



**The “Rest” of the Story**  
(Hebrews 4:1-13)

# Hebrews 4:1-13

- 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. <sup>2</sup> For good news came to us just as to them, but the message they heard did not benefit them, because it did not meet with faith in the hearers. <sup>3</sup> 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.

- <sup>4</sup> For he has somewhere spoken of the seventh day in this way: “And God rested on the seventh day from all his works.” <sup>5</sup> And again in this passage he said,  
“They shall not enter my rest.”

# Hebrews 4:1-13

- <sup>6</sup> Since therefore it remains for some to enter it, and those who formerly received the good news failed to enter because of disobedience, <sup>7</sup> 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.”
- <sup>8</sup> For if Joshua had given them rest, God would not have spoken of another day later on. <sup>9</sup> So then, there remains a Sabbath rest for the people of God, <sup>10</sup> for whoever has entered God's rest has also rested from his works as God did from his.

# Hebrews 4:1-13

- <sup>11</sup> Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience.
- <sup>12</sup> 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.
- <sup>13</sup> 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.

# Paul Harvey

(1918-2009)



**Where is your peaceful place to rest?**



# I. Restfulness in the Lord

- **The ultimate place of rest: Jesus Christ**
- <sup>28</sup> Come to me, all who labor and are heavy laden, **and I will give you rest.** <sup>29</sup> 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. <sup>30</sup> For my yoke is easy, and my burden is light.” (Matthew 11:28-30).

# I. Restfulness in the Lord

- **An invitation for rest to those who believe**
- “Therefore, while the promise of entering his rest still stands . . . For good news came to us . . . **For we who have believed enter that rest** (Hebrews 4:1-3).
- <sup>16</sup> For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes, to the Jew first and also to the Greek. (Romans 1:16)



# I. Restfulness in the Lord

- **A sense of urgency: the time is now!**
- “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’” (Hebrews 4:7).
- “And you that are *young men* and *young women*, will you neglect this precious season that you now enjoy? . . . And let everyone that is yet out of Christ . . . Whether they be old men and women, or middle aged, or young people, or little children, now hearken to the loud calls of God’s Word and providence” (Jonathan Edwards, “Sinners in the Hands of an Angry God,” 1741)

# I. Restfulness in the Lord

- **This rest is not earned by working hard enough**
- “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” (Hebrews 4:9)
- <sup>8</sup> For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, <sup>9</sup> not a result of works, so that no one may boast. (Ephesians 2:8-9)

# I. Restfulness in the Lord

- **The challenge of letting go and letting God**
- “Let us therefore strive to enter that rest” (Hebrews 4:11)
- “but the righteous shall live by his faith. (Habakkuk 2:4)
- <sup>17</sup> For in it the righteousness of God is revealed beginning and ending in faith as it is written, “The righteous shall live by faith” [The one who by faith is righteous shall live] Romans 1:17

## II. Restlessness outside the Lord

- **The benefits of the Gospel message (salvation and rest) are not gained by those who fail to believe**
- “But the message they heard did not benefit them, because it did not meet with faith in the hearers.” (Hebrews 4:2)
- “And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him”(Hebrews 11:6)

## II. Restlessness outside the Lord

- **Restlessness plagues those who do not believe or who fail to follow the Lord**
- “You shall find no respite, and there shall be no resting place for the sole of your foot, but the LORD will give you there a trembling heart and failing eyes and a languishing soul. <sup>66</sup>Your life shall hang in doubt before you. Night and day you shall be in dread and have no assurance of your life. <sup>67</sup>In the morning you shall say, ‘If only it were evening!’ and at evening you shall say, ‘If only it were morning!’ because of the dread that your heart shall feel” (Deuteronomy 28:65-67)
- *Acedia* (Latin from Greek): Restlessness

## II. Restlessness outside the Lord

- **Those who fail to believe in the Gospel instead receive God's righteous wrath**
- "as he has said,
- "As I swore in my wrath,  
'They shall not enter my rest,'" (Hebrews 4:3-5)

## II. Restlessness outside the Lord

- **Those who fail to believe in the Gospel instead receive God's righteous wrath**
- <sup>18</sup> For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who by their unrighteousness suppress the truth.
- <sup>19</sup> For what can be known about God is plain to them, because God has shown it to them. <sup>20</sup> For his invisible attributes, namely, his eternal power and divine nature, have been clearly perceived, ever since the creation of the world, in the things that have been made. So they are without excuse.
- <sup>21</sup> For although they knew God, they did not honor him as God or give thanks to him, but they became futile in their thinking, and their foolish hearts were darkened. <sup>22</sup> Claiming to be wise, they became fools, <sup>23</sup> and exchanged the glory of the immortal God for images resembling mortal man and birds and animals and creeping things. (Romans 1:18-23)

### **III. The Power of God's Holy Word to both encourage and convict**

- **Scripture reveals and challenges us with our innermost thoughts and beliefs**
- “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.” (Hebrews 4:12)
- “When we read our Bibles, we discover that the great warning is not about how to deal with those who oppose us from without, but it’s the warning of collapse from within” (Alistair Begg).
- “All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness” (2 Timothy 3:16)



# III. The Power of God's Holy Word to both encourage and convict

- **Scripture leads us forward on paths of righteousness**
- <sup>102</sup> I do not turn aside from your rules,  
for you have taught me.  
<sup>103</sup> How sweet are your words to my taste,  
sweeter than honey to my mouth!  
<sup>104</sup> Through your precepts I get understanding;  
therefore I hate every false way.
- <sup>105</sup> **Your word is a lamp to my feet  
and a light to my path.**  
<sup>106</sup> I have sworn an oath and confirmed it,  
to keep your righteous rules.

# Application

- **Draw near to the Lord to experience true rest**
- “The Lord is at hand; <sup>6</sup> do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup> And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” (Philippians 4:5-7)
- The LORD is my shepherd; I shall not want.  
    He makes me lie down in green pastures.  
    He leads me beside still waters.  
    He restores my soul. (Psalm 23:1-3)



**Let Us Pray**

A silhouette of two hands raised in prayer, holding a glowing white cross. The background is a warm, golden sunset over a body of water, with the sun low on the horizon. The hands are positioned in the upper right quadrant of the image, with the cross centered between them. The overall mood is peaceful and spiritual.