

# Hebrews 4:1-13

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## REVIEW...

- How Is Hebrews Divided...
  - **Hebrews 1:1-10:18** - The superiority of Jesus – BETTER than EVERYTHING and EVERYONE!
  - **Hebrews 10:19-13:25** - The superiority of FAITH – in Jesus!
- As the author continues to show Jesus is BETTER than EVERYONE and EVERYTHING...
  - BETTER than the Prophets – BETTER than the Angels – BETTER than Moses...
  - He will next show Jesus is a better REST – **Hebrews 3:7-4:13**
  - But in making the case Jesus is a better REST – we are given the SECOND warning in Hebrews...
  - The FIRST warning was not to DRIFT – the SECOND is about the DANGER of a HARD HEART!
- To ILLUSTRATE the DANGER – we were given the EXAMPLE of Israel...
  - When God redeemed Israel from the bondage of Egypt – it was with MIRACULOUS power...
  - Yet in SPITE of all God had done – Israel HARDENED their hearts towards the Lord!
  - Do NOT be like ISRAEL – LISTEN to the Holy Spirit – REMEMBER the faithfulness of God...
  - EXHORT each other DAILY – lest our hearts be HARDENED through the deceitfulness of sin!
  - Beware of UNBELIEF - because we want to make sure that we enter into His REST!

## A BETTER REST... (3 POINTS)

- 1<sup>ST</sup> – PROMISE OF REST... vs. 1-3
  - 1<sup>st</sup> – Let us FEAR... vs. 1
    - Therefore - since a promise remains of entering His rest - let us FEAR...
      - In the GREEK - the sentence begins with - FEAR therefore...
      - FEAR [subjunctive] *phobeō* – 92x in NT – can mean reverence or ALARM...
      - This is NOT a command to be AFRAID – it is a HOPE we will be ALARMED...
      - Take seriously the WARNING to NOT let our heart be HARDENED by sin!
    - SINCE a PROMISE remains of ENTERING His REST...
      - REST – *katapausis* [noun] x9 in NT - 8x here in this passage – **Hebrews 3:7-4:13**
      - From a ROOT word [pauō] that means – to STOP sinning!
      - **Galatians 5:17** – “[Our] Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are [at war with] each other, so [we] are not [at rest] ...”
      - There is a constant WAR within us – between our sinful nature – and our SPIRIT...
      - That BATTLE keeps us from having REST in our walk with the Lord...
      - We fall into sin – it breaks our FELLOWSHIP with God – leaving us feeling DEFEATED...
      - But we have been given the PROMISE – that we WILL have VICTORY...
      - NOT that we STRIVE to overcome sin – Jesus already defeated it – **1 Corinto 15:56**
      - We enter into His REST - FREED from sin – through Him we will WIN the BATTLE!
      - **Romans 6:14** – “Sin shall not have dominion over you, for you are not under law but under grace.”
    - THEREFORE - lest any of you SEEM [subjunctive] to have come SHORT [perfect] of it...
      - We take the BATTLE seriously – NOT wanting to come SHORT of His REST...
      - SHORT [perfect] – to fail or to fall short – be left behind!
      - The grammar suggests we NEVER catch up – sin PERMANENTLY keeps us from His REST!
      - The ONLY way to guarantee we will NOT come SHORT – is to have FAITH!
  - 2<sup>nd</sup> – Let us have FAITH... vs. 2
    - Indeed - the GOSPEL was preached to US as well as THEM (*Israel*) ...
      - The POWER to enter His REST – OVERCOME sin - is found in the GOSPEL...

- **Romans 1:16-17** – “I am not ashamed of the GOSPEL of Christ, for it is the power of God to salvation for everyone who believes... For in it the righteousness of God [begins with FAITH and ends with FAITH]; as it is written, the just shall live by FAITH.”
- That is why we take so much time studying the Word – simply teaching the Bible...
- Sunday studies in the NT / Midweek studies in the OT / online Bible studies...
- Are all done in an effort to get the Word of God out – so we can enter His REST!
- But the WORD which Israel heard - did NOT profit (*help*) them...
  - Not being MIXED [perfect] with FAITH in those who heard the WORD!
  - FAITH is one of those interesting words that it is hard for us to relate to daily life...
  - You did not wake up this morning and ask your spouse how their faith was doing!
  - But a good synonym for faith is TRUST – where are we putting our TRUST...
  - The problems we have never come from a lack of FAITH – we all have FAITH!
  - **Romans 12:3** – “God has dealt to each one a measure of faith.”
  - But just because I have FAITH I could fly to the moon – that does not mean I can...
  - If we put our FAITH in something that does not have the power - it does not work!
  - FAITH is only as EFFECTIVE as the source that it is CONNECTED to...
  - The ONLY way to enter into His REST – is to put our TRUST in the Word of God!
  - **Romans 10:17** – “FAITH comes by hearing and hearing by the Word of God...”
- o 3<sup>rd</sup> – Those who BELIEVE... vs. 3
  - We who BELIEVE – do enter [present] that REST...
    - BELIEVE [aorist] – pisteuō – the VERB form of the noun FAITH...
    - Those who are TRUSTING in the WORD of God – CONTINUALLY enter His REST...
    - What does the WORD of GOD say about having CONTINUAL victory over sin!
  - Be FILLED with the SPIRIT...
    - **Galatians 5:16** – “Let the Holy Spirit guide your lives. Then you will NOT be doing what your sinful nature craves.” [NLT]
    - The Holy Spirit convicts us of our sin before we believe in Jesus - **John 16:7-8**
    - The Holy Spirit come to live within us when after we receive Jesus - **John 20:22**
    - The Holy Spirit is also the gives us the power to overcome the SIN – **II Corinthians 3:6**
    - Saul was a man with a tainted history - murderer - never really used by God...
    - Until he was filled with the Spirit - and his name was changed to Paul- **Acts 13:9**
    - Filled with the Spirit he became one of the greatest men used by God in history!
    - If we TRUST in ourselves - our sinful nature - then we will have a defeated life in Jesus...
    - But when we are emptied - not depending on ourselves - full of the Holy Spirit...
    - Then we will find God changes our hearts - we will have VICTORY – enter His REST!
  - The JUST shall live by FAITH - **Habakkuk 2:4 / Romans 1:17 / Galatians 3:11**
    - It often feels like we are walking through life blind - no idea of how to overcome our sin...
    - The reason is because we are TRUSTING in what WE can see - but we cannot see far...
    - Making decisions by what WE can see – is in truth walking around blind...
    - But Jesus sees it all – and if are willing to TRUST Him – He will give us VICTORY...
    - TRUSTING in the Lord who sees all – that is walking by true sight – **II Corinthians 5:7**
  - To those who do NOT BELIEVE – He will always SAY [perfect] ...
    - I swore in My wrath they will NOT enter my REST – **Psalms 95:11**
    - Although the WORKS (*rest*) were finished (*ready*) from the foundation of the world!
    - In other words the way into the REST has ALWAYS been the same – from the beginning...
    - There was NEVER any other way to have VICTORY – then through FAITH in the WORD...
    - And because Israel refused to BELIEVE – they did not put their TRUST in His Word...
    - God swore they would NEVER enter into His REST!

● **2<sup>ND</sup> – TWO EXAMPLES OF REST... vs. 4-10**

○ **1<sup>ST</sup> – The SABBATH – looking for a TIME of REST... vs. 4 / 9-10**

- For God has spoken in a certain place of the SEVENTH day this way... vs. 4
  - And God RESTED on the SEVENTH day from all His works – **Genesis 2:2**
  - We call it the SABBATH – from the word [שָׁבַת] – meaning to REST...
  - SIX days men were to do ALL their work – but they had to REST on the SEVENTH day...
  - Because in SIX days God created the heavens and the earth – **Genesis 1**
  - And on the SEVENTH day He RESTED [שָׁבַת]!
  - **The SABBATH was meant to give men a REST from their DAILY struggles...**
  - **Do not miss application – God wants to give us a SABBATH from our SIN...**
  - **Not just ONCE a week – He wants us to have DAILY victory / REST in Him!**
- There REMAINS therefore a REST for the people of God... vs. 9-10
  - REST – only here NT – keeping the SHABBAT...
  - He who has ENTERED His REST – has also CEASED from his works – and God did from His!
  - Those who BELIEVE in the WORD – those who ENTER the REST...
  - STOP working – fighting the BATTLE – just as God STOPPED on the SEVENTH day...
  - In other words – the SABBATH – was meant to point us to a BETTER rest!
  - **Colossians 2:16-17** – “Let no one judge you... regarding a festival or a new moon or sabbaths, which are a SHADOW of things to come, but the substance is of Christ.”
  - If you see the shadow of your best friend - do you run up and hug the shadow...
  - Of course not – but the shadow does tell you your friend is close!
  - **The Sabbath was a shadow of Jesus – He is our DAILY and true REST!**
  - **Matthew 11:28-30** – “Come to Me, all you who labor and are heavy laden, and I will give you REST... For My yoke is easy and My burden is light.”

○ **2<sup>ND</sup> – The Promised Land – looking for a PLACE of REST... vs. 5-8**

- Israel in - the time of Moses refused - to enter the PROMISED LAND... vs. 5-6
  - Quoting again from **Salmo 95:11** – they shall NOT enter my REST!
  - Since it REMAINS that some (*people today*) must (*still*) enter in (*to the REST*) ...
  - And those to whom it was PREACHED did NOT enter in because of DISOBEDIENCE!
  - The PROMISED LAND – was the REST – God had promised to give to Israel...
  - But when Israel arrived - they sent out SPIES to who gave a bad report - **Numbers 13:32**
  - They were DISOBEDIENT - and did NOT BELIEVE they could ENTER the Promised Land...
  - Therefore - God swore in His wrath – they shall NOT enter my REST!
- King David wrote about entering the Promised Land... vs. 7
  - David lived over 400 YEARS after Israel was turned away from the PROMISED land...
  - Yet - David designates a certain day – saying TODAY – after such a long time...
  - Today – if you will hear His voice – do not HARDEN your hearts – **Psalms 95:7-8**
  - Meaning there is still a CHANCE for us to enter into His REST – TODAY – if we do NOT...
  - HARDEN [subjunctive] 6x in NT / 4x here in this passage – to be STUBBORN...
  - **I am often amazed how STUBBORN we can be – refusing to admit our way does NOT work!**
  - **If MONEY was the answer to life – then the RICH would be CONTENT ...**
  - **If INFLUENCE was the answer – then the FAMOUS would have JOY...**
  - **If POSITION was the answer – then the POWERFUL would have PEACE...**
  - **But that is NOT what we SEE – which is why if we are not STUBBORN – we can HEAR...**
  - **TODAY – is the day to realize there is a BETTER REST!**
- Joshua did NOT give Israel REST... vs. 8
  - If Joshua had given the REST – King David would not afterwards spoken of another day!
  - Although Israel did DISOBEY and HARDEN their hearts in the time of Moses...

- They did eventually get into the PROMISED Land – led by Joshua – **Joshua 3-4**
- But if that was the REST – then King David would not have spoken of another day!
- So the REST is not a PLACE – the PROMISED Land...
- The REST is not a DAY – the SABBATH...
- Both of these pointed to a PERSON who was a BETTER REST – in Jesus!
- **3<sup>RD</sup> – ENTERING THE REST... vs. 11-13**
  - o **1<sup>st</sup> – Be DILIGENT... vs. 11**
    - Let us therefore be DILIGENT to enter that REST...
      - DILIGENT (*subjunctive*) – *spoudazō* – to exert effort / to act quickly / to work hard...
      - We do NOT work hard to overcome sin – we are NOT the answer!
      - Typically when we hear how to be a GOOD Christian - we are given rules...
      - Read your Bible / go to church / pray every day / stay away from bad people...
      - So many Christians are under the bondage of trying to keep the RULES...
      - Thinking the more they do for God - the more they will GROW in God...
      - But we are not a better person if we read our Bible today - or worse if we do not...
      - If we try and follow RULES - they may change the outside - but it is superficial...
      - The danger of these RULES are they cannot change our HEARTS!
      - **Colossians 2:23** - “Rules may seem wise because they require strong devotion, pious self-denial, and severe bodily discipline. But they provide no help in conquering a person’s evil desires.” [NLT]
    - We work hard to enter into His REST...
      - **II Peter 3:18** – “Grow [through] the grace and knowledge of our Lord and Savior Jesus...”
      - GROW (*present / active / imperative*) – a DAILY command to INCREASE in GRACE!
      - There are ONLY two resources in life we can draw from to live for God...
      - We can depend on OUR strength – look to RULES we can follow...
      - Or we can depend of the strength of GOD – look HIM – to give us REST / VICTORY!
    - Lest anyone FALL according to the same example [Israel] of DISOBEDIENCE!
      - DISOBEDIENCE – 7x in NT - to REFUSE to put their TRUST in the Lord!
      - **I Peter 5:5 / James 4:6** – “God resists the proud, but gives grace to the humble.”
      - If God is set Himself against us – we are in trouble - that is a battle we will NOT win!
      - Pride can be tricky – it is not always easy to see – but it always sets us up for a fall...
      - Pride can be – I think I know it all / I am never wrong / I do not need correction...
      - Pride can also be – thinking I am nothing / being shy / pride means its all about me...
      - Whether it is arrogance / or false humility – if I am the focus it is pride...
      - If I am the focus – then I am not looking to Jesus – and a FALL is sure to follow!
      - **Proverbs 16:18** – “Pride goes before destruction, an arrogant spirit before a fall.”
  - o **2<sup>nd</sup> – Be in the WORD... vs. 12**
    - The Word of God is LIVING [present] ...
      - **II Timothy 3:16** – “All Scripture is given by inspiration [God breathed] of God.”
      - While the Bible was written by MEN – in the same way we type letter on a keyboard...
      - The Bible is NOT the words of MEN – it is the WORD of God!
      - That is why we can read the same Bible verse over and over...
      - And each time God can speak to us in a DIFFERENT way – because it is ALIVE!
    - The Word of God is POWERFUL...
      - POWERFUL – *energēs* 3x in NT – to have ENERGY – to be ACTIVE...
      - The WORD is not just ink on paper – it is not passive – it WORKS!
      - If we do not UNDERSTAND something in life – the Word of God TEACHES us...
      - If we are living in SIN – they Word of God will CORRECT us...

- If we are not sure what to DO – the Word of God will GUIDE us...
- The Word of God has the POWER to EQUIP us for EVERY good work!
- **II Timothy 3:17** – “Profitable for doctrine... correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work.”
- The Word of God is SHARP...
  - The Word is SHARPER than a TWO edged sword – the Word is a WEAPON...
  - SHARPER – only here NT – a word that means to cut with ONE strike...
  - PIERCING even to the division of the SOUL and SPIRIT / the BONE and MARROW...
  - Emphasizing how POWERFUL a WEAPON the WORD is!
  - How can you separate SOUL and SPIRIT – BONE and MARROW...
  - These are virtually INSEPARABLE – but not for something as POWERFUL as the WORD!
- The Word of God DISCERNs...
  - DISCERN – only here NT – skilled or able to JUDGE...
  - The WORD is able to JUDGE between the THOUGHTS and INTENTS of our heart!
  - While I know my THOUGHTS – I cannot DISCERN their INTENT...
  - Is what I am thinking from my own DESIRES - or is it from God...
  - The ONLY way for me to KNOW is to come back to His WORD!
  - So we put our TRUST / FAITH in the WORD of God TODAY...
  - Because if we do NOT – ONE DAY – we will be held ACCOUNTABLE!
- o 3<sup>rd</sup> – Be ACCOUNTABLE... vs. 13
  - There is no creature HIDDEN from His sight...
    - HIDDEN – only here NT – to be exposed by the LIGHT...
    - All things are NAKED and OPEN to [his] eyes – **Hebrews 4:13**
    - OPEN – only here NT – to expose the neck in order to give a death blow!
    - We may think that we got away with some sin in our life – that no one knows...
    - We may even convince ourselves that because God has done nothing – its OK...
    - But God knows everything we do – every thought we have...
    - We should not take his Grace and longsuffering to mean He is OK with sin...
    - He just gives us time so that we can CHOOSE to REPENT – turn back to Him!
    - **Proverbs 15:3** – “The eyes of the LORD are in every place, beholding the evil and the good.”
  - Whom we MUST give an ACCOUNT...
    - God see EVERY sin – every ACTION / every WORD / every THOUGHT...
    - And one day we will have to give an ACCOUNT for them all!
    - **Revelation 20:11-12** – “Then I saw a great white throne and Him who sat on it... And I saw the dead, small and great, standing before God...”
    - If the name of someone is not found written in the Book of Life – the Books are opened...
    - They are then judged according to their works – that are written in the Books...
    - Everything they did - every word they said - every thought in their head...
    - Not to see if they will go to heaven or hell – but to show them why they will go to hell!
    - Which is WHY we want to be DILIGENT to enter the BETTER rest of Jesus – TODAY!
    - So He can give us VICTORY over our sin – through the POWER of His WORD...
    - Knowing one day we when stand and give an ACCOUNT for our lives – we will hear...
    - **Matthew 25:21** – “Well done, good and faithful servant... enter into the joy of your lord.”