

Hebrews 4:1-2 (ESV),

“Therefore, while the promise of entering his rest still stands, let us fear lest any of you should seem to have failed to reach it. For good news came to us just as to them, but the message they heard did not benefit them, because they were not united by faith with those who listened.”

The promise of entering God’s rest is afforded to all yet not all will receive it. The truth of this rest is when the people of God stop doing things their own way and simply wait on and rely upon the Lord God. The impatient will not experience this rest, nor will those who have to have it all figured out. We who have entered the rest of God have ceased from our own efforts and have entered into the Lord’s efforts. It is by faith that we enter this rest and not by any other way. We cannot earn this rest or work our way into it, nor can anyone talk us into it. We simply need to believe that God can do what He said He can do. The only striving one should do is to avoid catering to the flesh which only aims at drawing us away from the rest that God freely gives. After all, Jesus said in Matthew 11:28-29 (ESV),

“Come to me, all who labor and are heavy laden, and I will give you rest. 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.”

True rest is a life lived by the Spirit of God and not an exercise or method that promises change.

True rest is when the faint-hearted grow tired of living life on their own terms and they let go.

True rest is when a sinner realizes the power that God has for them to break free from the shackles that once held them. True rest is when the ashes of a broken life are turned into

something beautiful. True rest is when God takes a hopeless situation and turns it for His glory.

True rest is when one stops trying everything in this world to make changes in their lives and

turns to Jesus to take over. True rest is very simply found in full surrender to Jesus as Lord of your life.

Is Jesus Lord of your life? Or are you?

True rest reminds me of the woman in the Bible in Luke 8:43 who had an issue of blood for twelve years who went about looking for a cure from every person she could find, yet found no cure. Lets really think about this. Twelve years is a long time to be dealing with an issue this severe. And to add insult to injury everyone that promised help or a cure failed her. To say the least, she was simply worn out. But she heard of Jesus. She said in Matthew 9:21 (ESV), “If I only touch his garment, I will be made well.” If only sounds to me like desperation. After all, everyone and everything else had failed her.

Do you find yourself weary from your own journey in life?

We live in a day where faith like this is not really taught. One author made mention of a problem in the modern church called the Jesus and problem. So many people adding to Jesus other things. In other words, Jesus and this new philosophy. Or Jesus and secular humanism. Or Jesus and this new exercise. Or Jesus and psychology.

When did Jesus stop being enough?

Let us then fear lest anyone should fail to enter into His rest because of this. I am reminded of a quote from a man of God named A.W. Tozer who said, “The man who has struggled to purify himself and has had nothing but repeated failures will experience real relief when he stops tinkering with his own soul and turns away to the Perfect One.”

Explained here is a picture of true rest. The question is, have you experienced it? If not, simply ask God to show you how to enter in. The Lord bless and keep you by His grace alone, in Jesus name. Amen.