

## Hebrews Ch. 4

### V.1

- Chapter 4 is all about the believer's rest
  - it's easy to think that he is talking about the rest we will have in heaven
  - but the rest he is referring to is the rest and peace we will have after submitting to the Lord's will for our life

### V.2-3

- The people he is referring to are the ones who were not allowed to enter the promise land
  - they were still God's people but because they didn't believe God's promise about being able to take the promise land, they were not allowed to enter
  - even after becoming a Christian, some people still have a hard time believing God's promise that He has secured their salvation
  - they are still under the impression that they have to perform or accomplish tasks to gain God's approval
  - giving up control of our lives to God is not natural
  - we can tell them all the scriptures of how Jesus finished it all
  - we can warn them of the dangers of trying to do everything on your own
  - but until someone makes the decision to believe by faith, no amount of convincing will help
- that's exactly what happened with the children of Israel
  - God told them the good news that they would be victorious
  - after returning from spying out the land, Caleb said to the people:  
"Num 13:30 Then Caleb quieted the people before Moses and said, "We should by all means go up and take possession of it, for we will surely overcome it."  
Num 13:31 But the men who had gone up with him said, "We are not able to go up against the people, for they are too strong for us."
- Caleb had faith in the promise God made to them
  - the rest of the spies (except Joshua), didn't believe that God would hold up to His end of the deal
- I believe that a part of the problem was that the people didn't want to put in the effort God required of them
  - If God would have went before them and killed all the enemies, got the land ready, prepared the homes to live in and put a mint on the pillow, then they would have probably signed up for the deal

- many of us are that way too
- we will believe God as long as it doesn't require any extra effort on our part or inconvenience our lifestyle
- God wants to partner with us
- He wants us to invest in what He is doing
- Just like He wanted Adam to tend the garden and Moses to lead His people
- He doesn't need our help but He wants us to be involved with what He is doing

#### V.4-6

- God rested (or ceased from His works) on the seventh day
- He did all that was necessary so we don't have to
- Jesus said
  - Mat 11:28 "Come to Me, all who are weary and heavy-laden, and I will give you rest.
  - Mat 11:29 "Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and YOU WILL FIND REST FOR YOUR SOULS.
  - Mat 11:30 "For My yoke is easy and My burden is light."

#### V.7-8

- whether we are talking about salvation or the believers rest, there is no reason to put it off
  - even though we can rest in Christ after we become believers, our ultimate destination is heaven where we will have eternal rest
  - just like the promise land was not the final destination for the Israelites
  - Joshua knew that there were still better things to come

#### V.9-10

- these two verses really make clear what the whole focus of this chapter is
  - God rested from all His works
  - when we are in Christ, we can take part of that rest and cease from all our works
    - not from the work we are required to do to make a living, but from the work we so often try to do in an attempt to gain God's approval
    - there is no amount of works that can be done to make God love us more
    - so we need to stop wearing ourselves out trying make Him see what we are doing
    - you don't have to be on every committee at church
    - or hold your hands up during worship

- or know all the latest Christian language
- or only wear Christian t-shirts
- all those things aren't bad, but they are not required for God to love you

#### V.11

- Yes, Jesus has done everything necessary for us to enter His rest
  - but instead of accepting that and unloading all our burdens on Him, we tend to still want to try and do things on our own
    - it is human nature to think "I got myself into this mess, so I have to get myself out"
    - that's why it says we have to be diligent about entering His rest
    - we actually have to work at not working
    - and by not entering His rest and not giving all our cares over to Him, we are actually being disobedient

#### -V.12

- this verse is so true
  - the culture today, even most of the church, has fallen away from a real understanding of the truths of the bible
    - things have become so watered down to appeal to the masses
    - many church services are much more focused on making everyone feel comfortable than teaching the truths of God's Word
    - it's to the point that if someone in the church stands for their convictions that they are reprimanded and called "judgmental" or "mean"
    - but I believe that the reason people have this reaction is because when they are confronted with God's Word, it pierces their hearts and convicts their spirit
  - The unfiltered Word of God is so powerful that it alone will be used to destroy the enemies of God at Christ's return

[Rev 19:15](#) From His mouth comes a sharp sword, so that with it He may strike down the nations, and He will rule them with a rod of iron; and He treads the wine press of the fierce wrath of God, the Almighty.

[Rev 19:21](#) And the rest were killed with the sword which came from the mouth of Him who sat on the horse, and all the birds were filled with their flesh.

#### V.13

- the truth of this verse should keep many of us up at night

-just knowing that there is absolutely nothing we have done that has been hidden from His sight

-He knows what we know and what we think

-He knows the true intentions of our heart

-even the times we have done good deeds with impure motives are bare before Him

-once we get into the presence of God, I believe our reaction will be much like Isaiah's:

**Isa 6:5** Then I said, "Woe is me, for I am ruined! Because I am a man of unclean lips, And I live among a people of unclean lips; For my eyes have seen the King, the LORD of hosts."

V.14-15

-In order for someone to be able to help you, they need to be able to relate to your situation

-someone who has witnessed the effects of drug abuse in their family can be much more effective in helping someone who is struggling with drugs than someone who has never been around that problem

-Jesus is not a distant God who can't relate to the human condition

-when the bible says He was tempted in ALL ways, you can be assured that Satan tempted Him with every desire of the flesh that can be imagined

-after His baptism, Jesus was lead into the wilderness to be tempted by the devil for 40 days straight

-His authority was challenged, His identity was questioned, and He was tempted beyond what we would be able to endure

-sometimes we are overcome by temptations for a moment, maybe even for a day

-Jesus was tempted for 40 days straight by the devil himself

-you can be sure that you are not tempted by anything that the devil didn't throw at Jesus

-so when we see a beautiful woman and we struggle with lust

-or we are envious of big houses and fancy cars that all our neighbors have

-or we are tempted to give in to the pressure and smoke a joint

-we can ask Jesus for help because He was tempted by the same things and was able to resist them all

**Psa 121:1 A Song of Ascents.** I will lift up my eyes to the mountains; From where shall my help come?

**Psa 121:2** My help *comes* from the LORD, Who made heaven and earth.

**Psa 121:3** He will not allow your foot to slip; He who keeps you will not slumber.

**Psa 121:4** Behold, He who keeps Israel Will neither slumber nor sleep.

Psa 121:5 The LORD is your keeper; The LORD is your shade on your right hand.

Psa 121:6 The sun will not smite you by day, Nor the moon by night.

Psa 121:7 The LORD will protect you from all evil; He will keep your soul.

Psa 121:8 The LORD will guard your going out and your coming in From this time forth and forever.

V.15

-so often we are timid about approaching God

-we tend to think that we will be disturbing Him

-we have the impression that He is too busy to care about our small problems

-usually, if your dad didn't have a lot of time for you, you tend to project that same view onto God

-but God wants nothing more than for us to come to Him

-not just with problems and needs, but even just to spend time with Him

-when my kids have a need or a problem, there is nothing I want more than for them to come to me and ask for help

-it is so painful for me to see them bottling up their problems or burdens and trying to get through them on their own

-God is the ultimate Father and wants the same thing for us

Mat 11:28 "Come to Me, all who are weary and heavy-laden, and I will give you rest."