

STUDIES IN THE EPISTLE TO THE HEBREWS

PART I

STUDY NUMBER SIX - Hebrews 4:1-10

As we begin study number six,
we have a **BIG QUESTION** to consider.

Think about this question for a minute.
You may get a bit troubled on how to
answer it, but that's ok.

**ARE YOU RESTING IN THE TOTAL ADEQUACY
OF JESUS CHRIST?**

By **REST**, I don't mean physical sleep.

I mean a sense of inner well being, that if you
died today, and this was,
your last day on earth, that everything is ok.

You are resting in the **TOTAL ADEQUACY**
of Jesus Christ.

Now you say **OK**, define that.

Resting in the **TOTAL ADEQUACY** of Christ
involves an ever deepening relationship with Him.

You have been with Him today.
 You have talked with Him.

You have read the Word today and
 you have spent some time with Him today.

Your relationship with Him
 is getting better and better.

Secondly, you are depending more fully
 upon His strength to give you victory
 in the areas of your life, where you
 find yourself, constantly nailed to the wall.

Thirdly, you are disciplining your desires
 to do His will, not what you want to do
 but what He wants you to do.

1. Deepening relationship
2. Depending upon His power
3. Disciplining your desires to do His will

Isaiah 32:17

And the work of righteousness will be peace;
 and the effect of it, will be;
 quietness and assurance forever.
 That kind of inner well being is there,
 because you are trusting in His adequacy

Now it was St. Augustine, in his Confessions
that wrote these words:

"You move us to delight in praising You;
for You have formed us for Yourself,
and our hearts are restless till they find rest
in You" (Book I.1.1.).

There is an infinite abyss that is designed
in our lives to be filled, by an adequate
Lord Jesus Christ, who wants
to change our lives.

The REST we are talking about is like
coming off a stormy sea into a secure harbor.

It is knowing that everything is going to be OK.
It is the result of God's work,
in our lives, to produce REST.

Now, let me bring you up to speed.
We have a book written by
an anonymous writer, we don't know
who wrote it.

He is writing to a group of Jewish believers.

They have come out of Judaism.

And because they have done that,
they have experienced persecution and suffering.

That has caused them to entertain the thought
that they would go back under Judaism
and forsake Christ.

So the writer comes along and says,
I want to show you the superiority of Christ.
He is superior
to the PROPHETS,
to the ANGELS, and
to MOSES and He gave 2 WARNINGS:

1. Be careful you don't drift away
from your opportunities
2. Be careful you don't doubt

We are in the midst of that warning today.

Now let's paint the background of where
the study comes from.

If you can remember back in the Old Testament
you studied the story of Moses and Aaron
going down to Egypt to help bring
the children of Israel out of there.
They went through the 10 plagues and on
the 10th plague, that death of the first born,
they were out of Egypt and
on their way to the promised land.

**They stopped off at Sinai, got the law
and the Tabernacle and they were heading
straight toward Kadesh Barnea.**

**When they arrive there, they made a mistake.
They formed a committee and the committee went in,
looked over the land, one from each
of the twelve tribes, and 10 of them came back
and said,
“We can’t go in” and 2 of them said, “We can.”**

They made a mistake.

**They could have entered in to the rest
of the promised land, but they choose not to.**

They should have persevered and pressed on.

**Because of all of that,
it was going to cost them their lives, and
wandering in the desert for forty years.**

**So that is the story line, that lies behind
these verses, that we are studying today.**

**v. 1 Therefore, let us fear lest, a promise that is still
open of entering into His rest, any one of you
should seem to have failed to reach it.**

**In these 1st 3 verses the AUTHOR
IDENTIFIES WITH THE READER:**

1. He says here in verse 1:
"THEREFORE, LET US . . ."

2. In verse 2:
**"FOR INDEED WE ARE HAVING HAD
 GOOD NEWS PREACHED TO US . . ."**

3. And in verse 3:
**"FOR WE ARE ENTERING INTO THIS REST,
WE WHO BELIEVED; . . ."**

What the writer is saying is,
 this is something that **WE** have experienced
 together.

In other words, he is saying, **"Hey these people,
 are bible believing, born again,
 blood bought believers, they are the genuine deal."**

Even though they're still contemplating
 the possibility, of turning back and forsaking,
 their relationship to Christ.

When we talk about the word **"REST"**
 we need to keep, the Old Testament concept
 in the background.

Here are 3 words.

**When a Jew talked about REST,
he talked about his INHERITANCE;
he was going to that which God promised.**

**When he talked about REST he would talk about
the SABBATH or the 7th day would be the day
of rest.**

**Or he would be talking about the KINGDOM,
when everything is going to be great and
he would enter into the prosperity and
the blessing of that kingdom.**

That would be REST to him.

**So what he is saying to these people is,
“Hang on, hang in there,
hold on tight, keep doing good, don’t quit.”**

Somebody said:

**The greatest oak was once just a little nut
that held its’ ground.**

**Now, what if I asked you,
“Have you entered into His rest?”**

What if you said, “Oh no, but I know Christ and I’m reading my bible and I’m going to church and I’m giving my money and it’s no big deal, if I really don’t have a lot of peace today.”

“I’m under a lot of stress and I’m worried about sixteen million things.”

That’s no big deal is it?”

To the writer it is.
He says, “THEREFORE, LET US FEAR LEST.”

To live life today in such a way, that you’re demonstrating to the world, the same thing the world, is demonstrating back to you.

And that’s being totally stressed out, over committed, over organized and just totally wiped out is not the kind of picture that you see, in a born again Christian who is walking with God.

You never see Jesus stressed out,
he just flowed, and that is what
He expects from us.

Let's define REST since the word is used
nine times in today's study.
I'll make it easy for you.
REST is 3 fold:

PAST

PRESENT

FUTURE

You and I as Christians have had
an experience in common.

And that is at the point of our new birth,
when we invited Christ into our lives,
we had peace for the very first time.

We are saved by grace through faith,
it is a gift of God and we are
totally forgiven
and cleansed
and we are brought
into God's family
and we are saying, "WOW this is wonderful!"

We are done with all that struggle and all of that effort.

That's REST in the PAST for all of us.

Now what is REST in the PRESENT?

It is trusting in the total adequacy of Christ to live His life through you, today.

And that you have, a relationship with Him that gives you, the power for victory over sin.

And that gives you a sense of knowing that He is adequate and there is grace for anything that is going to hit you.

REST for the FUTURE is that future rest when we die. We enter into the rest.

So here we are in need of this PRESENT REST.

Why don't you have that rest today?

You don't want to admit it, but it could be pride.

Or maybe it's entitlement, you are living in a relationship with God that you're claiming

everything from Him apart from the fact
that He can provide everything you need
if you really just trust in Him.

Many Christians are going to wander
their whole lives in the wilderness.

They are never going to know victory,
they are never going to know the joy
and they are doing that because
they are making their own choices and
they feel they know what's best,
better than, to trust totally Jesus Christ
to help them, navigate through
their lives.

Can I give you a couple of verses.

Psalm 37:7

Rest in the Lord and wait patiently for him;
do not fret when men succeed in their ways,

Philippians 4:6, 7

Don't worry over anything, whatever, tell God every
detail of your needs in earnest and thankful prayer.

Bob Theme in Faith Rest, says;

We are so busy seeking happiness, so busy hustling

around to find satisfaction and fulfillment of our desires, that we overlook one of the great principles in the Word of God. There is a place of perfect peace and rest, a place of inner joy and strength, a place of stability, a place of power and of impact within the grasp of every Christian. No matter what happens, no matter how difficult the circumstances, no matter how great the pressures, testings or problems of life, we can have the peace of God which passes all understanding.

Now, may I ask you a question?

“How have you been doing the last couple of days?”

Many of you, might be just like me.

You would say there are 6 things, that pretty well characterize my life, for the last 2 or 3 days.

IRRITATIONS,

FRUSTRATIONS,

DISAPPOINTMENTS,

HEARTBREAKS,

TRIALS, and

DISASTERS.

Pretty good characteristics and what I'm
telling you is that, in the midst
of those 6 things you can have peace.

You really can and it's available for you
in Jesus Christ.

If you have gotten nailed to the wall
and you are stressed out today
you deserve it.

Why?
Because God's promises say,
He is adequate!

Back to verse 1.

**"THEREFORE, LET US FEAR LEST, A PROMISE THAT
IS STILL OPEN OF ENTERING INTO HIS REST"**

The store is still open.
It isn't too late; you can still receive **"HIS REST"**
It is available to you.

God hasn't shut it off, just because the
children of Israel didn't get it.

There is still **"REST"** for you and
that is what he is saying right there.

“LET US FEAR LEST, A PROMISE THAT IS STILL OPEN OF ENTERING INTO HIS REST.”

What does that next word say?

“ANYONE OF YOU SHOULD SEEM TO HAVE FAILED TO REACH IT.” Unless!

Why did he change from “US” to “ANYONE OF YOU”?

It is ok to identify in fear of this not entering into it, but when it comes right down to possessing it, he is saying,

“You guys might have a problem with it but don’t get me mixed up in it.”

I’ll tell you right now as the author of this book, I have that “REST” and I’m writing to you about it,

“LEST ANYONE OF YOU SHOULD SEEM TO HAVE FAILED TO REACH IT,”

I know where I stand, I have already entered into that “REST”. I’m trusting the adequacy of Christ.

v. 2 For indeed we are having had good news preached to us, just as they also; but the word of the preaching did not profit them, because it had not been mixed together with faith in those who heard

Where does that relate to the story?

Well here comes these 12 guys back and
10 of them give this message of unbelief,
“Hey there are giants in the land, it’s a great
place, but we can’t go in.”

And 2 guys say, “Hey we have a big God,
giants are just grasshoppers in God’s sight,
if we just trust Him and go in.”

But they didn’t do that, they didn’t mix
their faith, with the promise of God,
that the land was theirs.

So they had to turn around, and as a result
missed the “REST,” that could be theirs.

William R. Newell points out:

I remember a meeting many years ago where presents were being given out to poor children. From a great heap of presents on the table the leader would read out names of those who were to receive gifts. And such ones were expected to come forward and receive them thankfully. There came the reading of a certain boy and no one came forward. Someone sitting beside me said, "There is that boy over there by the aisle." I watched him. His name was repeated several times. At

first he looked forward at the announcer. Then as his name was repeated, he looked to the right and to the left and then stood half up and looked all around over the back part of the building, expecting to see the favored one. But someone near him called out, "He means you, Jimmy." Jimmy kept his seat, clutching the chair in front of him.

He was not used to receiving presents. Not until the speaker looked right at him, reading his name and asked, "Is that your name?" did he tremblingly get up and go forward and accept his present. Thus we act toward God. We quote promises, never really claiming them. Do not forget that the last word in chapter 3 is unbelief. We have seen that Israel lost their promised land through simply not believing. Just as they fell short of Canaan, so many professing Christians today, though a promise is left them of entering into His rest, fail of it, of that spiritual rest which belongs to all who hear and believe that Christ has borne their sin and He has made peace by the blood of His cross.

We can be guilty of quoting promises,
without claiming them.

v. 3 For we are entering into this rest, we who believed; just as He has said, "As I swore in my wrath, they shall not enter into my rest," and yet His works came into being from the foundation of the world.

What the writer is saying, is that God

from the beginning of time has been
providing this "REST" and the
children of Israel didn't enter into it.

Verse 3, "As I swore in my wrath, they weren't
going to enter into my "REST"."

And what happened?
They wandered around the wilderness
for 40 years and they dropped like flies.

When they were finally done,
then under Joshua they went into the land.

Chuck Swindoll in his book called
Active Spiritually says:

This chapter is dedicated to all of you who have
worried in the past . . .
all of you who are now worried . . .
and all who are making plans to worry soon!
That might sound amusing, but worry is no laughing
matter.
Quite frankly, it is a sin.
It is, however, one of the "acceptable" sins in the
Christian life.
We would never smile at a Christian who staggered
into his home night after night drunk and abusive.
But we often smile at a Christian friend who worries.
We would not joke about a brother or sister in God's

family who stole someone's car, but we regularly joke about our worrying over some detail in life.

Worry is serious business.

It can drain our lives of joy day after day.

And there is not one of us who doesn't desire to replace it with peace of mind.

p. 24

The adequacy of Christ to bring "REST".

Will Rogers says:

Half our life is spent, trying to find something
to do, with the time we have rushed through life,
trying to save. p. 140

And so we are totally frustrated.

We need to come back to the PRESENT REST,
I know you understand the PAST REST,
by coming to know Christ and
I know you understand the FUTURE REST,
when you die, but to some of you it is
pretty foggy on this PRESENT experience of REST.

Can I bring some definition, about trusting
in the adequacy of Christ.

The best place to start
from the Upper Room,
Garden of Gethsemane,
before the cross,

He stopped there
looked out over
and what did

John 15:5

He said, "I am the vine,
He that abides
I in him,
for without Me

In other words,
comes into your life
into a living union

Like a branch
the life of the vine
the branch,

Now you don't see
in a vine saying,
some fruit,
That's not

It's a normal,
of living

is on the way
down to the
just hours
where did Christ stop?

on the hill side and
a vineyard
he say?

you are the branches.
in me and
he bears much fruit,
you can do nothing."

when Christ
you are brought
with Him.

in a vine,
flows through
to produce the fruit.

any branches
"Oh I have to produce
so let's produce fruit."
the way it works.

automatic by-product
in the vine.

Galatians 2:20

I have been crucified with Christ;
nevertheless I live, but Christ is living in me.
The life which I now live in the flesh
I live by the faith of the son of God
who loved me and gave himself for me.

Let me share the 3 A's:

1. Christ is alive today
2. He is adequate for whatever life
is going to throw at you
3. He is available to do it, if you're humble enough
to receive what He wants to provide

Here is a neat little story.
This comes out of Max Lucado's book
When God Whispers Your Name.

My wife loves antiques. I don't. I find them a bit old. But because I love my wife, I occasionally find myself guiding three children through an antique store while Denalyn shops. Such is the price of love.

The secret to survival in a shop of relics is to find a chair and an old book and settle down for the long haul. That's what I did yesterday. After cautioning the kids to look with their eyes and not with their hands, I

sat down in an overstuffed rocker with some Life magazines from the fifties.

That's when I heard the music. Piano music. Beautiful music. Vintage Rogers and Hammerstein. The hills were alive with the sound of someone's skill at the keyboard.

I turned to see who was playing, but couldn't see anyone. I stood and walked closer. A small group of listeners had gathered at the old upright piano. Between the furniture I could see the small back of the pianist. Why, it's only a child! With a few more steps I could see her hair. Short, blonde, and cute like . . . My heart, it's Andrea!

Our seven-year-old was at the piano, her hands racing up and down the keyboard. I was stunned. What gift of heaven is this that she can play in such a way? Must be a time-released gene she got from my side of the family. But as I drew closer, I saw the real reason. Andrea was "playing" a player piano. She wasn't making the music; she was following it. She wasn't commanding the keyboard; she was trying to keep up with it. Though it appeared she was playing the song, in reality, she was only trying to keep up with one already written. When a key would dip, her hands would dash.

Oh, but if you could have seen her little face, delighted with laughter! Eyes dancing as would her feet had she been able to stand and play at the same time.

I could see why she was so happy. She sat down to attempt "Chopsticks" but instead played "The Sound of

Music." What's more, she couldn't fail. One greater than she was dictating the sound, and Andrea was free to play as much as she wanted, knowing the music would never suffer.

It's no wonder she rejoiced. She had every reason to. And so do we.

Hasn't God promised the same to us? We sit at the keyboard, willing to play the only song we know, only to discover a new song. A sublime song, and nobody is more surprised than we are when our meager efforts are converted into melodious moments.

You have one, you know, a song all your own. Each of us does. The only question is, will you play it?

By the way, as I watched Andrea "play" that day in the antique store I observed a couple of things.

I noticed the piano got all the credit. The gathered crowd appreciated Andrea's efforts, but they knew the real source of the music. When God works, the same is true. We may applaud the disciple, but no one knows better than the disciple who really deserves the praise.

But that doesn't keep the disciple from sitting at the bench. It sure didn't keep Andrea from sitting at the piano. Why? Because she knew she couldn't fail. Even though she didn't understand how it worked, she knew it did.

pp. 7-9

You know	that's the story;	
it's in	living union,	and Christ
living out,	His life	through us.

**That's the "REST" we're talking about today,
IN HIS TOTAL ADEQUACY.**

**v. 4 For He has said somewhere concerning the
seventh day in this manner: "And God rested on the
seventh day from all His works";**

**We all know that!
That came from Genesis chapter 2,
after the 7th day with the creation of the world
He rested.**

**v. 5 and again in this passage, "They shall not enter
into my rest."**

**Now if you were to be gut honest with me,
the main reason probably, that you don't have
the level of REST, that I am talking about.**

Quick Next Page!!!!!!

**And you know you need
and you know you want,
is because your life has gotten
so cotton pickin complicated.**

**I mean some of you have gotten
consumed, with the bottom line.**

**You just don't have enough money and
you have gotten consumed with a lot**

of other material things.

And that is just robbing the joy, and
you just keep accumulating, accumulating,
and every time you accumulate something
it only adds
to the stress and
to the hurt and
the pain and
the responsibility, and
it doesn't solve anything.

Fenelon, the French Archbishop & Author
wrote in the 16th century:

Learn to cultivate peace. And you can do this by
learning to turn a deaf ear to your own ambitious
thoughts.

Or haven't you yet learned that the strivings of the
human mind not only impair the health of your body
but also bring dryness to the soul. You can actually
consume yourself by too much inner striving and to no
purpose at all. Your peace and inner sweetness can be
destroyed by a restless mind. Satan is the one who
torments us with trivialities. And he often transforms
himself into an angel of light and bothers us with
endless self-examinations and an oversensitive
conscience, which allows us no peace. Live in
continued peace but understand that peace does not
depend upon the fervor of your devotion. The only

thing you need to be concerned about is the direction of your will.

v. 6 Since therefore it is remaining for some to enter into it, and those who formerly had good news preached to them did not enter because of disobedience,

They choose not to, but that didn't mean that it wasn't still available.

Now why do you think they didn't go in?

I think they didn't go in, because they just felt like, they knew better than God about this thing.

We do that to God all the time!

“God, I don't trust you, with what you have to say, I need to have a second opinion.”

And usually the second opinion, is what I think, not the second opinion.

That is basically what they did, when they got up to the promised land.

Rather than take the promise and go on in, it's what I think, and what I think means we can't go in, and we can't take it,

in the eyes of God what a reproach!

(The Pleasures of God by John Piper)

Why are rebellion and disobedience like the sin of divination? Divination is seeking to know what to do in a way that ignores the word and counsel of God. It discounts the guidance and revelation of God, or regards them as wrong or insufficient. And that is exactly what disobedience is based on. God says one thing, and we say, "I think that I will consult another source of wisdom." In the case of divination the added source of wisdom is a medium of some sort. But most often in the case of disobedience the added source of wisdom is simply oneself!

Disobedience of God's word puts my own wisdom in the place of God's and thus insults God as the only sure and reliable source of wisdom. What does it say about your doctor if he writes the prescription for three pills a day and you decide to take them once a day? It says that you put yourself above your doctor. You distrust his skill and competence and good will. It is a great insult, and he could not take pleasure in that--and you won't get well.

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v. 7 He again is designating 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."

Do you remember we had that last week,
but now it is David.

Here we have come, from way back in Exodus
under Moses, and we came up to Joshua,
but the “REST” is still available in the time
of David and guess what?

The adequacy of Jesus Christ can be yours
but it is an urgent matter.

Would you look at it?

It's once again “TODAY if you hear His voice.”

Why does He focus on TODAY?

This is the 4TH and 5TH use of the word
“TODAY” in these 2 chapters, why?

This is all you have.

Remember last time we said,
“Keep on encouraging one another
while it is still TODAY, while you still
have opportunity, you only have today.”

Yesterday is gone, you don't have that, and
tomorrow may never come, you might take
an American Eagle flight, and be drilled in the
ground tomorrow, you don't know that.

Your life is sovereignly in somebody else's hands
and at His fitting, His choice.

So in relationship to that, I numbered my days
and I apply my heart to Him.

I better do it now, today is all I really have.

Yesterday is gone, and tomorrow may never come.

What does the author say at the end
of verse 7?

“DO NOT HARDEN YOUR HEARTS”

Do you remember the little Greek lesson
we had last time?

I said if it is a **PRESENT IMPERATIVE**
what are you suppose to do?
Keep on doing it.

Remember that was a **PRESENT IMPERATIVE** when
it said “Keep on encouraging one another.”

Here we have a **NEGATIVE PRESENT
IMPERATIVE.**

“STOP HARDING YOUR HEARTS”,
in other words these Christians are

hardening their hearts or they wouldn't be
 thinking about turning back away from
 Christ to Judaism.
 They have a hardened heart,
 it's callous, it's cold, in relationship to Christ.
 So the writer is actually saying,
 "STOP HARDING YOUR HEARTS."

Listen to Brennan Manning:

At every moment of our existence God offers us this good news. Sadly, many of us continue to cultivate such an artificial identity that the liberating truth of our belovedness fails to break through. So we become grim, fearful, and legalistic. We hide our pettiness and wallow in guilt. We huff and puff to impress God, scramble for brownie points, thrash about trying to fix ourselves, and live the gospel in such a joyless fashion that it has little appeal to nominal Christians and unbelievers searching for truth.

From hound-dog disciples and sour-faced saints,
 spare us, oh Lord!
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v. 8 For if Joshua brought them to rest, He would not have spoken of another day after that.

Now did Joshua bring them to "REST"?

Before you answer that, remember what happened there?

**Moses died and then Joshua took them
into the land didn't he?**

**He had great victories in possessing the land,
but did they ever come to "REST"?**

**No, you see when you read the book of Judges
there is only 3 words that come out:**

1. DISOBEDIENCE

2. DISCIPLINE

3. DELIVERENCE

7 times, same song, 7th verse, each time.

**Disobedience,
God disciplines them and then God
finally delivers them.**

**It's just a continuous sequence,
of never entering into His "REST".**

**Gordon MacDonald tells the story about some
people in Florida who looked out their window one
morning only to find that the ground in front of their
building had collapsed into a sinkhole.**

**As the pit got deeper and deeper, pavement, sidewalks,
lawn furniture, and even cars went tumbling in.**

**Sinkholes form when drought causes underground
streams to dry up.**

Without its underlying support, the ground at the

surface collapses.

A pastor, and you can say a Christian, who neglects his inner life may experience this sinkhole syndrome when a hectic pace and incessant pressures make him feel that his world is caving in.

Rest is an important theme all through the Bible.

It's a person who underneath is not taking care of the inside, and as a result he begins to fall and fall further and further away.

That's exactly what happened in Joshua's day.

v. 9 There is remaining therefore a Sabbath rest for the people of God.

Here we are now talking about that FUTURE REST, when all the people of God are going to experience a heavenly REST.

Here is a story from Ken Davis.

This shows you a guy who's at, perfect REST even though he is going to die.

From "You Only Go Around Once!" by Ken Davis at the Gathering of Men.

Mike O'Hara, is a twenty-one-year-old boy who is dying from bone cancer. He taught me more in this regard than anybody else ever has. He was totally bald. He had the greatest sense of humor I have ever seen. He was bald from chemotherapy. He had come to terms with the fact that he was prepared to die and prepared to meet God.

Two weeks after he lost his hair from chemotherapy he went to a Halloween party dressed as a can of Ban Roll-on. We were walking down a high school corridor. This man devoted his life to talking to young people and reaching them with the greatest news on the face of the earth. Some kid leaned out the door and yelled, "Hey you! Baldy! What happened to your hair?" Now I'll tell you gentlemen, my tendency would be to turn around and go, (Click, click, POOOOHHWW!) "Nothing'."

Not Mike. Mike turned around and he said, "It's no big deal. I'm dying. This is from chemotherapy." And that kid just about died. And then he walked back to him and started poking him in the shoulder. He said, "It really is no big deal. I'm not afraid to die, I'm prepared."

The kid stood flattened against the wall. This young man took me to dinner. We're sitting in the restaurant, he leans across the table, got his face that far from my face and he said, "You're nervous, aren't you?"

I said, "Yes, I am."

He said, "You think it's contagious?"

I said, "I don't know."

He rubbed his hands over that bald head and then went, "It is contagious."

Some of you knew Mike. He said, "You're still nervous. It's cause I'm dying, isn't it?"

I said, "Yes, Mike, I'm nervous because you're dying."

And he said these words, "Ken, that's one thing we have in common. We're both dying. The only difference is that God has chosen to let me know when."

He said, "And anyway, we could walk out of this room, you get hit by a truck and beat me to it." He said, "And we're both ready. So relax and eat your meal."

There is REST.

There is a person	who is genuinely living
in the	adequacy of Christ
even in the face	of physical death.

v.10 For the one who entered into His rest has himself also rested from his works, as God did from His.

Listen to what Ray Stedman says:

Here is a revolutionary new principle of human behavior on which God intends man to operate. That was His intention from the beginning.

It is from this that man fell and it is to this now, in Jesus Christ, he is to be restored. Unless this principle is operative in our life we can have no assurance that

we belong to the body of Christ. This is the clear declaration of this writer throughout the whole of the book.

pp. 51-52

We all have been brainwashed since birth with a false concept of the basis of human activity. We have been sold on the satanic lie that we have in ourselves what it takes to be what we want to be, to be a man, to be a woman, to achieve whatever we desire. We are sure we have what it takes or, if we do not have it now, we know where we can get it. We can educate ourselves, we can acquire more information, we can develop new skills, and when we get this done we shall have what it takes to be what we want to be.

For three and a half years the apostle Peter tried his level best to please the Lord Jesus by dedicated, earnest, sincere efforts to serve Him out of his own will. He failed dismally, because he could not be convinced that he did not have what it takes. When the Lord Jesus told him, "You will never have what it takes until the cross comes into your life," he would not receive it. He said, "Lord, don't talk to me about a cross. I don't want to hear anything about that."

And the Lord Jesus said, "Get behind Me, Satan, you are an offense unto Me. You do not understand the things of God, but only the things of men." It was not until that wonderful day, the day of Pentecost, when the Holy Spirit opened his eyes to the full meaning of

the cross, that he realized what the Lord had meant. Not till then did he realize what it took to be a Christian.

We repeat, it takes Christ to be a Christian, and it takes God to be a man. When we put Christ back in the Christian, you put God back in the man. This is God's design for living. This is the new principle of human activity—to stop our own efforts. We do not have what it takes, and we never did have. The only One who can live the Christian life is Jesus Christ. He proposes to reproduce His life in us.

pp. 52-53

Let me share the 4 s's and the 4 p's.
When you get a hold of these, you are truly experiencing, His REST.

First, the 4 S's:

1.GOD'S SOVEREIGNTY -

This is recognition that God does in fact
control all the events in our lives;
that helps bring REST.

2.SUFFERING -

Suffering is just part of the program.
Realize it's going to be there.

Once you know that it's a tool that God uses
to make you more like His son,
you accept it, and you don't get stressed out

and upset over it.

3.SONSHIP -

We are in His family and He is going to treat us
as sons and daughters in that family.
There is a comfort in that.

4.SUBMISSION -

I am submitting myself to the accomplishment
of His will.
I am living comfortably under divine authority.

Let's see "REST" in the fruit of the 4 P's:

1. THE PROMISE OF HIS PRESENCE -

Isaiah 41:10

So do not fear, for I am with you.

2. HIS PEACE

Isaiah 26:3

“The steadfast of mind You will keep in perfect peace,
Because He trusts in You.”

3. HIS POWER

Isaiah 40:31

They that wait upon the Lord shall renew their strength.

4. HIS PURPOSE

God has a purpose and a plan.

Hebrews 4:9

“There is remaining therefore a Sabbath rest for the people of God.”

**I want to close with one little story that comes from
When God Whispers Your Name by Max Lucado.**

We are not happy here because we are not at home here. We are not happy here because we are not supposed to be happy here. We are "like foreigners and strangers in this world" (1 Pet. 2:11).

Take a fish and place him on the beach. Watch his gills gasp and scales dry. Is he happy? No! How do you make him happy? Do you cover him with a mountain of cash? Do you get him a beach chair and sunglasses? Do you bring him a Playfish magazine and martini? Do you wardrobe him in double-breasted fins and people-skinned shoes?

Of course not. Then how do you make him happy?

You put him back in his element. You put him back in the water. He will never be happy on the beach simply because he was not made for the beach.

And you will never be completely happy on earth simply because you were not made for earth. Oh, you will have your moments of joy. You will catch glimpses of light. You will know moments or even days of peace. But they simply do not compare with the happiness that lies ahead.

p. 173

**Or the peace that can be yours when you
have entered in to His REST.**

STUDIES IN THE EPISTLE TO THE HEBREWS

PART I

STUDY NUMBER SIX - Hebrews 4:1-10

v. 1 Therefore, let us fear lest, a promise that is still open of entering into His rest, any one of you should seem to have failed to reach it.

v. 2 For indeed we are having had good news preached to us, just as they also; but the word of the preaching did not profit them, because it had not been mixed together with faith in those who heard.

v. 3 For we are entering into this rest, we who believed; just as He has said, "As I swore in my wrath, they shall not enter into my rest," and yet His works came into being from the foundation of the world.

v. 4 For He has said somewhere concerning the seventh day in this manner: "And God rested on the seventh day from all His works";

v. 5 and again in this passage, "They shall not enter into my rest."

v. 6 Since therefore it is remaining for some to enter into it, and those who formerly had good news preached to them did not enter because of disobedience,

v. 7 He again is designating 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."

v. 8 For if Joshua brought them to rest, He would not have spoken of another day after that.

v. 9 There is remaining therefore a Sabbath rest for the people of God.

v.10 For the one who entered into His rest has himself also rested from his works, as God did from His.

LESSONS FROM THE PASSAGE:

LESSON #1: The command is to "fear lest you fail to enter into His rest."

LESSON #2: This is time to persevere and press on, not a time to quit.

LESSON #3: You know you have failed to reach His rest if you fail to press on to the acquisition of it.

LESSON #4: The condition for entering into this rest is believing. "For we are entering into this rest, we who believed" (Heb. 4:3).

LESSON #5: The store is not closed, and you have not come too late to enter into His rest.

LESSON #6: The reason the Israelites did not enter into the rest that was provided for them was because of disobedience.

LESSON #7: All we really have is today and so it is incumbent upon us to act now on what we know.

LESSON #8: The command is "Today, if you hear His voice, stop hardening your hearts."

LESSON #9: There is a PAST, PRESENT and FUTURE rest for the children of God. The past rest comes at salvation, the present rest comes as we yield to His will and the future rest will be our eternal inheritance.

LESSON #10: "There is remaining therefore a Sabbath rest for the people of God."

QUESTIONS:

- 1. Read Hebrews 4:1-10 and summarize in your own words what Paul is saying in this section.**
- 2. What are we to fear, according to verse 1?**
- 3. Why did the word of "preaching not profit them," according to verse 2?**
- 4. What did God do, according to verse 4?**
- 5. Why did they not enter into His rest, according to verse 6?**
- 6. What warning is repeated again in verse 7?**
- 7. What is remaining for the people of God, according to verse 9?**
- 8. How is "the one who has entered into His rest" characterized, according to verse 10?**
- 9. What verse in the study has meant the most to you?**
- 10. What lesson have you learned from this study?**