

Hebrews Chapter 4

- **The “Rest” That Remains (1-13)**

- **1** 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.
- **2** 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.
- **3** 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.
- **4** For he has somewhere spoken of the seventh day in this way: “And God rested on the seventh day from all his works.”
- **5** And again in this passage he said, “They shall not enter my rest.”
- **6** Since therefore it remains for some to enter it, and those who formerly received the good news failed to enter because of disobedience,

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- **The “Rest” That (1-13, continued)**

- [7](#) 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.”
- [8](#) For if Joshua had given them rest, God would not have spoken of another day later on.
- [9](#) So then, there remains a Sabbath rest for the people of God,
- [10](#) for whoever has entered God’s rest has also rested from his works as God did from his.
- [11](#) Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience.
- [12](#) 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.
- [13](#) 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.

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- The “Rest” That Remains (additional notes)
 - The exodus of Israel from Egypt was to result in rest in the promised land.
 - Deuteronomy 3:18-20
 - [18](#) “And I commanded you at that time, saying, ‘The Lord your God has given you this land to possess. All your men of valor shall cross over armed before your brothers, the people of Israel.
 - [19](#) Only your wives, your little ones, and your livestock (I know that you have much livestock) shall remain in the cities that I have given you,
 - [20](#) until the Lord gives rest to your brothers, as to you, and they also occupy the land that the Lord your God gives them beyond the Jordan. Then each of you may return to his possession which I have given you.’

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- The “Rest” That Remains (additional notes)
 - Deuteronomy 12:8-11 --- rest from all your enemies
 - 8 “You shall not do according to all that we are doing here today, everyone doing whatever is right in his own eyes,
 - 9 for you have not as yet come to the rest and to the inheritance that the Lord your God is giving you.
 - 10 But when you go over the Jordan and live in the land that the Lord your God is giving you to inherit, and when he gives you rest from all your enemies around, so that you live in safety,
 - 11 then to the place that the Lord your God will choose, to make his name dwell there, there you shall bring all that I command you: your burnt offerings and your sacrifices, your tithes and the contribution that you present, and all your finest vow offerings that you vow to the Lord.

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- The “Rest” That Remains (additional notes)
 - Joshua 1:12-15
 - [12](#) And to the Reubenites, the Gadites, and the half-tribe of Manasseh Joshua said,
 - [13](#) “Remember the word that Moses the servant of the Lord commanded you, saying, ‘**The Lord your God is providing you a place of rest and will give you this land.**’
 - [14](#) Your wives, your little ones, and your livestock shall remain in the land that Moses gave you beyond the Jordan, but all the men of valor among you shall pass over armed before your brothers and shall help them,
 - [15](#) until the Lord gives rest to your brothers as he has to you, and they also take possession of the land that the Lord your God is giving them. Then you shall return to the land of your possession and shall possess it, the land that Moses the servant of the Lord gave you beyond the Jordan toward the sunrise.”

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- The “Rest” That Remains (additional notes)

- Joshua 21:43-45

- [43](#) Thus the Lord gave to Israel all the land that he swore to give to their fathers. And they took possession of it, and they settled there.
- [44](#) And **the Lord gave them rest on every side** just as he had sworn to their fathers. Not one of all their enemies had withstood them, for the Lord had given all their enemies into their hands.
- [45](#) Not one word of all the good promises that the Lord had made to the house of Israel had failed; all came to pass.

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- The “Rest” That Remains (additional notes)
 - The new exodus led by Jesus results in rest in heaven.
 - The rest that remains
 - Hebrews 4:1 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.

Hebrews Chapter 4

- **The “Rest” That Remains**

- God’s rest

- Hebrews 3:1; 4:3, 5 --- they shall not enter my rest
 - Hebrews 3:18 --- those who fell in the wilderness did not enter
 - Hebrews 4:1, 4, 10 --- a rest like that which God entered upon completion of the creation
 - Revelation 14:13 --- rest from labors promised to us
 - Hebrews 4:8-10 --- God spoke of another day later on
 - Revelation 21:4 --- no more death, mourning, crying, pain

- A promised rest that still stands (v. 1)

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- lest any of you should seem to have failed to reach it
 - Hebrews 12:15-17 --- See to it that no one fails to obtain the grace of God
 - Hebrews 4:11 --- Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience
 - Condition of unbelief not yet fatal – ***let us strive***

Hebrews Chapter 4

- Good news came to us just as to them ...
 - Israel had the leadership of Moses, and visible signs from God, but they did not have faith.
 - Deuteronomy 1:21-22, 26
 - [21](#) See, the Lord your God has set the land before you. Go up, take possession, as the Lord, the God of your fathers, has told you. Do not fear or be dismayed.'
 - [22](#) Then all of you came near me and said, 'Let us send men before us, that they may explore the land for us and bring us word again of the way by which we must go up and the cities into which we shall come.'
 - [23](#) The thing seemed good to me, and I took twelve men from you, one man from each tribe.
 - [24](#) And they turned and went up into the hill country, and came to the Valley of Eshcol and spied it out.
 - [25](#) And they took in their hands some of the fruit of the land and brought it down to us, and brought us word again and said, 'It is a good land that the Lord our God is giving us.'
 - [26](#) "Yet you would not go up, but rebelled against the command of the Lord your God.
 - Only Joshua and Caleb had faith.

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- For good news came to us ...
 - Hebrews 1:2 --- God has spoken to us by his son
 - Matthew 23:37
 - “O Jerusalem, Jerusalem, the city that kills the prophets and stones those who are sent to it! How often would I have gathered your children together as a hen gathers her brood under her wings, and you would not!
 - Matthew 7:26-27
 - [26](#) And everyone who hears these words of mine and does not do them will be like a foolish man who built his house on the sand.
 - [27](#) And the rain fell, and the floods came, and the winds blew and beat against that house, and it fell, and great was the fall of it.”

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- Strive to enter that rest
 - Hebrews 4:8 --- learn from the example of Israel
 - John 12:44-50 --- the word that I have spoken will judge
 - Hebrews 4:12 --- the word of God is living and active ...
 - 1 Peter 1:22-25 --- through the living and abiding word of God
 - Hebrews 4:12 --- discerning the thoughts and intentions of the heart
 - Romans 1:16-17 --- the power of God for salvation

Hebrews Chapter 4

- For the word of God is living and active
(additional notes)
 - Hebrews 4:1
 - a *living* promise
 - of a *living* rest
 - Hebrews 4:3
 - a *living* oath
 - 1 Peter 1:22-25
 - born again of *imperishable* seed
 - remains *forever*
 - this word is the good news that was preached to you

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- all are naked and exposed to the eyes of him to whom we must give account.
 - Luke 8:16-18
 - [16](#) “No one after lighting a lamp covers it with a jar or puts it under a bed, but puts it on a stand, so that those who enter may see the light.
 - [17](#) For nothing is hidden that will not be made manifest, nor is anything secret that will not be known and come to light.
 - [18](#) Take care then how you hear, for to the one who has, more will be given, and from the one who has not, even what he thinks that he has will be taken away.”

Hebrews Chapter 4

- all are naked and exposed to the eyes of him to whom we must give account.
 - Psalm 139:7
 - Where shall I go from your Spirit? Or where shall I flee from your presence?
 - Genesis 3:8
 - And they heard the sound of the Lord God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the Lord God among the trees of the garden.

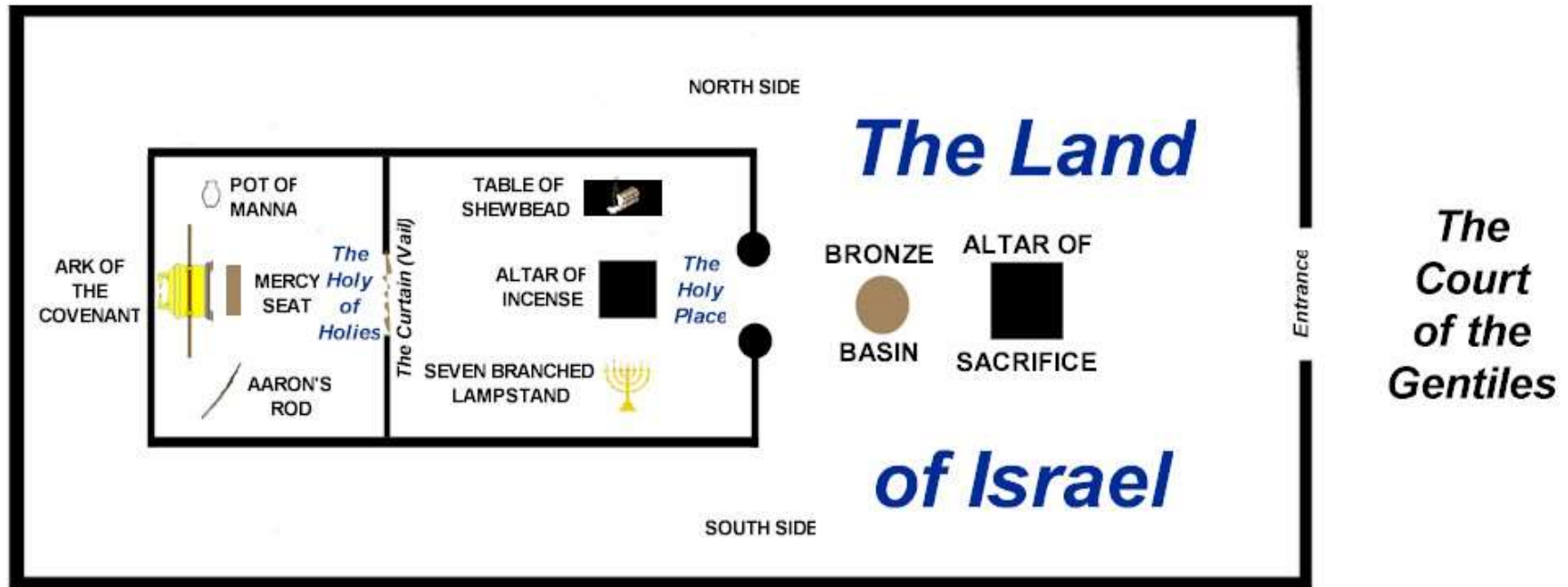
Hebrews Chapter 4

- **Hebrews 4:14-16 The Superiority of Christ as High Priest.**
 - **This begins the second major portion of Hebrews.**
 - **14** Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. **15** For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. **16** Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

Hebrews Chapter 4

- Jesus the Great High Priest (14-16)
 - Who has passed through the heavens
 - Jewish high priests passed through the curtain of the Temple into the holy of holies once per year to offer sacrifice for sin.
 - Hebrews 7:26 --- exalted above the heavens
 - Certainly superior to Jewish high priests who served until their death.
 - Hebrews 8:1-2 --- seated by the right hand of God
 - Exodus 26:31-33 --- the veil shall separate for you the Holy Place from the Most Holy
 - A high priest could go there only once per year, on the day of atonement.
 - Cherubim were woven into the veil, signifying the presence of God.
 - The mercy seat on the ark of the covenant was located in the Most Holy place.
 - Genesis 3:24 --- He drove out the man, and at the east of the garden of Eden he placed the cherubim and a flaming sword that turned every way to guard the way to the tree of life.

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Matthew 27:50-51 [50](#) And Jesus cried out again with a loud voice and yielded up his spirit.
[51](#) And behold, the curtain of the temple was torn in two, from top to bottom.
And the earth shook, and the rocks were split.

Hebrews Chapter 4

- Jesus the Great High Priest (14-16)
 - let us hold fast our confession.
 - Hebrews 3:1 --- Jesus, apostle and high priest
 - Hebrews 4:11 --- don't miss the goal
 - John 14:6 --- No one comes to the Father except through me.

Hebrews Chapter 4

- Jesus the Great High Priest (14-16)
 - one who in every respect has been tempted as we are, yet without sin.
 - Hebrews 2:17 --- he had to be made like his brothers in every respect
 - Hebrews 2:18 --- he suffered when tempted
 - Matthew 4:1-11 --- food, selfish mercy, lust for power
 - Matthew 16:21-23 --- get behind me, Satan
 - Matthew 26:39 --- let this cup pass from me
 - Hebrews 7:26-28 --- fitting that we should have such a high priest

Hebrews Chapter 4

- Jesus the Great High Priest (14-16)
 - Leviticus 21:17-21 --- “draw near” is a priestly expression use of priests in the Old Testament in their approach to God
 - Only certain individuals had this privilege in the O. T.
 - Now, in Christ, all can draw near to God.
 - Hebrews 10:19-22 --- draw near in confidence by the blood of Christ
 - *parresia* in Ancient Greece was used to describe the right of a citizen to speak in the town assembly.
 - Here it is used of our freedom to approach God without hesitation.

Hebrews Chapter 4

- Jesus the Great High Priest (14-16)
 - that we may receive mercy and find grace to help
 - Hebrews 4:1 --- don't fail to reach the promised rest
 - Hebrews 4:11 --- strive to enter that rest
 - Hebrews 9:24 --- Christ appears in the presence of God on our behalf
 - 1 John 2:1 --- we have an advocate with the Father
 - Hebrews 2:18 --- Our Great High Priest is sympathetic and able to help
 - **mercy when we have sinned**
 - **grace to help when we are tempted**

Hebrews Chapter 4

- Jesus the Great High Priest (14-16)
 - In time of need
 - 1 Corinthians 10:13 --- in temptation
 - Ephesians 3:14-21 --- for strength in our inner being
 - Ephesians 6:10-13 --- to stand against the schemes of the devil
 - James 5:13-14 --- in suffering, sickness
 - James 5:16 --- for forgiveness