



- ⁷ Therefore, just as the Holy Spirit says,
 "TODAY IF YOU HEAR HIS VOICE,
⁸ DO NOT HARDEN YOUR HEARTS AS IN THE REBELLION,
 AS IN THE DAY OF TRIAL IN THE WILDERNESS,
⁹ WHERE YOUR FATHERS TRIED *Me* BY TESTING *Me*,
 AND SAW MY WORKS FOR FORTY YEARS.
¹⁰ "THEREFORE I WAS ANGRY WITH THIS GENERATION,
 AND SAID, 'THEY ALWAYS GO ASTRAY IN THEIR HEART,
 AND THEY DID NOT KNOW MY WAYS';
¹¹ AS I SWORE IN MY WRATH,
 'THEY SHALL NOT ENTER MY REST.'"

¹⁶ For who rebelled when they had heard? Indeed, did not all those who came out of Egypt *led* by Moses? ¹⁷ And with whom was He angry for forty years? Was it not with those who sinned, whose bodies fell in the wilderness? ¹⁸ And to whom did He swear that they would not enter His rest, but to those who were disobedient? ¹⁹ So we see that they were not able to enter because of unbelief.

(Hebrews 3:16-19)

¹ Therefore, lest us fear lest, while a promise remains of entering His rest, any one of you should seem to have come short *of it*.
² For indeed we have had good news preached to us, just as they also *did*; but the word they heard did not profit them, because they were not united to those who heard with faith. ³ For we who have believed are entering *that* rest, just as He has said,
 "AS I SWORE IN MY ANGER,
 THEY SHALL NOT ENTER MY REST,"
 although His works were finished from the foundation of the world.

⁴ For He has said somewhere concerning the seventh *day*: "AND GOD RESTED ON THE SEVENTH DAY FROM ALL HIS WORKS"; ⁵ and again in this *passage*, "THEY SHALL NOT ENTER MY REST."
⁶ Therefore, since it remains for some to enter it, and those who formerly had good news preached to them failed to enter because of disobedience, ⁷ He again fixes a certain day, "Today," saying through David after so long a time just as has been said before,

"TODAY IF YOU HEAR HIS VOICE,
 DO NOT HARDEN YOUR HEARTS."

⁸ For if Joshua had given them rest, He would not have spoken of another day after that. ⁹ Consequently, there remains a Sabbath rest for the people of God. ¹⁰ For the one who has entered His rest has himself also rested from his works, as God did from His.
¹¹ Let us therefore be diligent to enter that rest, lest anyone fall by *following* the same example of disobedience.

(Hebrews 4:1-11)

Don't Fail to Enter God's Rest

- ❖ Key idea: "a promise remains of entering His rest"
 - the promise given to the wilderness generation is still in effect today
 - this implies the eternal nature of God's resting place and a future entrance into it

Don't Fail to Enter God's Rest

1. The Necessity of Healthy "Fear"
 - not the crippling fear characterized by doubt or uncertainty of one's salvation
 - the fear of unbelief and its consequences as a motivation to use the means of grace in order to persevere in faith

²⁰ Quite right, they were broken off for their unbelief, but you stand by your faith. Do not be conceited, but fear; ²¹ for if God did not spare the natural branches, neither will He not spare you, (Rom. 11:20-21)

¹² So then, my beloved, just as you have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling; (Phil. 1:12)

¹⁷ If you address as Father the One who impartially judges according to each one's work, conduct yourselves in fear during the time of your stay *on earth*; (1 Peter 1:17)

Don't Fail to Enter God's Rest

2. A Motivation for Healthy "Fear"
 - Israel in the wilderness heard the same promise but it did not profit them because of unbelief
 - those who have believed are in the process of entering His rest – "be diligent to enter that rest" (v. 11)