

A piece of ancient, yellowed parchment with Hebrew text. A large, white, serif letter 'H' is cut out of the center of the parchment. The text on the parchment is in a cursive script, likely Hebrew, and is arranged in several lines. The parchment has a rough, torn edge.

# Hebrews

## Chapter 4

## CHAPTER 3...

**Christ** ... whose house we are if we hold fast...

**Therefore,**

as the Holy Spirit says:

[in Psalm 95]

***Now!***

***"Today, if you will hear His voice..."***

(Hebrews 3:7)

Pay attention to...

# Do not harden your hearts...

(Hebrews 3:8)

Beware, brethren,  
lest there be in any of you an **evil heart of unbelief**  
in **departing** from the living God...

(Hebrews 3:12)



**Unbelief rebels**

A still life photograph featuring a light-colored, speckled ceramic chalice filled with a dark red liquid, likely wine, in the foreground. In the background, a woven basket contains several pieces of flatbread, some of which are topped with small white flowers. The scene is softly lit, creating a warm and inviting atmosphere.

**Encourage one another daily**

(Hebrews 3:13)



## Key Questions

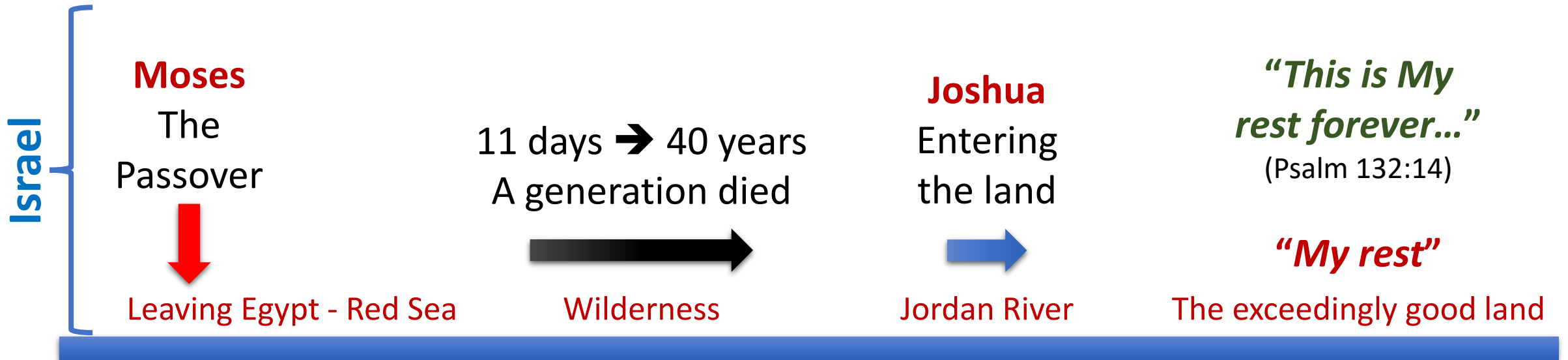
1. Why is this section all about REST?
2. What is His rest?
3. How do we enter His rest?



## Key Questions

- 1. Why is this section all about REST?**
2. What is His rest?
3. How do we enter His rest?

# The historical background

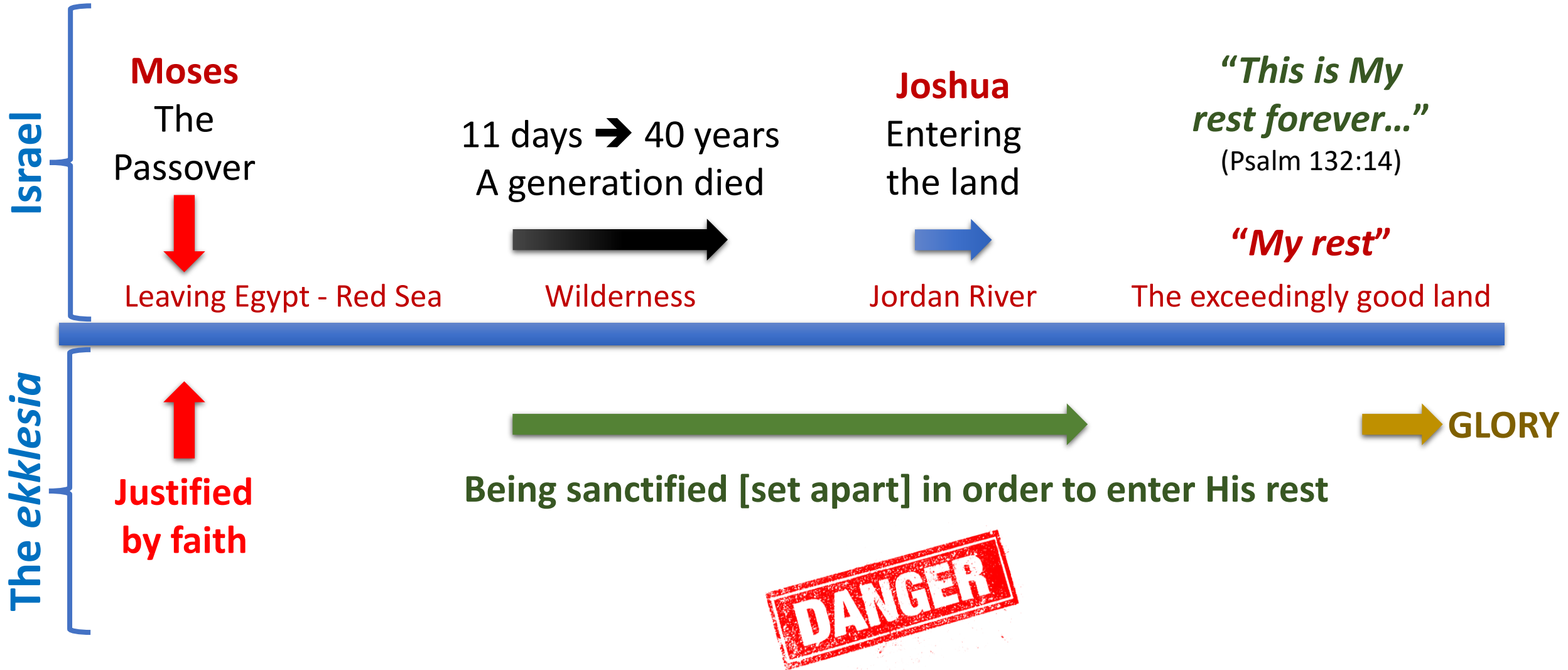


Now these things happened to them as an example,  
but **they were written down for our instruction**,  
on whom the end of the ages has come.

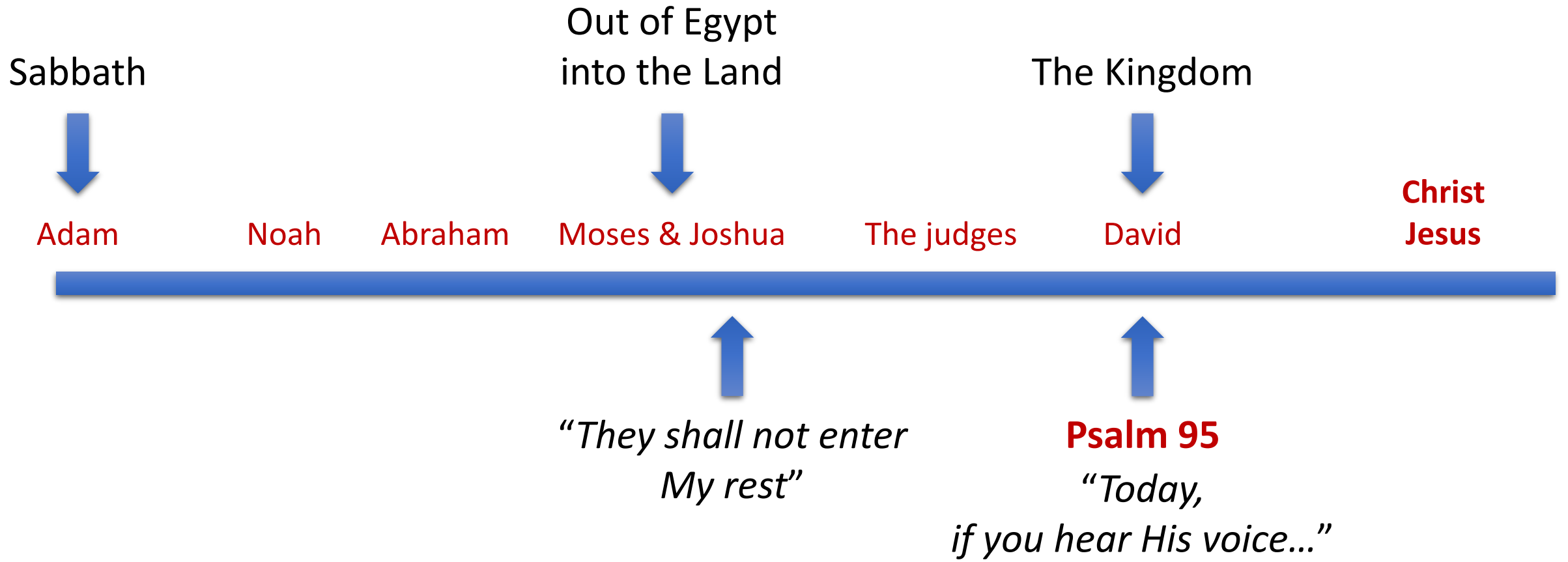
(1 Corinthians 10:11)



# The historical background



# Psalm 95...





So, in summary...

## 1. Why is this section all about “REST”?

To show that Moses was:

*“a servant, to testify  
to the things that were to be spoken **later.**”*

(Hebrews 3:5)

After Moses  
and Joshua

Greek: *Sabbatismos*  
= a Sabbath rest

There remains therefore a rest for the people of God.

(Hebrews 4:9)



## Key Questions

1. Why is this section all about REST?
- 2. What is His rest?**
3. How do we enter His rest?

# The Sabbath Day

Sanctified it

So God blessed the seventh day and made it holy,  
because on it God rested from all His work that **He had done** in creation.

(Genesis 2:3)

Ceased

# The Sabbath Day

Remember that you were a **slave** in the land of Egypt,  
and **the Lord your God brought you out** ...;  
therefore the Lord your God commanded you  
to keep the Sabbath day.

(Deuteronomy 5:15)



# The Sabbath Day

Surely My Sabbaths you shall keep,  
for it is a sign between Me and you throughout your generations,  
that you may know that **I am the Lord who sanctifies you.**

(Exodus 31:13)

# The Land

You have not as yet come to **the rest** and to **the inheritance** that the LORD your God is giving you.

(Deuteronomy 12:9)







So, in summary...

## 2. What is “His Rest”?

- It is **not** simply “a rest”
- God rests when **His work is finished**
- It is **His finished work** made available to us



**I am the vine,  
you are the branches**

(John 15:5)



## Key Questions

1. Why is this section all about REST?
2. What is His rest?
- 3. How do we enter His Rest?**



God's rest



Why?

He who has entered His rest  
has himself **also** ceased from his works  
as God did from His.

(Hebrews 4:10)

Let us therefore strive **to enter that rest,**  
so that no one may fall  
by the **same sort of disobedience.**

(Hebrews 4:11)



**Unbelief**

## Numbers 13

We went to the land ...  
It truly flows with milk and honey ...  
**Nevertheless**, the people who dwell  
in the land are strong...

**Let us go up at once  
and take possession,  
for we are well able to  
overcome it.**

If the Lord delights in us,  
then **He will bring us** into this land  
and give it to us...

(Numbers 14:8)

Let us therefore strive **to enter that rest...**

For the **word of God**  
is living and active ...  
**discerning the thoughts**  
**and intentions of the heart.**

(Hebrews 4:12)





So, in summary...

### 3. How do we enter “His Rest”?

- We must see that it is **His rest**, not simply a rest
- We must believe in the resurrection of Jesus
- We must actively live our faith

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

(Hebrews 4:16)