

Examining Our Rest

Text: Hebrews 4:12-13

Date: 4-28-24

Rest is rooted in God, is still available for believers today, and we have been left with Jesus Christ as the ultimate fulfillment and giver of rest for our lives.

I. The exhortation to rest (Heb. 4:11)

Transition: There is urgency to obtaining our rest and there is risk in losing some of our reward. We must be devoted and diligent to this rest. How do we do that?

II. The examination of rest (Heb. 4:12-13)

The Word of God will be the litmus test to see whether our works are good or bad. God's Word is the basis and mirror to our lives. Our rest depends on how we allocate God's Word in our lives.

Our spiritual condition is so important to God that He commands that we pay special attention to it through the lens of His Word.

Here is the reason we should be devoted and persistent to enter into this rest.

Ultimately, it is God's Word that will "cut" to our intentions, motives, and heart whereby God will see all that we are at the Judgment Seat of Christ. Thus God's word acts as a scalpel.

God's Word will be able to discern all of man's motives and what they do in accepting or not accepting Jesus Christ will be the determining factor at the Great White Throne judgment.

- God's Word is *quick (zao)*: Means *alive, living*. God's word is active and "filled with the vitality of God Himself and energetic in operation" (Sumner 89). God's word has the ability to examine our lives and judge those who hear. The Word of God also changes our lives.
- God's Word is *powerful (energes)*: Means *to produce or capable of producing an intended result*. God's word is the only book that truly can produce the intended result of change before God.
- God's Word is *sharper than any two-edged sword (machaira)*: Means *a short sword or dagger, large knife*. "The word of God can penetrate the immaterial and the material—meaning the whole person".¹
 - Piercing (*penetrating*) even to the dividing asunder (*division*) of soul and spirit: Here is proof of the activeness of God's Word: It can penetrate right down to the deepest parts of one's life.
 - Discerner (*judges*) (Greek: *kritikos*) of the thoughts and intents of the heart: God's Word is that which perfectly critiques the heart of every person. No human, even the wisest judge, can analyze all there is about us – our motives, intents, desires, and beliefs -like the word of God.
 - There is coming a day when the Word of God will pass judgment on believer's hearts. It will be the only thing that will 1) stand the test of time and 2) that is beholden of God Himself .

¹ Barry, J. D., Mangum, D., Brown, D. R., Heiser, M. S., Custis, M., Ritzema, E., Whitehead, M. M., Grigoni, M. R., & Bomar, D. (2012, 2016). [Faithlife Study Bible](#) (Heb 4:12). Lexham Press.

We must understand that the Word of God discerns and convicts and shows everything about us, but it is God Himself who makes the final judgment. If our lives conform to the Word of God, then our account, our word, our life, will be found acceptable to God. And that conforming must begin with being justified through the blood of Jesus Christ. We cannot be conformed to God and His Word without the righteousness of Jesus Christ. See Phil. 3:9.

Conclusion

How important are these truths today? The command is given to give all effort toward entering into our rest. The key to achieving our full rest and inheritance is acquiring it by belief. Every day then we must test our thoughts, desires, motives, heart, and body against the scalpel of God's Word. God's Word will then:

- Teach us the doctrine of Jesus Christ
- Show us what we need to change
- Correct us when we are wrong
- Give us direction on how to live righteously.

The result is a man or woman who is maturing, equipped to do good works, and testifying of God's redemptive grace in their life. II Tim. 3:16-17

The Bible is much more than a book of stories. The Bible is our map, showing us how to enter into our rest. The Bible is able to collect all data on our lives, place it against the mirror of right and wrong, and decipher if we truly are trusting in God and His ways. Are you truly being diligent to enter into God's rest today?