



<sup>1</sup> Thus the heavens and the earth were completed, and all their hosts. <sup>2</sup> On the seventh day God completed His work which He had done, and He rested on the seventh day from all His work which He had done. <sup>3</sup> Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made. (Genesis 2:1-3)

## The Sabbath Day

<sup>8</sup> “Remember the sabbath day, to keep it holy. <sup>9</sup> Six days you shall labor and do all your work, <sup>10</sup> but the seventh day is a sabbath of the LORD your God; *in it* you shall not do any work, you or your son or your daughter, your male or your female servant or your cattle or your sojourner who stays with you. <sup>11</sup> For in six days the LORD made the heavens and the earth, the sea and all that is in them, and rested on the seventh day; therefore the LORD blessed the sabbath day and made it holy. (Exodus 20:8-11)

## The Sabbath Day

- By imitating God in creation, man is invited to join God in His rest – ceasing from labor and bondage, and experiencing the age to come

## ENTERING GOD’S REST

Hebrews 4:3-11

<sup>11</sup> AS I SWORE IN MY WRATH,  
“THEY SHALL NOT ENTER MY REST.”

<sup>1</sup> 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*.  
<sup>2</sup> 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. <sup>3</sup> 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.

<sup>4</sup> For He has said somewhere concerning the seventh *day*: "AND GOD RESTED ON THE SEVENTH DAY FROM ALL HIS WORKS"; <sup>5</sup> and again in this *passage*, "THEY SHALL NOT ENTER MY REST."  
<sup>6</sup> 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, <sup>7</sup> 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."

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

(Hebrews 4:1-11)

## Entering God's Rest

### 1. The Continued Availability of God's Rest

- since God has established His eternal rest, which they failed to enter, it remains for others to enter
- since Israel's entering the promised land was not equivalent to entering God's rest, the promise remains for us to enter

## Entering God's Rest

### 2. The Eternal Nature of God's Rest

- "a Sabbath celebration" – conveys the joy, delight and worship that characterizes this "rest"
- ultimately a final rest from the "works" of this life, including toil, pain, futility, and weariness

<sup>13</sup> And I heard a voice from heaven, saying, "Write, 'Blessed are the dead who die in the Lord from now on!'" "Yes," says the Spirit, "so that they may rest from their labors, for their deeds follow with them." (Revelation 14:13)

## Entering God's Rest

- Conclusion: "Be diligent to enter His rest"
  - a zealous pursuit of entrance into God's rest through ongoing gospel obedience

<sup>28</sup> "Come to Me, all who are weary and heavy-laden, and I will give you rest. <sup>29</sup> Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and YOU WILL FIND REST FOR YOUR SOULS. (Matthew 11:28-29)