

HEBREWS 4

In the previous chapter (Chapter 3) we talked about the **Rest of God**. This chapter elaborates on the subject.

What is the Rest of God?

1. Being at peace with yourself and with God
2. Freedom from bondage through sin and worldly desires
3. Ability to spontaneously worship and praise Him
4. Being in His presence

What prevents us from entering the Rest of God?

We see in the previous chapter that the Israelites, led by Moses could not enter into God's rest - *"They shall not enter My rest."* – Quoted also in **Psalm 95:8-11**.

Here several reasons were mentioned:

1. *"Do not harden your hearts as in the rebellion"* – **Hebrews 3:8**
2. *"Your fathers tested Me and tried Me"* – **Hebrews 3:9**
3. *"They always go astray in their heart"* – **Hebrews 3:10**
4. *"They have not known My ways"* – **Hebrews 3:10**
5. *"Unbelieve"* – **Mark 9:24**

How do we enter the rest of God?

1. *Believe (Faith)- For we who have believed do enter that rest* – **Hebrews 4:3**
2. *Through Trusting God's Word*

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

For we who have believed do enter that rest - Unbelief keeps many out of God's rest while faith (we who have believed) guides God's people into this rest.

This rest is after the pattern of God's own rest on the seventh day from all His works, as described in the quote from **Genesis 2:2**.

Therefore, it remains that some must enter it: God did not create this place of rest in vain.

Today, if you will hear His voice: The appeal in **Psalm 95:7-8** proves that there is a rest remaining for God's people to enter.

For he who has entered His rest has himself also ceased from his works as God *did* from His. - God rested from His works on the original Sabbath of **Genesis 2:2** because the work was finished. We cease from self-justifying works because Jesus finished the work on the cross.

Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience. - God does not force His Rest upon us. We must enter that rest by *faith*; but it takes diligent faith by clinging unto Jesus and His completed work on the cross. Lest anyone fall due to disobedience as the Israelites did.

God's Word

This is a very well-known and important verse for every believer.

"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 discernor of the thoughts and intents of the heart. 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." – **Hebrews 4:12-13**

God meets us in His Word and the Holy Spirit works powerfully through the word of God.

God's word brings health, fruitfulness, prosperity and success to what we do. (Psalm 1:3)
God's word has healing power and the power to deliver from oppression. (Psalm 107:20, Matthew 8:8, Matthew 8:16)
God's word cleanses us. (Psalm 119:9, John 15:3, Ephesians 5:26)
God's word keeps us from sin (Psalm 119:11)
God's word counsels us (Psalm 119:24)
God's word strengthens us (Psalm 119:28)
God's word imparts life. It is a continual source of life. (Psalm 119:93, Matthew 4:4)
The word of God has inherent power and authority against demonic powers. (Luke 4:36)
Hearing God's word builds faith. (Romans 10:17)
The word of God is the Christian's source of spiritual growth. (1 Peter 2:2, 1 Corinthians 2:1-5)

All things are naked and open to the eyes of Him to whom we must give account:
There is no one hidden before God. He sees our heart and knows our thoughts.

Jesus our High Priest

Jesus our High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession.

Again we see as in the previous chapter that Jesus is our High Priest (Hebrews 2:17 and Hebrews 3:1). He is greater than all the other and passed through the heavens like none others did. He is the Son of God. We should hold fast to our confession as He intercedes for us in Heaven.

Jesus sympathizes with us

For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin.

It means that Jesus, God the Son, enthroned in heaven, our High Priest, can sympathize with our weaknesses because He became like us and was in all points tempted as we are, yet without sin. Jesus faced temptation much more severely than we ever have or ever will. He knows what we go through and He has faced worse to the extent of the cross. He triumphed over it all.

The throne of grace

Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.

We have a High Priest who enable us to come boldly to the throne where He is seated in heaven, next to the Father.

Boldly:"

1. Quickly
2. Constantly
3. Freely
4. Confidently
5. Persistently

The throne of God is a throne of grace, in times of need. We do not deserve God's grace but He freely gives it to us. He sees us as His holy brethren.

We should always be thankful for His grace and help in times of need.

God wants us to be anxious for nothing, but in everything by prayer... let your requests be made known to God. (Philippians 4:6)