

*"There remains
therefore a rest for
the people of God"*

(Hebrews 4:1-13)



Hebrews 4:1–13 (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. 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*. 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.

Hebrews 4:1–13 (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.*” ⁸ For if Joshua had given them rest, then He would not afterward have spoken of another day.

Hebrews 4:1–13 (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. ¹¹ Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience.

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. 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.

"There Remains a Rest for the People of God"

CONTEXT: TAKE HEED BRETHREN - 3:1-4:11



- The context warns against departing from God through unbelief as Israel did - 3:1-19; cf. 1 Cor. 10:1-13
- The preceding example is applied to Christians lest they also come short of God's promised rest - 4:1,2,11

"There Remains a Rest for the People of God"

CONTEXT: TAKE HEED BRETHREN - 3:1-4:11

"Ye Are Partakers"

3:1 - Of the heavenly
calling

3:14 - Of Christ

Beware, brethren,

lest there be in any of
you an evil heart of
unbelief - 3:12

**"A promise
remains of
entering His rest"**
- 4:1

"If" (conditional)
"you hold fast to the
end" - 3:6,14
"If you do not
harden your heart" -
3:7,15

"departing from the
living God; - 3:12

"Hardened through
deceitfulness of sin" -
3:13

"couldn't enter in due
to unbelief." - 3:19

14:1 - Let us fear lest any
of you seem to have
come short of it.
4:11 - Let us therefore
be diligent to enter that
rest, lest anyone fall
according to the same
example of disobedience.

"There Remains a Rest for the People of God"

CONTEXT: TAKE HEED BRETHREN - 3:1-4:11



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.

- **"Seem to have come short of it" – (4:1)**
- They were to fear the consequences of giving up on the promise of God as the Israelites had done. — (Num 13:25-14:38)

"There Remains a Rest for the People of God"

CONTEXT: TAKE HEED BRETHREN - 3:1-4:11



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.

- **The main point** - there IS indeed a promise of rest to be enjoyed by those who continue in faith.
- Just as Israel was pushing toward **the rest that was certain** to be found in Canaan, (rest from slavery, travel, and eventually war)
- The faithful Christian **has the certainty** of a rest remaining for him after enduring his pilgrimage here.

"There Remains a Rest for the People of God"

A Rest Remains



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.

Heb. 4:6,9

⁶ Since therefore it remains that some *must* enter it, . . .

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

"There Remains a Rest for the People of God"

A Rest Remains



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.

Titus 1:2 (NKJV)
² in hope of eternal life which God, who cannot lie, promised before time began.

"There Remains a Rest for the People of God"

A Rest Remains



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.

1 Peter 1:3–4

³ . . . has begotten us again to a living hope . . .

⁴ to an inheritance incorruptible and undefiled and that does not fade away, reserved in heaven for you,

"There Remains a Rest for the People of God"

A Rest Remains



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.

- **Not the Sabbath rest** – vs. 4,5; Gen 2:2; Exo 16:23; Exo 20:8-11; Deut 5:2-22; Neh 9:13-14; Ep 2:14-15; Col 2:14-17
- **Not the Canaan rest** – vs. 8,9; Deut 3:20; 12:9-10; Josh 1:13-15; Josh 21:43-45; Ps 95:7-8

"There Remains a Rest for the People of God"

A Rest Remains



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.

Hebrews 4:3 (NKJV)

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.

"There Remains a Rest for the People of God"

A Rest Remains



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.

Hebrews 4:5-6 (NKJV)

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,

"There Remains a Rest for the People of God"

A Rest Remains



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.

Hebrews 4:10 (NKJV)

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

"There Remains a Rest for the People of God"

A Rest Remains



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.

- **Vs. 9-10 The rest comes when the labor is done!**
- ▶ Rest FROM doing what's right, - in the face of trials, tribulation, persecution, temptations,
- ▶ Rest FROM Fighting sin, Satan & false teachers ...
- ▶ Weariness & physical drudgery of life - sickness, aging, heartache, loss ...

"There Remains a Rest for the People of God"

A Rest Remains



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.

■ **Vs. 9-10 The rest comes when the labor is done!**

- ▶ It's not just for ourselves that we battle – (our spouse, children, grandchildren, brethren in Christ, etc.)
- ▶ God has called us into a battleground not a playground – one day there will be a rest (Rev 21:22-27).

"There Remains a Rest for the People of God"

Entering Is Conditional



Hebrews 4:1 (NKJV)

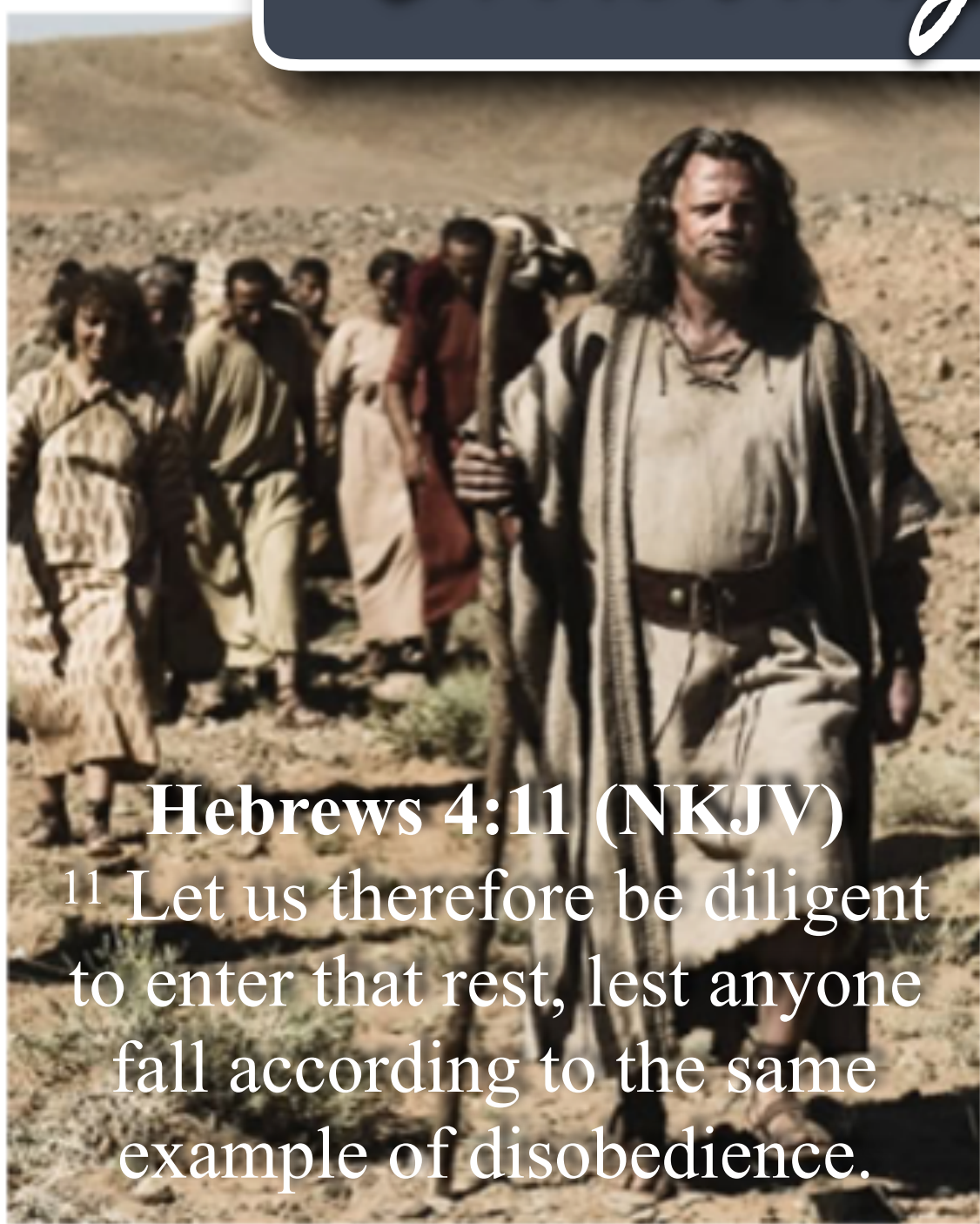
¹ Therefore, since a promise remains of entering His rest, let us fear lest any of you seem to have come short of it.

Hebrews 4:11 (NKJV)

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

"There Remains a Rest for the People of God"

Entering Is Conditional



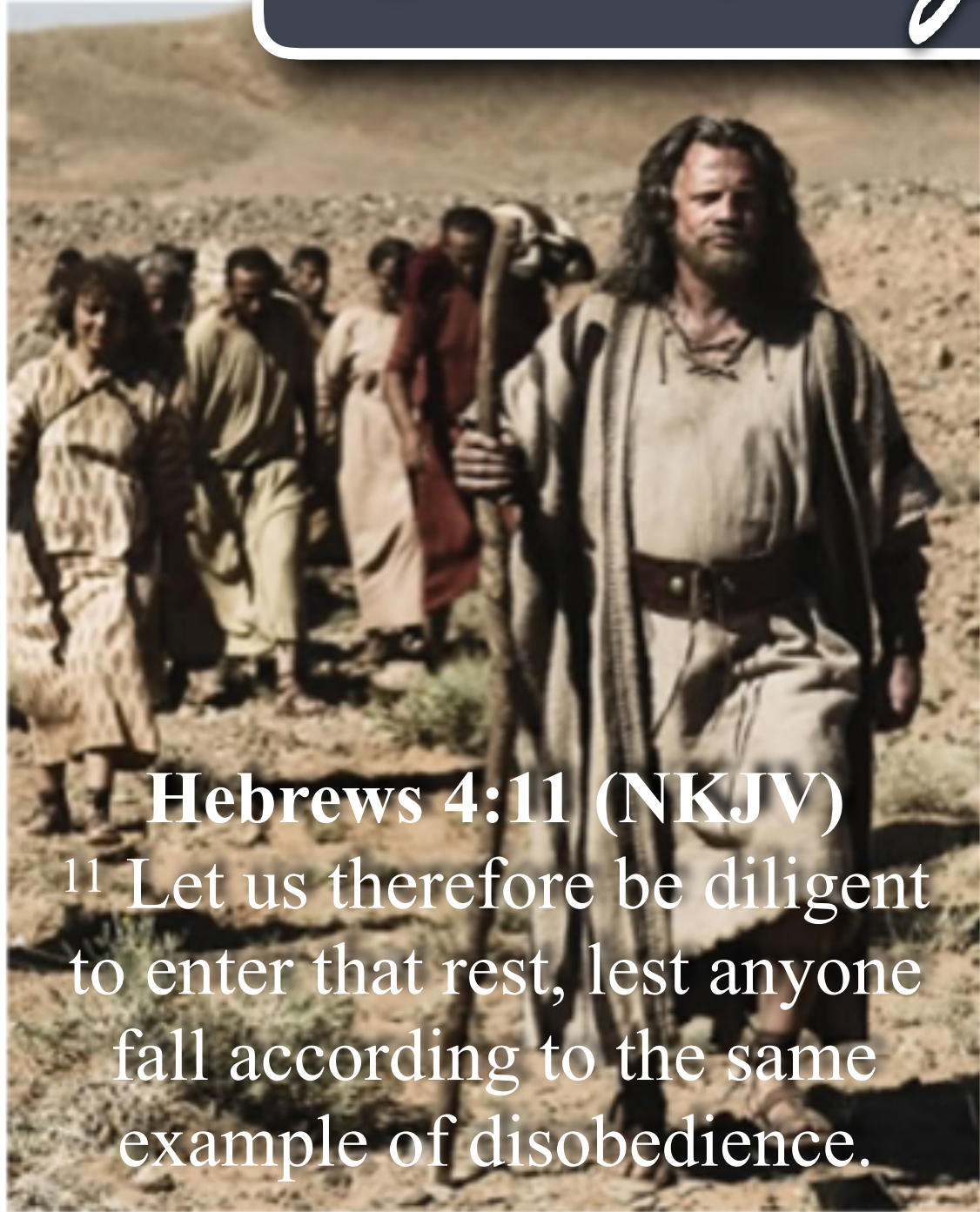
Hebrews 4:11 (NKJV)

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

- **"Let us fear"** – vs. 1; Ps. 33:8; 111:10; Prov. 1:7; Mat 10:28; Phil 2:12
- **We must give account** – vs, 13; 9:27; 10:30,31; Eccl. 12:13,14; Rom 2:5-11; 2 Cor 5:10

"There Remains a Rest for the People of God"

Entering Is Conditional



Hebrews 4:11 (NKJV)

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

- **"The gospel was preached"** - vs. 2,12; Mark 16:15; Rom 1:16; 10:14-17; Col. 1:5; 23
- **Gospel must be believed / obeyed** - vs. 6; 3:16-19; 5:9; Mat. 7:21ff, Rom 2:8; 6:17; 10:16; Gal. 3:1; 5:7; Phili 2:12; 2 Thes 1:6-9; 1 Pet 1:22; 4:17

"There Remains a Rest for the People of God"

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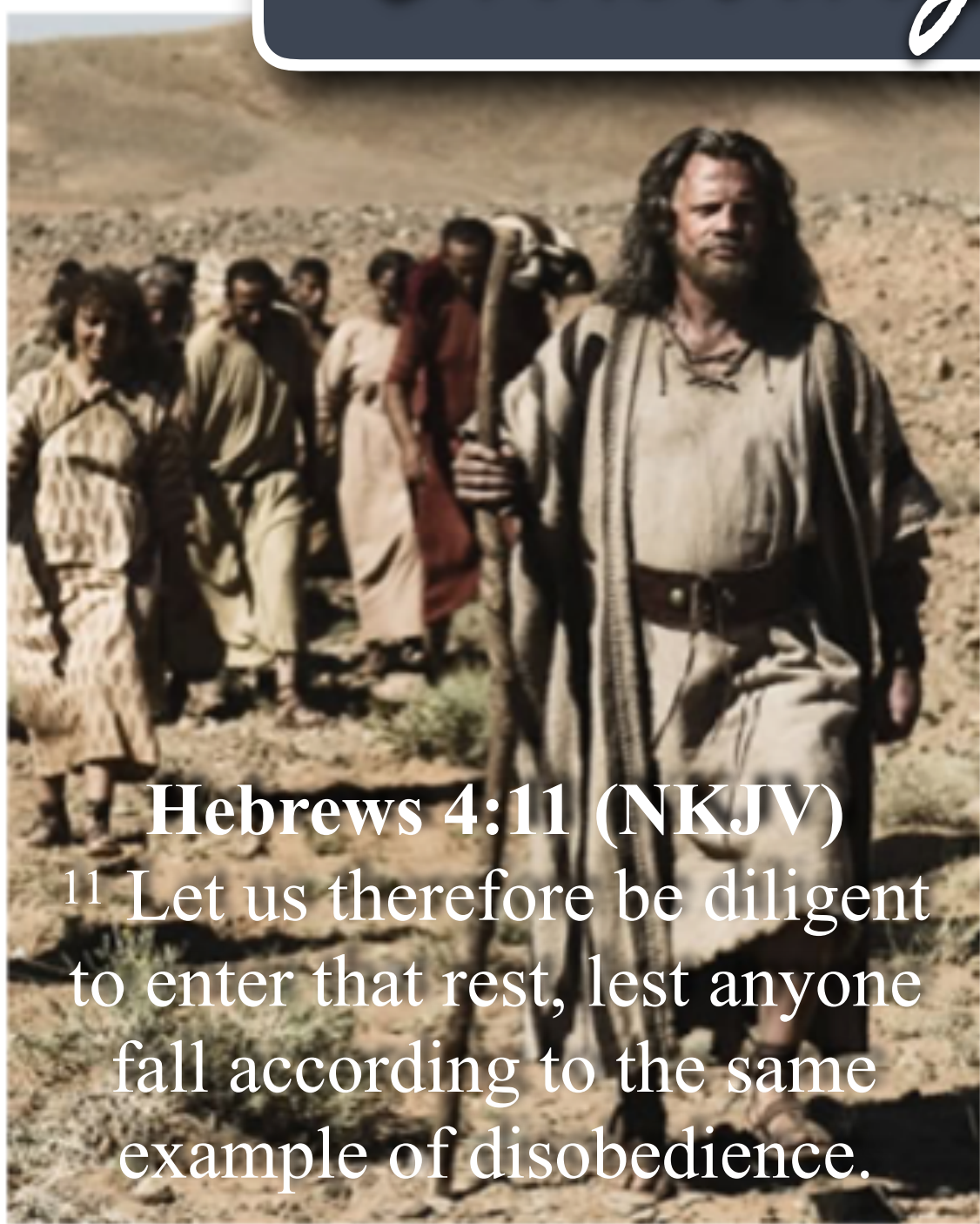
Hebrews 4:11 (NKJV)

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

- **"We who have believed do enter"** – (Emphatic futuristic present middle indicative of eiserchomai).
- We who believe are sure to enter in - vs. 1,2,7,11, 12; cf. 3:14; John 3:16; Rom. 8:28-39; Heb 11:6; Mk 16:16; Gal. 3:26,27; Rev 2:10

"There Remains a Rest for the People of God"

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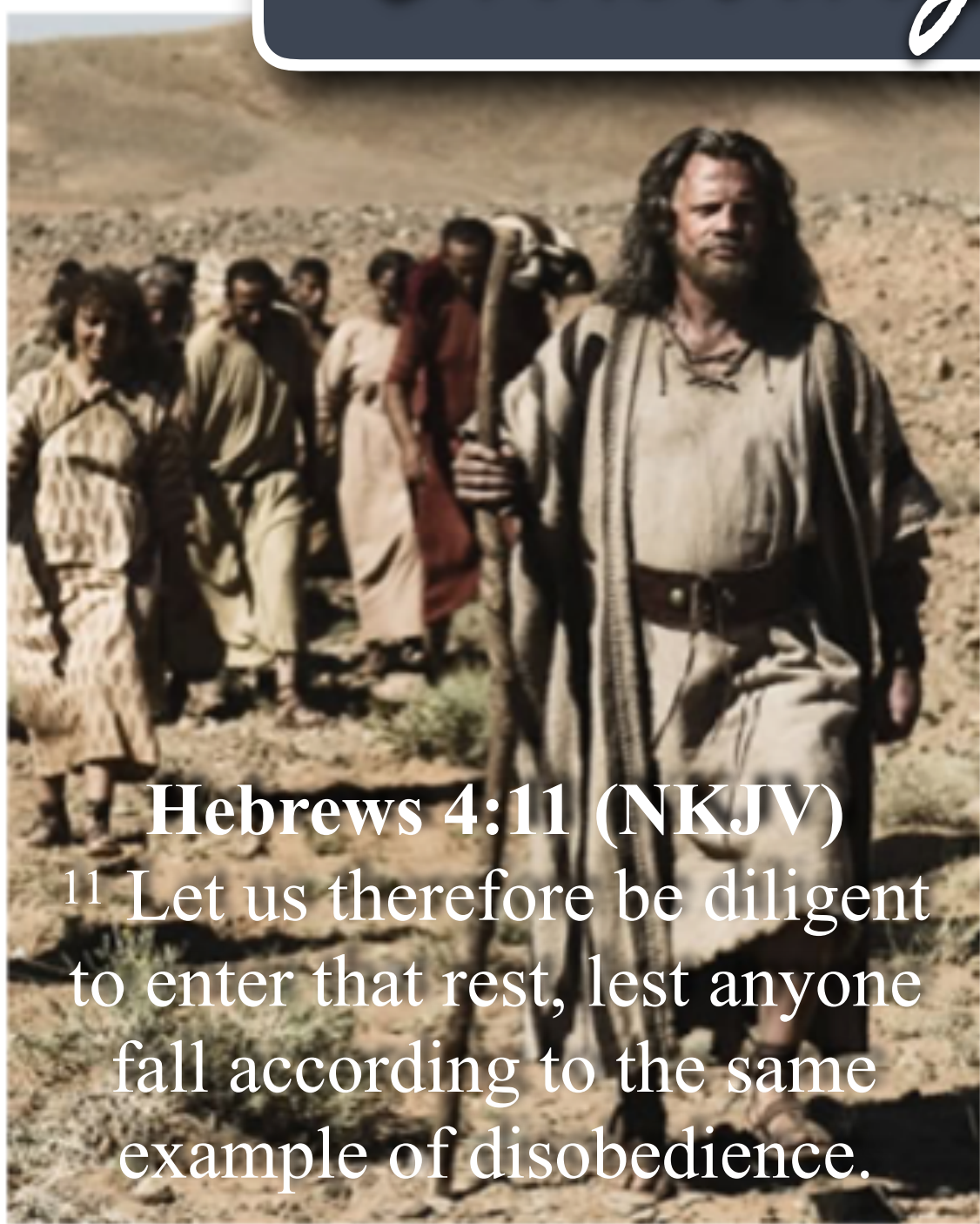
■ **"Let us therefore be diligent to enter that rest" - vs. 11; 6:11; Luke 13:24; John 6:27; Phil 2:12; 2 Pet 1:5-11**

Hebrews 6:11 (NKJV)

¹¹ And we desire that each one of you show the same diligence to the full assurance of hope until the end,

"There Remains a Rest for the People of God"

Entering Is Conditional



Hebrews 4:11 (NKJV)

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

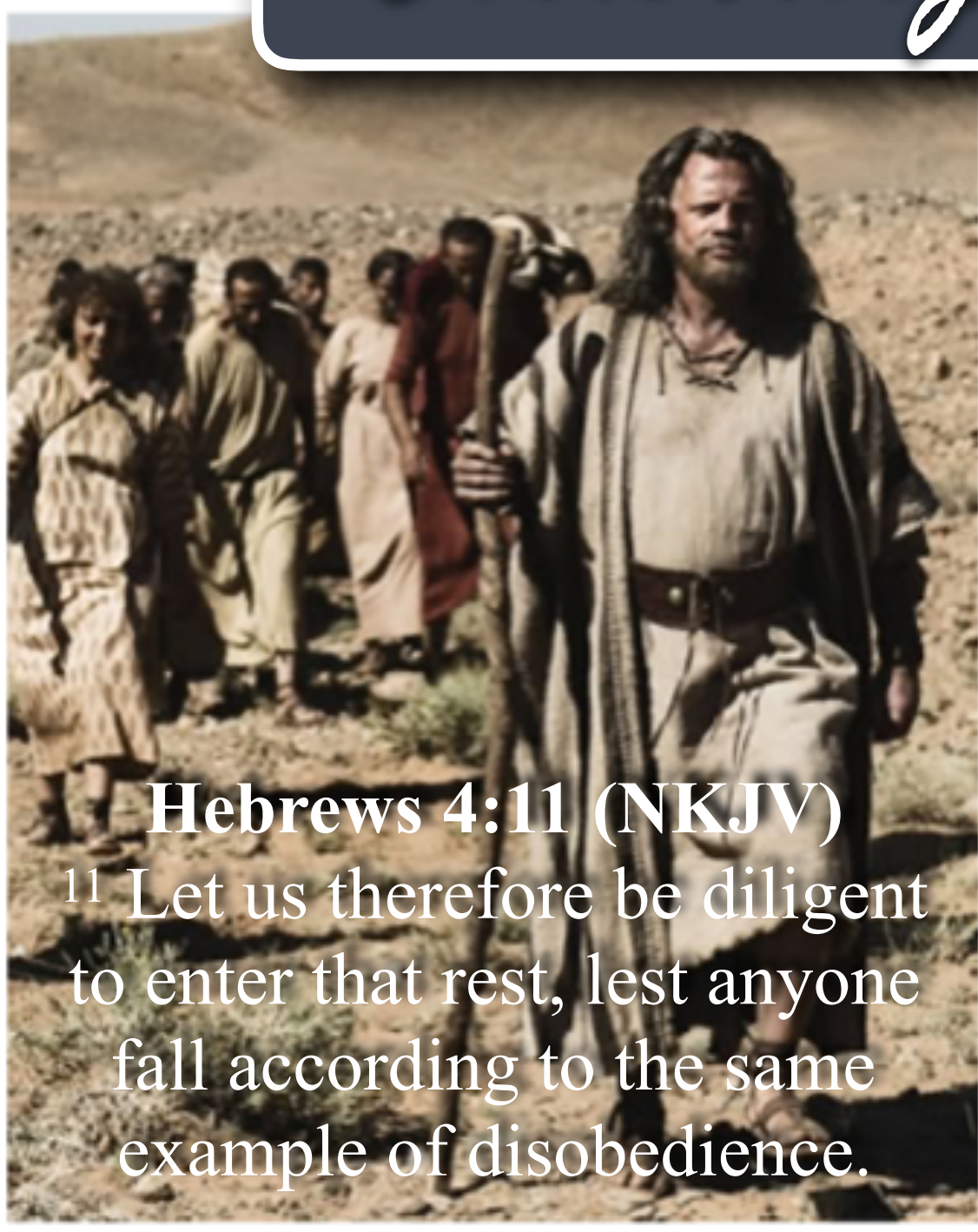
■ **"Let us therefore be diligent to enter that rest" - vs. 11; 6:11; Luke 13:24; John 6:27; Phil 2:12; 2 Pet 1:5-11**

Luke 13:24 (NKJV)

²⁴ "Strive to enter through the narrow gate, for many, I say to you, will seek to enter and will not be able.

"There Remains a Rest for the People of God"

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Hebrews 4:11 (NKJV)

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

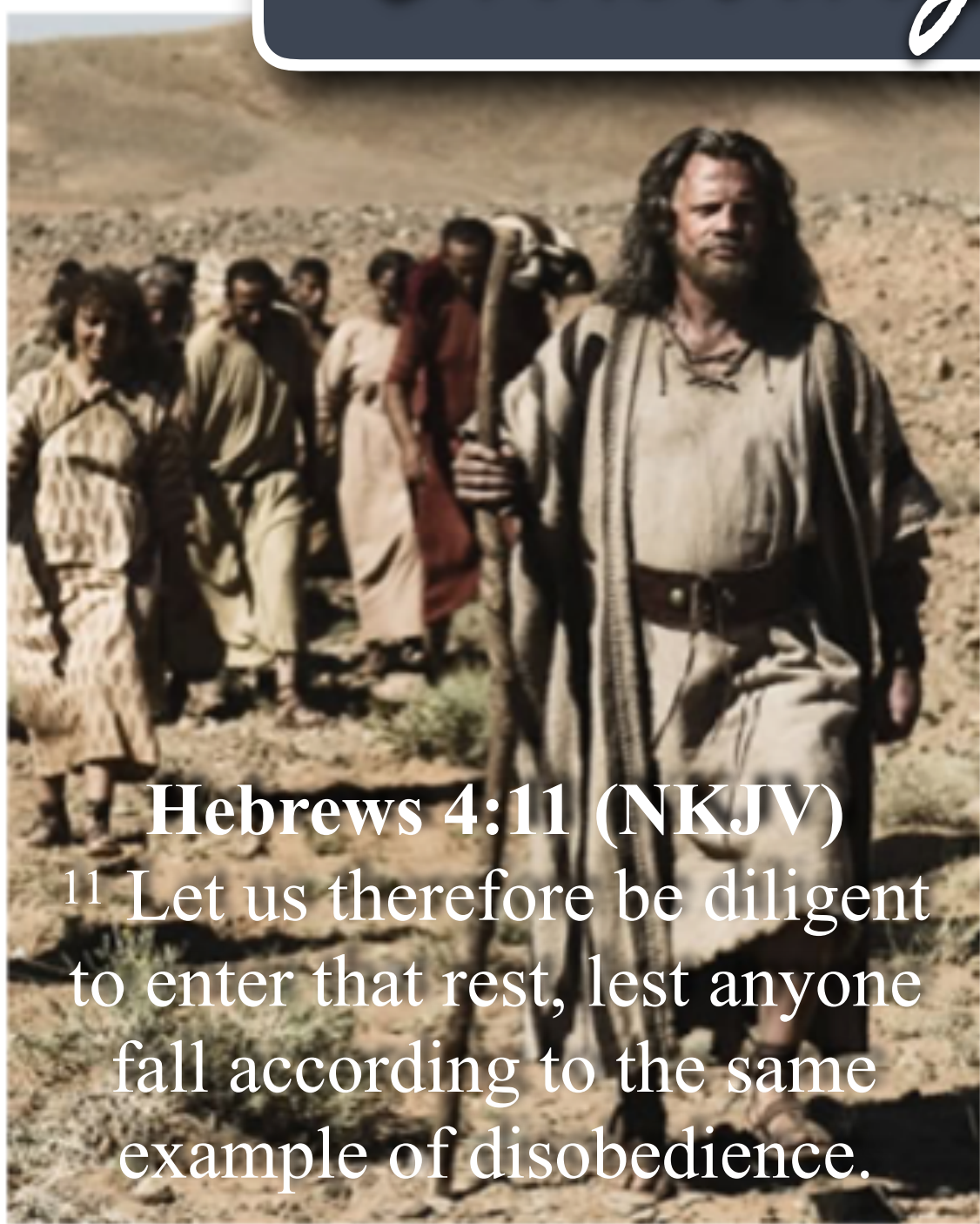
■ **"Let us therefore be diligent to enter that rest" - vs. 11; 6:11; Luke 13:24; John 6:27; Phil 2:12; 2 Pet 1:5-11**

John 6:27 (NKJV)

²⁷ Do not labor for the food which perishes, but for the food which endures to everlasting life, which the Son of Man will give you, ...

"There Remains a Rest for the People of God"

Entering Is Conditional



Hebrews 4:11 (NKJV)

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

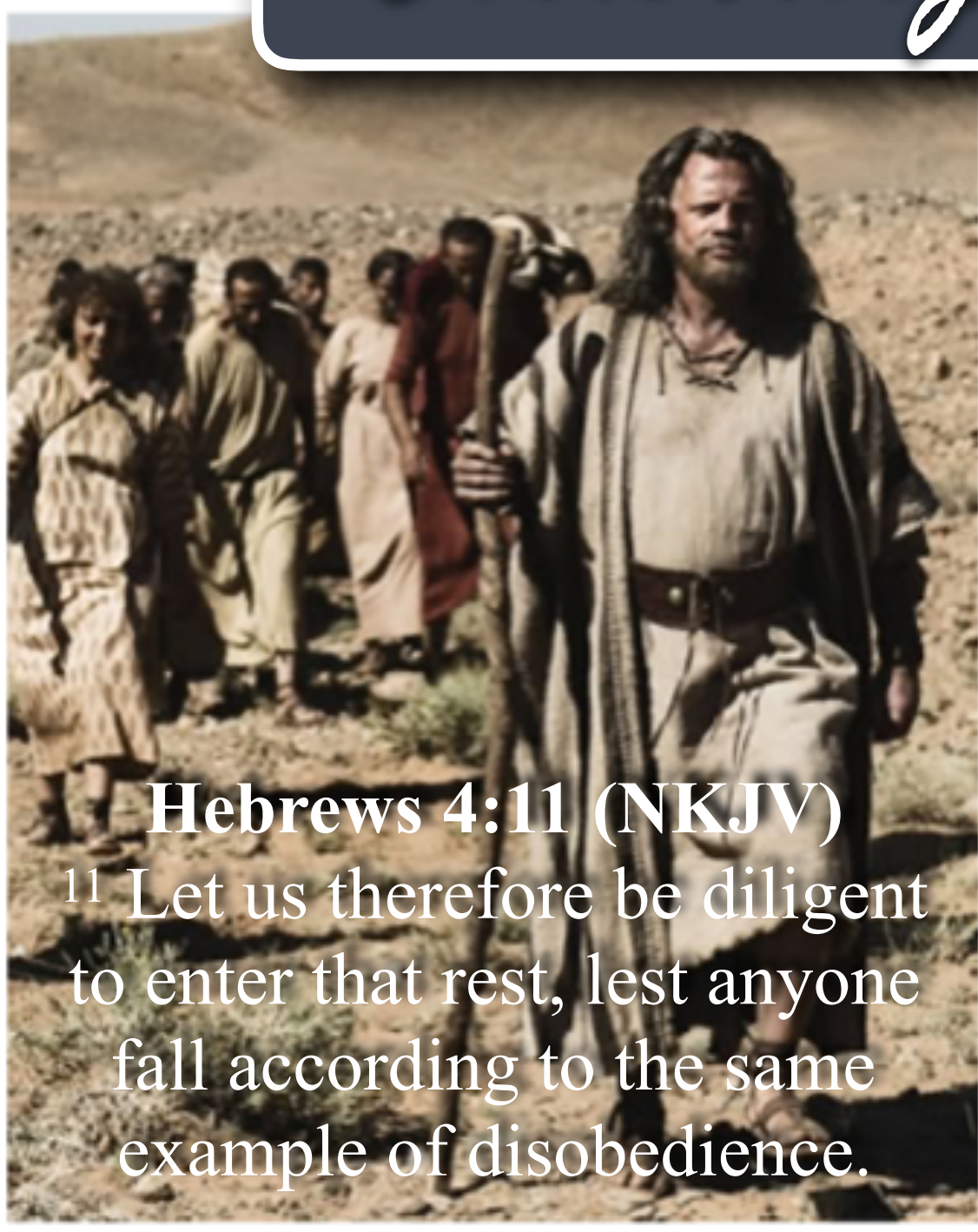
■ **"Let us therefore be diligent to enter that rest" - vs. 11; 6:11; Luke 13:24; John 6:27; Phil 2:12; 2 Pet 1:5-11**

2 Peter 1:5 (NKJV)

⁵ But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge,

"There Remains a Rest for the People of God"

Entering Is Conditional



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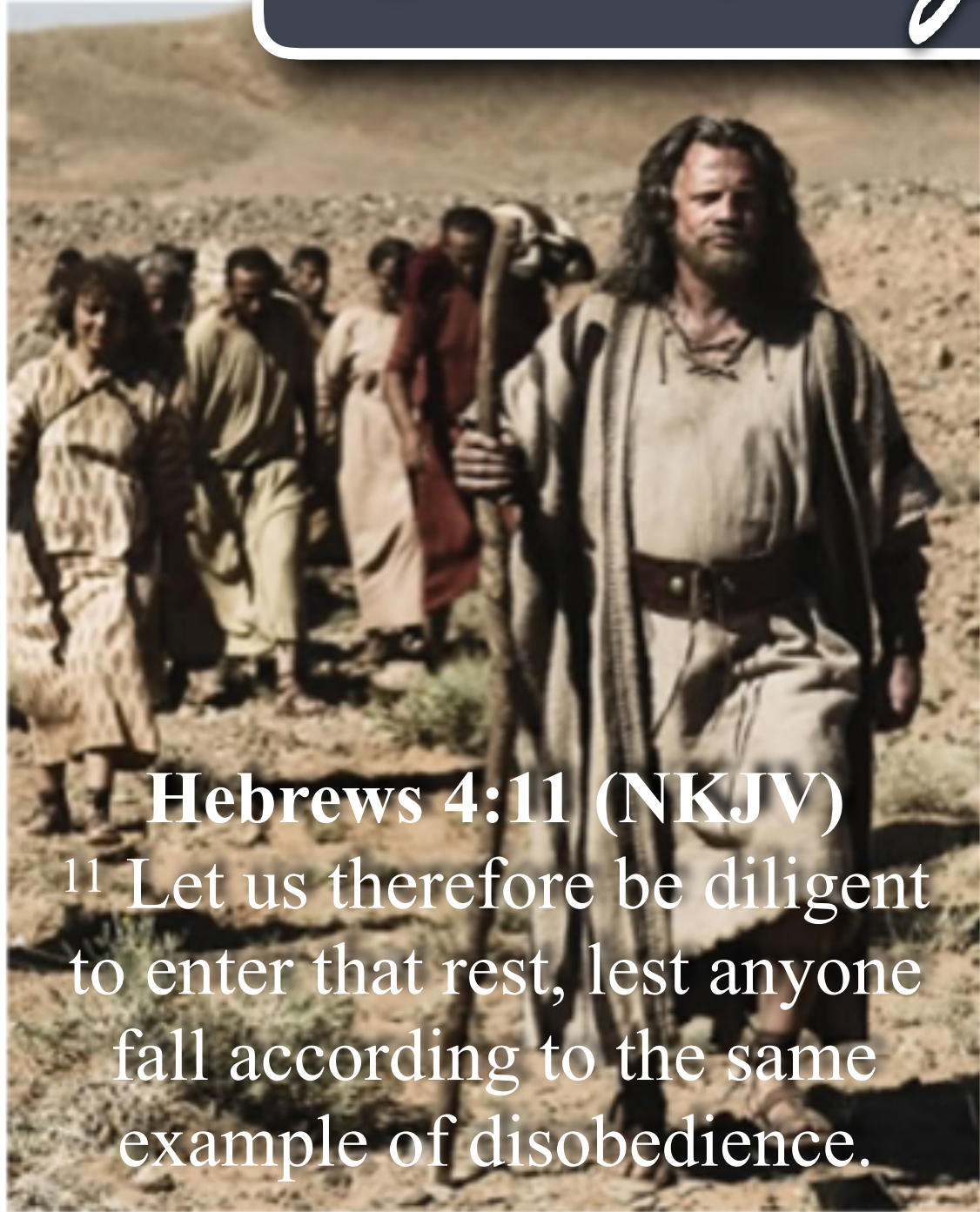
■ **"Let us therefore be diligent to enter that rest" - vs. 11; 6:11; Luke 13:24; John 6:27; Phili 2:12; 2 Pet 1:5-11**

2 Peter 1:10 (NKJV)

¹⁰ Therefore, brethren, be even more diligent to make your call and election sure, for if you do these things you will never stumble;

"There Remains a Rest for the People of God"

Entering Is Conditional



Hebrews 4:11 (NKJV)

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

■ **We CAN fail to enter God's rest!**

- ▶ "Lest any of you seem to have come short of it" – vs. 1, 3:7-14; John 15:1-10; 1 Cor. 10:1-13
- ▶ "Did not enter because of disobedience" – vs. 2, 6, 11; cf. 3:15-19; 5:8,9; Mat 7:21-23; 2 John 9; 2 Pet 2:20-22

"There Remains a Rest for the People of God"

Today, if You Will Hear His Voice

Hebrews 4:7 (NKJV)
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."*

 **Do not harden your heart -
(3:8,15)**

Psalms 95:7–8 (NKJV)

7 For He *is* our God, And we *are* the
people of His pasture, And the sheep
of His hand. Today, if you will hear
His voice: 8 "Do not harden your
hearts, as in the rebellion, As *in* the
day of trial in the wilderness,

"There Remains a Rest for the People of God"

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not harden your
hearts."*

■ **Do not harden your heart -
(3:8,15)**

- ▶ Ne 9:16 — "But they and our fathers acted proudly, Hardened their necks, And did not heed Your commandments.
- ▶ Job 9:4 — God is wise in heart and mighty in strength. Who has hardened himself against Him and prospered?

"There Remains a Rest for the People of God"

Today, if You Will Hear His Voice

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■ **Do not harden your heart -
(3:8,15)**

- ▶ Pr 28:14 — Happy is the man who is always reverent, But he who hardens his heart will fall into calamity.
- ▶ Pr 29:1 — He who is often rebuked, and hardens his neck, Will suddenly be destroyed, and that without remedy.

"There Remains a Rest for the People of God"

Today, if You Will Hear His Voice

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not harden your
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 **Do not harden your heart -
(3:8,15)**

Matthew 13:15 (NKJV)

¹⁵ For the hearts of this people have
grown dull. *Their* ears are hard of
hearing, And their eyes they have
closed, Lest they should see with *their*
eyes and hear with *their* ears, Lest they
should understand with *their* hearts and
turn, So that I should heal them.'

"There Remains a Rest for the People of God"

Today, if You Will Hear His Voice

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 **Do not harden your heart -
(3:8,15)**

Romans 2:4–5 (NKJV)

⁴ Or do you despise the riches of His
goodness, forbearance, and longsuffering,
not knowing that the goodness of God leads
you to repentance? ⁵ But in accordance with
your hardness and your impenitent heart
you are treasuring up for yourself wrath in
the day of wrath and revelation of the
righteous judgment of God,

"There Remains a Rest for the People of God"

Today, if You Will Hear His Voice

**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 is living . . ." vs. 12 -**
- ▶ Timeless & permanently effective
- ▶ "Discerner of the thoughts & intents of the heart"
- ▶ The honesty / dishonesty of the heart is exposed
- ▶ A response is demanded

"There Remains a Rest for the People of God"

Today, if You Will Hear His Voice

**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.

2 Corinthians 6:1–2 (NKJV)

¹ We then, *as* workers together *with Him* also plead with *you* not to receive the grace of God in vain. ² For He says: "*In an acceptable time I have heard you, And in the day of salvation I have helped you.*" Behold, now *is* the accepted time; behold, now *is* the day of salvation.

"There Remains a Rest for the People of God"

Today, if You Will Hear His Voice

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.

- Grace does not exclude conditions, healthy fear, or faithfulness . . .
- It is possible to fall from grace - i.e. "fail to reach" His rest - Gal. 5:1-4
- We must give an account to Him Who sees all - vs. 13
- As the promise remains, so does God's threat

"There Remains a Rest for the People of God"

Today, if You Will Hear His Voice

**Are you obeying, serving,
working, & enduring . . . that
you WILL enter His Rest?**

(Hebrews 4:1-13)

"There Remains a Rest for the People of God"

Today, if You Will Hear His Voice

**Matthew 11:28-30
(NKJV)**

²⁸ Come to Me, all you who labor and are heavy laden, and I will give you rest. ²⁹ Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰ For My yoke is easy and My burden is light."

Hear - Rom. 10:17


Believe - Rom. 10:9,10

Confess - Rom. 10:9,10

Repent - Acts 17:30

Be Baptized - Acts 2:38

Endure - Col. 1:23

A couple is walking away from the camera on a sandy beach towards the ocean. The woman is wearing a white long-sleeved top and a large wide-brimmed straw hat, carrying a small basket. The man is wearing a white short-sleeved shirt and shorts. They are holding hands. The sun is low on the horizon, creating a warm, golden glow over the water and sand. The sky is a mix of light blue and white clouds.

*"There remains
therefore a rest for
the people of God"*

Charts by Don McClain / Preached March 1, 2020 AM

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(Hebrews 4:1-13)

Psalm 95:1–11 (NKJV)

¹ Oh come, let us sing to the Lord! Let us shout joyfully to the Rock of our salvation. ² Let us come before His presence with thanksgiving; Let us shout joyfully to Him with psalms. ³ For the Lord *is* the great God, And the great King above all gods. ⁴ In His hand *are* the deep places of the earth; The heights of the hills *are* His also. ⁵ The sea *is* His, for He made it; And His hands formed the dry *land*. ⁶ Oh come, let us worship and bow down; Let us kneel before the Lord our Maker. ⁷ For He *is* our God, And we *are* the people of His pasture, And the sheep of His hand. Today, if you will hear His voice:

Psalm 95:1–11 (NKJV)

⁸ “Do not harden your hearts, as in the rebellion, *As in the day of trial in the wilderness,* ⁹ When your fathers tested Me; They tried Me, though they saw My work. ¹⁰ For forty years I was grieved with *that* generation, And said, ‘It is a people who go astray in their hearts, And they do not know My ways.’ ¹¹ So I swore in My wrath, ‘They shall not enter My rest.’ ”