

**Heb 4:1** ¶ Therefore, since a promise remains of entering His rest, let us fear lest any of you seem to have come short of it.

- Rest by definition is to be at peace. Peace with in your soul, First to be at peace with God that is the eternal rest it is not Heaven. Secondly, come what may, we can be at peace at rest, with and in this life.
- **Joh 14:27** "Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.
- **Php 4:6,7** Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and **the peace of God**, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.
- **Isa 26:3** You will keep him in perfect peace, Whose mind is stayed on You, **Because he trusts in You.**

2 For indeed **the gospel was preached to us as well as to them**; but **the word** which they heard did not profit them, **not being mixed with faith** in those who heard it.

- **Jas 1:22-24** But be doers of the word, and not hearers only, deceiving yourselves. 23 For if anyone is a hearer of the word and not a doer, he is like a man observing his natural face in a mirror; 24 for he observes himself, goes away, and immediately forgets what kind of man he was..
- **Ro 10:17** So then faith comes by hearing, and hearing by the word of God.
- To hear the word then by faith applied, believe and do the word. Trust is based on the word of God.

3 For we **who have believed do enter that rest**, as He has said: "So I swore in My wrath, 'They shall not enter My rest,'" although the works were finished from the foundation of the world.

4 For He has spoken in a certain place of the seventh day in this way: "And **God rested** on the seventh day from all His works"; (*Gen. 2:1-3*)

- From the Genesis account after each of the creation days God stated "**So the evening and the morning were the first day.**" But at the end of creation God rested but did not refer to the evening and the morning thus we can certainly infer that Gods creation work was finished and His rest is never ending.
- As Jesus from the cross proclaimed it is finished so His work also was finished.

5 and again in this place: "**They shall not enter My rest.**"

- **Ps 95:7-11** ¶ For He is our God, And we are the people of His pasture, And the sheep of His hand. Today, if you will hear His voice: 8 "Do not harden your hearts, as in the rebellion, As in the day of trial in the wilderness, 9 When your fathers tested Me; They tried Me, though they saw My work. 10 For forty years I was grieved with that generation, And said, 'It is a people who go astray in their hearts, And they do not know My ways.' 11 So I swore in My wrath, 'They shall not enter My rest.'"

6 Since therefore **it remains that some must enter it**, and those to whom it was first preached did not enter because of disobedience,

7 again He designates a certain day, saying in David, "Today," after such a long time, as it has been said: "**Today, if you will hear His voice, Do not harden your hearts.**"

8 For if Joshua had given them rest, then He would not afterward have spoken of another day.

- The author is talking about when Joshua led the children of Israel into the promised land. So if there entering in was a completion of the rest then David, coming after Joshua, would not of spoken concerning a rest for the people of God.

9 **There remains therefore a rest for the people of God.**

- This is our promise of entering that rest with God.

10 For he (*us*) who has entered His rest has himself also ceased from his works as God did from His.

- **Ga 3:24-26** Therefore **the law was our tutor to bring us to Christ**, that we might be justified by faith. 25 But after faith has come, we are no longer under a tutor. 26 For you are all sons of God through faith in Christ Jesus.
- **Eph 2:8,9** For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, 9 **not of works**, lest anyone should boast.
- God ceased from His works Jesus has ceased from His works so must we cease from the works that, try to earn our way into heaven into God's favor. Thus we enter into His rest not by works but by Grace and faith.

11 ¶ **Let us therefore be diligent to enter that rest**, lest anyone fall according to the same example of disobedience.

- **Mt 13:58** Now He (*Jesus*) **did not do many mighty works there because of their unbelief.**
- We stumble in our walk with God, because we fail to believe, we fail to trust God in the times of trials that come to test our faith. Our trust our believing they are all tied together.
- **Pr 3:5,6** Trust in the LORD with all your heart, And lean not on your own understanding; 6 In all your ways acknowledge Him, And He shall direct your paths.

**12 For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.**

13 And there is no creature hidden from His sight, but all things are naked and open to **the eyes of Him to whom we must give account.**

- God reveals our hearts to us through His word
- **Pr 16:2** ¶ **All the ways of a man are pure in his own eyes**, But the LORD weighs the spirits.
- **Ps 139:23,24** Search me, O God, and **know my heart**; Try me, and know my anxieties; 24 And see if there is any wicked way in me, And lead me in the way everlasting.

14 Seeing then that **we have a great High Priest** who has passed through the heavens, Jesus the Son of God, **let us hold fast our confession.**

- Jesus represents man to God as our High Priest thus let us not fade in our believing but be steadfast.

15 For **we do not have a High Priest who cannot sympathize(s) with our weaknesses, but was in all points tempted as we are, yet without sin.**

- He and He alone truly understands what we go through and He is the One we must turn to for comfort and solace.
- We have the Captain of our souls who has gone on ahead and knows the challenges we will face
- **Heb 12:2** looking unto Jesus, the author and finisher of our faith,

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

- The definition of Grace is; “getting what we don’t deserve” and Mercy is; “not getting what you deserve”
- It is all about God’s Grace; He looks upon us with Love and Acceptance, we in turn respond, with trust, faith and love.
- **Ga 4:6,7** And because you are sons, God has sent forth the Spirit of His Son into your hearts, crying out, "Abba, Father!" 7 Therefore you are no longer a slave but a son, and if a son, then an heir of God through Christ.