**
 - This is what the Lord has done for us –
 - This is who we are in Christ –
 - Lets be diligent to walk in that!
 - Don't be guilty of doing what Israel did

2. His Rest Does Not Refer To A Certain Day vv. 4-7

Hebrews 4:4–7 (NKJV)

4 *For He has spoken in a certain place of the seventh day in this way: “And God rested on the seventh day from all His works”;*

5 *and again in this place: “They shall not enter My rest.”*

6 *Since therefore it remains that some must enter it, and those to whom it was first preached did not enter because of disobedience,*

7 *again He designates a certain day, saying in David, “Today,” after such a long time, as it has been said: “Today, if you will hear His voice, Do not harden your hearts.”*

- **1. Special Days**
 - When we were kids – We lived for Saturdays!

- Morning Cartoons
- Playing all day
 - Bike riding, Baseball,
- Today Many People
 - LIVE for weekends –
 - Party / Play
- **2. The Jewish People had a special day of Rest –**
 - **CALLED THE SABBATH!**
 - The Lord instituted the Sabbath for His people
 - On the 7th Day (Saturday)
 - It was a day of
 - REST
 - It was also a day to
 - TRUST God's Provision
 - Mana
 - Sabbath Year
 - **The Sabbath was / IS Special**
 - God modeled this Himself in Creation on the 7th day - He rested!

Genesis 2:2 (NKJV)

2 And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done.

- Interesting all 6 days of creation end with
 - “So the evening and the morning”
 - Then it comes to the 7th day
 - It doesn’t mention morning or evening...
 - This POINTS to the fact CREATION is DONE
- Now why did God rest?
 - It wasn’t that he was tired – or exhausted!
 - It wasn’t like He had to recharge
 - God on the seventh day rested – not because He was tired –
 - But because He was DONE – the work of creation finished
 - It was a picture of Salvation
 - Pointing to the Finished work of Christ!
 - PLEASE NOTE
 - God is still Working Active in Creation
 - He rested from His work of creation
 - But certainly not from His work of providentially controlling and sustaining all the laws of the universe

3. His Rest Is Not Realized In a Place v. 8

- **1. There remains therefore a rest for the people of God**

Hebrews 4:8 (NKJV)

8 *For if Joshua had given them rest, then He would not afterward have spoken of another day.*

- Joshua gave them REST
 - Joshua gave them the rest of the promise land (Little Rest)
- BUT One Greater than Joshua has come and His name is Jesus
 - Jesus has given us the Complete Rest – Salvation

4. His Rest Is Revealed In His Finished Work vv. 9-10

- **1. There Remains vv. 9-10**

Hebrews 4:9–10 (NKJV)

9 *There remains therefore a rest for the people of God.*

10 *For he who has entered His rest has himself also ceased from his works as God did from His.*

- **His Rest – He ceased from His Works**

- NOTE

- We noted in v. 4 God rested on the seventh day from His work because He was finished!

- NOTE

- For the entire passage today, the author has used a single word for

- “Rest”

- Greek: Katapauo

- Now The author switches and uses a new word for the first time.

- “A Rest” –

- Greek: Sabbatismos –

- Means: a keeping of Sabbath

- The word “Sabbath” means literally “seventh” and comes from the seventh day when God “rested”.

- We might translate this,

- “There remains therefore a “sabbathing” for the people of God”. (or, “sabbatical”)

- The writer has brought us back to Genesis 2:2, the first “Sabbath”, when God rested.

- Christ declared on the Cross – It Is Finished

- The work of REDEMPTION was complete!

- Nothing needed to be added to it

- FINISHED = Tetelestai

- Here is the point –

- The person who has found His Rest in Christ has learned –

- THE WORK IS DONE

- It's NOT found in

- Following rules or keeping a religious code

- Some special place of worship or meditation
- It's found
 - By placing my faith in the finished work of Christ and Surrendering to His leading in my life
 - Not striving and working to earn his favor – Realizing I have it
- But this doesn't only PERTAIN TO SALVATION!
 - The whole Christian life is resting in the Promise of God!
 - And resting in the Provision of God

5. His Rest Requires An Active Rest v. 11

- **1. Let Us Therefore Be diligent to enter that rest v. 1a**

Hebrews 4:11 (NKJV)

11 Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience.

▪ Be Diligent –

• Greek: Spoudazo –

• Means: to hasten, make haste; to exert one's self, endeavor, give diligence

- The author isn't talking about WORKS
 - He's talking about being diligent to do something while you can, going through a door while it's open.
 - Salvation = By Grace and Faith Alone
 - BUT – Salvation has fruit = Walk Worthy

- **2. Lest anyone fall according to the same example of disobedience v. 1b**

Hebrews 4:11 (NKJV)

11 Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience.

- **If we are not diligent to enter that rest, the result can be a disaster.**

- We may fall according to the same example of disobedience.

- We may fall, even as the children of Israel did in the wilderness.

- **3. Application - His Rest Requires An Active Rest**

- **1. What Canaan Rest Represents for the Christian!**

- Not Heaven

- In Canaan there were

- Battles to fight
- Enemies to Conquer
- Work to be done
- Cities to be built
- There is none of that IN HEAVEN

- The Rest of Canaan Represents

- The SPIRIT FILLED / SPIRIT LED LIFE

- A Life that is Fixed on the Promise of God

- Life of being submitted to and led by the Lord

- Canaan represents the Christian life as it ought to be lived!

▪ 2. Our Position

- Want to Enter into this REST of Canaan
- 1. UNSaved
 - Must Get saved
- 2. Saved – Complete Surrender to Jesus
 - Must learn to die to self

Galatians 2:20 (NKJV)

20 *I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.*

- We MUST Live for HIM – Serve Him and Others
 - STOP Living For yourself
- Sadly Israel
 - Quickly turned to living for what they could get –

▪ 3. Our Purity

- Holiness is critical

1 Peter 1:16 (NKJV)

16 *because it is written, “Be holy, for I am holy.”*

- Want the REST Promised

- Learn to RUN from Sin – Just like Joseph
- The MOST Miserable person on this earth
- Is a Christian living with one foot in and one foot out
- Sadly Israel In the Promise Land Israel
 - Was told to destroy all the things that would lead them to SIN
 - They failed
- **4. Our Promises from God**
 - **Hold FAST to God's Promises**
 - In the Bible there are tons of Promises –
 - Google says it could be as high as 9,000
 - Not sure really know for sure
 - BUT there are TONS of them

2 Corinthians 1:20 (NKJV)

20 For all the promises of God in Him are Yes, and in Him Amen, to the glory of God through us.

- God says:
 - The work of Salvation was finished in Christ
- God says:
 - He will provide for all my needs
- God says

- All things work together for Good
- The Promise of Problems
 - He has also told us there will be Problems

John 16:33 (NKJV)

33 *These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world."*

- Sure there's
 - Conflicts
 - Battles
 - Warfare
 - Trails
 - BUT HE HAS OVERCOME
- Our Battles are HIS BATTLES
 - The Battle belongs to the Lord
 - Rest and Trust in His promises
 - Example: Jericho
 - *When we fight we fight on our knees, with our hands lifted up...*
- NOTE
 - The Problem Jewish believers
 - In the 1st century were failing to HOLD FAST to God's Promises

- They were suffering – persecuted – written off by family
- Their attitude was wait this isn't what I signed up for
- They failed to realize – the Christian life involves trials
- **Our Rest is an Active Rest**
 - It involves
 - Walking / building / battling
 - But believing in the Power and promise of God
 - You may be going through a struggle RIGHT NOW / BATTLE
 - God says
 - Trust Me
 - Next We see Stay In The Word

His Word vv. 12-13

• **1. God's Word Is Living v. 12a**

○ **1. For the word of God v. 12a**

Hebrews 4:12 (NKJV)

12 For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.

▪ **For the Word of God**

- Word –

- Greek: Logos
- Means: Of speech; a word, uttered by a living voice, embodies a conception or idea; what someone has said; discourse; doctrine, teaching

2 Timothy 3:16–17 (NKJV)

16 All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness,
17 that the man of God may be complete, thoroughly equipped for every good work.

- Whose word?
 - God's
 - Simple point but never forget it
- **2. Living and Powerful v. 12b**

Hebrews 4:12 (NKJV)

12 For the word of God **is living and powerful**, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.

▪ **Living**

- Greek: Zao –
- Means: To live, breathe, be among the living (not lifeless, not dead); to enjoy real life; to live i.e. pass life, in the manner of the living and acting; metaph. to be in full vigour; to be fresh, strong, efficient,; as adj. active, powerful, efficacious

▪ **Powerful**

- Greek: Energes
- Means: (“in” + “work”) – active

- **The Bible isn't a collection of merely old stories and myths.**

- It has inherent Life and Power
 - God's Word has the power to transform lives today.

Isaiah 55:10–11 (NKJV)

10 "For as the rain comes down, and the snow from heaven, And do not return there, But water the earth, And make it bring forth and bud, That it may give seed to the sower And bread to the eater,

11 So shall My word be that goes forth from My mouth; It shall not return to Me void, But it shall accomplish what I please, And it shall prosper in the thing for which I sent it.

- **The preacher doesn't make the Bible come alive.**

- The Bible is alive, and gives life to the preacher and anyone else who will receive it with faith

• **2. God's Word Is Penetrating v. 12c**

- **1. Sharper than any two-edged sword v. 12c**

Hebrews 4:12 (NKJV)

12 For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.

- **There are several types of swords mentioned in Scripture.**

- There's a "big" sword (romphaia) (hrom-fah'-yah)
 - The Bible says that Jesus carries a romphaia

Revelation 19:15 (NKJV)

15 Now out of His mouth goes a sharp sword, that with it He should strike the nations. And He Himself will rule them with a rod of iron. He Himself treads the winepress of the fierceness and wrath of Almighty God.

- Then there's the "small" sword (machaira) (muh-KIGH-ruh)
 - The machaira was designed for close combat.
 - It was both an offensive weapon as well as a defensive weapon.
 - It could cut your enemy, but it could also counter your enemy's blows.
 - This is the one used in our text
- The Bible is a sharp tool.
 - We are facing a spiritual enemy, and we need an effective weapon

▪ **A discerner of the thoughts and intents**

- There are 3 pairs of things mentioned here and they all have the same thing in common
 - It's hard to tell one thing from the other.
- The concepts of "Soul" and "Spirit"
 - Are actually quite hard to define.
 - They constantly overlap each other in definitions and usage in the Scripture.
 - The "Soul"
 - Is our invisible human "self" containing emotions and personality, and our
 - The "Spirit"
 - Is that invisible part of us that connects with God

- The concept of “Joints” and “Marrow”
 - Are the same in the ancient mind.
 - It’s hard to tell them apart.
- The concept of “Thoughts” and “Intentions”
 - Are likewise hard to tell apart.
 - KNOWS WHO WE ARE
- The “Word”
 - Is like a surgeon who skillfully opens you up
 - Then is able to tell where the tumor is and able to skillfully remove all the cancer and leave the organs intact.
- NOTE
 - Get into the Word of God.
 - Open yourself up to it!
 - Let it have it’s way in your life
 - Also Remember this
 - When the Word is preached – it’s not that I have some special insight into your life...
 - That is the Word
 - And if you are hit – Listen
 - **2. And There is no Creature Hidden v. 13**

Hebrews 4:13 (NKJV)

13 *And there is no creature hidden from His sight, but all things are naked and open to the eyes of Him to whom we must give account.*

- Nothing escapes His notice.
 - He is absolutely omniscient.
 - He is constantly aware of all that is going on in the universe.
 - HE SEES EVERYTHING

• **The Power of God's Word – Guzik**

- God's word brings true health, fruitfulness, prosperity and success to what we do. (Psalm 1:3)
- The word of God has healing power and the power to deliver from oppression. (Psalm 107:20, Matthew 8:8, Matthew 8:16)
- God's word cleans us. If we take heed according to God's word, our way will be cleansed. (Psalm 119:9, John 15:3, Ephesians 5:26)
- The word of God, hidden in our hearts, keeps us from sin. (Psalm 119:11)
- God's word is a counselor. When we delight in God's word, it becomes a rich source of counsel and guidance for us. (Psalm 119:24)
- God's word is a source of strength. (Psalm 119:28)
- God's word imparts life. It is a continual source of life. (Psalm 119:93, Matthew 4:4)
- God's word is a source of illumination and guidance. When God's word comes in, light comes in. It makes the simple wise and understanding. (Psalm 119:105, Psalm 119:130)
- God's word gives peace to those who love it. They are secure, standing in a safe place. (Psalm 119:165)

- When the word of God is heard and understood, it bears fruit. (Matthew 13:23)
- The word of God has inherent power and authority against demonic powers. (Luke 4:36)
- Jesus Himself – His eternal person – is described as the Word. When we are into the word of God, we are into Jesus. (John 1:1)
- Hearing God's Word is essential to eternal life. One cannot pass from death into life unless they hear the word of God. (John 5:24, James 1:21, 1 Peter 1:23)
- Abiding – living in – God's word is evidence of true discipleship. (John 8:31)
- God's word is the means to sanctification. (John 17:17)
- The Holy Spirit can work with great power as the word of God is preached. (Acts 10:44)
- Hearing God's word builds faith. (Romans 10:17)
- Holding fast to the word of God gives assurance of salvation. (1 Corinthians 15:2)
- The faithful handling of the word of God gives the ministers of the word a clear conscience. They know that they did all they could before God. (2 Corinthians 4:2, Philippians 2:16)
- The word of God is the sword of the Spirit. It is equipment for spiritual battle, especially in the idea of an offensive weapon. (Ephesians 6:17)
- The word of God comes with the power of the Holy Spirit, with "much assurance." (1 Thessalonians 1:5)
- The word of God works effectively in those who believe. (1 Thessalonians 2:13)

- The word of God sanctifies the very food we eat! (1 Timothy 4:5)
- The word of God is not dead; it is living and active and sharper than any two edged sword. The word of God can probe us like a surgeon's expert scalpel, cutting away what needs to be cut and keeping what needs to be kept. (Hebrews 4:12)
- The word of God is the Christian's source of spiritual growth. (1 Peter 2:2, 1 Corinthians 2:1-5)

Closing

- The Whole Point to the Book Of Hebrews
 - Don't Drift Away
 - Why and how not to drift away
 - The How – Jesus is for us – He will be there
 - TAKE CARE OF YOUR SOUL
 - Are you saved?
 - If so LIVE for God and Him alone
 - Rest in the finished work of Christ today