

VS 1 -----

- Just because those in the desert with Moses didn't enter into the rest Canaan, doesn't mean that rest from God is now unavailable. This includes Jesus.
- Some Hebrews were afraid that because they had crucified Christ they could never enter His rest. That was now for the church. Not True.

Acts 3 -²⁴ *“Indeed, beginning with Samuel, all the prophets who have spoken have foretold these days. ²⁵ And you are heirs of the prophets and of the covenant God made with your fathers. He said to Abraham, ‘Through your offspring all peoples on earth will be blessed.’ ²⁶ When God raised up his servant, he sent him first to you to bless you by turning each of you from your wicked ways.”*

- Even though they Killed Jesus, They aren't too far sinful for God to save. Neither are you!

VS 2 -----

- The good news that the Israelites in the desert heard was of the promised land of Canaan. What God told the Jews who were led out of Egyptian slavery was all Good News. God will take care of you and He will give you Canaan.
- But they didn't get to enter the rest of Canaan God provided because of their unbelief.
- The Hebrews of the NT and you and have Good News present to us as well. It's what Jesus did for us and a rest available in Him. Likewise, we are in danger of not entering that rest because of unbelief.

VS 3-5 -----

- So here we see that “we who believe” have entered that rest and then the author ties it back to the finished work God did when He created the world.
- He is connecting what God said to the Israelites about not entering His rest with God's rest after He created the world.

Genesis 2:1-3 ¹*Thus the heavens and the earth were completed in all their vast array. ² By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. ³ Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.*

- God rested after His work was complete. No rest until God's work was done.
- Notice that there is no morning or evening on the 7th day in Genesis.
- Adam entered into God's rest by enjoying God's creation without toil.

Gen 3:17 – **Adam sins and God declares** *“Cursed is the ground because of you; through painful toil you will eat food from it all the days of your life.*

- It's not until Adam sins that He is no longer in God's Sabbath rest.
- So God wants to restore Sabbath rest to mankind. So he chooses Israel and gives them the ten commandments through Moses and one of those is about the Sabbath.

Exodus 20:8 ⁸ *“Remember the Sabbath day by keeping it holy. ⁹ Six days you shall labor and do all your work, ¹⁰ but the seventh day is a sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. ¹¹ For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.*

Exodus 31-¹² *Then the LORD said to Moses, ¹³ “Say to the Israelites, ‘You must observe my Sabbaths. This will be a sign between me and you for the generations to come, so you may know that I am the LORD, who makes you holy. ¹⁴ “Observe the Sabbath, because it is holy to you. Anyone who desecrates it is to be put to death; those who do any work on that day must be cut off from their people. ¹⁵ For six days work is to be done, but the seventh day is a day of sabbath rest, holy to the LORD. Whoever does any work on the Sabbath day is to be put to death.*

- Why is the Sabbath Holy? It tells us. Because God worked for 6 days and when His work was complete He rested. It was all rest because all the work was done.
- This commandment point to God's finished work and the state of resting in the completed work of God.
- They we sin, and lose our ability to be in the God's Sabbath rest, so God gives us a commandment that do something that both points back and forward. It points back to God's completed work in creation and forward to Christ's completed work on the cross which allows us back into the Sabbath rest like Adam enjoyed in the garden.
- **But in vs 5 here is says God declared, “They will never enter my rest”. Why?**

VS 6 -----

- Unbelief which leads to disobedience. That's what will keep you from Sabbath rest.
- You can take Sunday off your whole life, but you won't have Sabbath rest, true rest unless you stop working to earn rest and simply believe in the Completed Work of Jesus and rest in that.

VS 7 -----

- So we can still have the Sabbath, but what day is it? Saturday, Sunday?
- God set the day in Genesis to be the last day of the week. Saturday.
- Vs 7. God again set a certain day, call it, “Today”.
- When? Through David in Psalm 95. *“Today, if you hear his voice, do not harden your hearts.”*

VS 8 -----

- So some Hebrew is going to hear this all and say, the even though Moses and his generation didn't get to enter God's rest in Canaan, Joshua and Caleb and the next generation did.
- But Jesus is Greater than Joshua because here we find that even when they got in the promised land, they didn't enter God's rest.
- If that was rest, then why would God much later in the time of David talk about another day of rest? Its because they didn't receive God's rest.
- Joshua and Jesus are the same name. Joshua is Hebrew, Jesus is Greek.
- Jesus is greater than Joshua because if you want to enter the promised land of heaven (true rest) you need a better Joshua. You need Jesus.

Vs 9-10 -----

- (Sabbatismos, a state of rest from labor) different word than is used elsewhere. This is the believer resting completely in the completed work of Jesus as God rested after the completed work of creation. Present rest

Colossians 2:16-17 - *¹⁶ Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day. ¹⁷ These are a shadow of the things that were to come; the reality, however, is found in Christ.*

Vs 11 -----

- Do what you have to do to make sure you don't miss out on God's rest. It's critically important because to not enter His rest is to perish.
- We miss it if we follow the example of the Israelites who disobeyed God.
- And why did they disobey? They didn't truly believe God.
- Do you truly believe God? Do you trust Him? Do you have everyone snowballed? Do you have yourself snowballed?
- Know this. God knows the truth in the innermost parts of our being and thoughts and attitudes.

VS 12-13 -----

- God's Word is a part of God. It comes from God and it knows everything.
- It penetrates even to dividing soul and spirit to understand and know who you are.
- It can see and discern in your joints and in your marrow. It knows your heart and your attitudes more accurately than you do.
- You can't hide anything from God.
- We will have to give an account to God and He sees everything laid out plainly before Him even if it isn't for us.
- But we have God's word and one of the great things about having it is that it allows us to see what God sees. It points to what's in your joints and marrow. It reveals to you your heart and attitudes. So don't waste it.
- It is the cliff notes of your heart and soul for you to study before the final exam when you stand before God someday.

CLOSING -----

- What allows us to enter into God's Rest? His completed work. We rest in His completed work, not ours!
- God finished His work in 6 days and rested. Jesus finished His work on the cross and then rested in the grave on what day? The Sabbath.

And He has risen again, work completed and rest restored!

So the author of Hebrews main point is in verse 11 *¹¹ Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.*

Matthew 11 - *²⁸ "Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ 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. ³⁰ For my yoke is easy and my burden is light."*