

Living in the Truths Regarding Rest

Text: Hebrews 4:4-10

Date: 4-14-24

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 certainty of rest (Heb. 4:3b-5)

A. Rest has been available since Creation (Heb. 4:3b-5)

Rest is God's idea. God's rest is rooted in the fact that His work was finished.

The rest offered for the OT generation was no more than a symbol or type of rest and was forfeited for lack of trust. The Sabbath rest God instituted for the Jews was a picture of true rest that was to come. When Jesus Christ came to this world, true Rest came.

Faith continues to be the prerequisite to enter into rest. Despite the truth that God's work was done from the foundation of the world, and that He had made the oath in anger to not give rest to the OT generation, those who appropriate rest by faith in God will enter into His rest today.

B. Rest is still available (Heb. 4:6-7)

Despite the unfaithful generation, the writer affirms that rest is still available because it is a divine promise and God will keep His word.

Just because one generation failed does not mean that all generations will fail. God will certainly allow subsequent generations to enter into His rest.

II. The nature of rest (Heb. 4:8-10)

A. Rest is spiritual in nature (Heb. 4:8)

The rest that Joshua (Josh 21:44; 22:4; 23:1) or David offered paled in comparison to the rest that Jesus Christ offers! God's rest— in its fullest form and ultimate fulfillment — is spiritual.

B. Rest is yet future in its fullest sense (Heb. 4:9)

This rest is no doubt the future rest from the presence and power of sin, the future hope of being with Christ face to face, and all the spiritual blessings fulfilled in the culmination of the redemptive work in heaven.

C. Ultimate rest finds its nature in Christ alone (Heb. 4:10)

Throughout Hebrews the author has and is highlighting the superiority of Jesus Christ. He declared that Jesus' work is finished for He went back to Heaven and sat down (1:3).

Application Truths

- The rest of the garden has been reclaimed through Jesus Christ.
- Rest is available to any who take hold of it by faith.
- Jesus Christ set the pattern for entering into the rest of glory, a pattern that we will one day fully realize.