

## *Entering God's Rest*

### *Hebrews 4:1-13*

*"It is possible for a person to be saved and destined for heaven, yet lead a miserable, defeated life here below. The Bible is perfectly clear that there are two distinct possibilities of Christian experience: defeat or victory.*

*The tragedy is that many believers are perpetual infants suffering from undernourishment and arrested development and malnutrition, lacking joy and victory and reward. It is no use denying the fact that too many believers are no farther along today than they were five years ago. This is not God's will, for He has something better. It is possible to know an undisturbed rest and peace, an attainment of victory over self and the world, which passeth all understanding. Why then go on defeated and discouraged, when the fullness of the abundant life can be yours?" ... Jesus said: These things have I spoken unto you, that my joy might remain in you, and that your joy might be full (John 15:11). De Haan*

- I. In chapter 3 we are exhorted to fix our thoughts on Jesus, the Apostle and High Priest whom we confess. It means that we are to look to his Scriptures to give us the biblical worldview needed to live godly lives in this godless world as we wait for him to call us up to be with him. We are warned that if we don't, we could find ourselves in danger of not trusting that the Scriptures will provide us with the wisdom necessary for guidance and direction. It is our duty, as those who share in the heavenly calling, to guard against unbelief. Unbelief will keep us from being at peace with ourselves and with our Lord. It is our choice, either be at rest in him or live a life of turmoil.

Heb. 3:1

Heb. 4:1

3:15-19

Numbers 13:26-31

Numbers 14:1-4, 6-10a

Numbers 14:23,30

Ps. 62:5-8

**Psalm 62:5** Yes, my soul, find rest in God; my hope comes from him.

- II. There are three types of rest we can have with God. There is the rest of salvation which can only come about through believing the gospel, there is the rest of the heart, mind and soul that comes from living well for him, and there is the rest of eternal life. The rest or peace with God that comes from salvation can never be taken from us. The rest from the conflict that comes from living this life is yet to come and is a guarantee to all who have been redeemed by the blood of Christ. Both rests are possible because it is God's rest we enter into, not ours. We stepped into his rest the moment we took him at his word. If you notice, when God finished his creation in Genesis 1, he rested. It was the seventh day, a holy day, and the day never ended. There is no morning or evening mentioned, only ongoing rest, and that is the rest we've been given.

Heb. 4:2-10

Gen. 2:2-3

Ps. 95:7-8

Eph. 2:8-9

Rev. 14:13

***Matthew 11:28*** *Come to me, all who labor and are heavy laden, and I will give your rest.*

- III. The rest we are exhorted to stay in is the rest that can only come from living a life of belief and obedience to our Lord and Savior Jesus Christ. That kind of rest is contingent upon faithfulness. It is a rest that can escape us and be lost if we are not careful. The more we value the rest of salvation and eternal life, the more we'll find ourselves wanting to live a peace relationship with ourselves, others and most importantly with Jesus. Discernment to do so can only come about by letting the truth of his word penetrate our hearts to teach and correct us.

Heb. 4:11-13

Phil. 2:12-13

2 Peter 1:10

2 Cor. 5:10

**2 Timothy 3:16** *All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. (NLT)*