

# Entering the Rest

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St. Augustine famously said "our hearts are restless until they find rest in you".

- I. To enter God's rest, we need to go beyond just hearing the Gospel (v.1-2)

Hebrews 4:1-2 – 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.

Exodus 19:5-6 – Now therefore, if you will indeed obey my voice and keep my covenant, you shall be my treasured possession among all peoples, for all the earth is mine; and you shall be to me a kingdom of priests and a holy nation.' These are the words that you shall speak to the people of Israel." (ESV)

Barnabas Piper says, "what makes our doubts believing doubt is what we do with them."

Romans 10:17 – faith comes by hearing, and hearing by the Word of God.

- II. To enter God's rest, we need to obey today (vv.3-7)

Hebrews 4:3-7 – For we who have believed enter that rest, as he has said, "As I swore in my wrath, 'They shall not enter my rest,' " although his works were finished from the foundation of the world. For he has

somewhere spoken of the seventh day in this way: “And God rested on the seventh day from all his works.” And again in this passage he said, “They shall not enter my rest.” Since therefore it remains for some to enter it, and those who formerly received the good news failed to enter because of disobedience, again he appoints a certain day, “Today,” saying through David so long afterward, in the words already quoted, “Today, if you hear his voice, do not harden your hearts.

III. To enter God's rest, we must rest from working (vv.8-10)

Hebrews 4:8-9 – For if Joshua had given them rest, God would not have spoken of another day later on. So then, there remains a Sabbath rest for the people of God, for whoever has entered God’s rest has also rested from his works as God did from his.

George Whitefield – “True conversion means turning not only from sin but also from depending on self-made righteousness.”

J.D. Greear – “there are points you can never pass spiritually until you are confident that Jesus will support the whole weight of your soul. There are sacrifices you’ll never make and commands you’ll never obey unless you are convinced of their eternal value.”

IV. To enter God's rest, we must work at resting (vv.11-13)

Hebrews 4:11-13 – Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience. For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account.

Ephesians 2:10 – we were created in Christ for good works, which God prepared beforehand, that we should walk on them.

Al Mohler – “Scripture is like a scalpel wielded by God to perform spiritual surgery. In conjunction with the Holy Spirit, the Word of God cuts through the sin and darkness of the human heart to restore spiritual health and vitality for Christ. Without the Word we are as good as dead. God’s Word, however eradicates the disease of the human heart and breathes life where there is death.”