

# Hebrews

The Supremacy of Jesus

Jesus: The Ultimate Rest

Class # 5

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# The Promise of Rest

## Hebrews 3:17-19

17 Now with whom was He angry forty years? Was it not with those who sinned, whose corpses fell in the wilderness? 18 And to whom did He swear that they would not enter His rest, but to those who did not obey? 19 So we see that they could not enter in because of unbelief?

The writer is making reference to Psalm 95:8-11 AMPC

*8 Harden not your hearts as at Merida and as at Massah in the day of temptation in the wilderness (Exod. 17:1-7; Num. 20:1-13; Deut. 6:16). 9 When your fathers tried My patience and tested Me, proved Me, and saw My work (of judgement). 10 Forty years long was I grieved and disgusted with that generation, and I said, it is a people that do err in their hearts, and they do not approve, acknowledge, or regard My ways. 11 Wherefore I swore in My wrath that they would not enter My rest (the land of promise). Hebrews 4:3-11*

## The Word "Gospel"

### Hebrews 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. 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 hear it.

The word “gospel” means good news. It is used at least three ways:

- *The first four books of the New Testament are called Gospel.*
- *The news about the death, burial and resurrection of Jesus Christ is called Gospel.*
- *The Gospel that Jesus proclaimed was the “good news that the kingdom of God had arrived.”*

## The Kingdom

### Mark 1:14-15

- *The kingdom of God is at hand (Mark 1:14-15).*
- *The kingdom of God can be entered into (Matthew 23:13).*
- *The requirement for kingdom citizenship is spiritual rebirth (John 3:5).*

The kingdom of God is an unseen reality. It is a spiritual reality. Something of it can be realized now.

# Rest

## Genesis 2:2-3

Thoughts of the meaning of “rest” in the Bible.

The Bible speaks regularly about “rest”. In *Genesis 2:2-3*

*“2 And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. 3 Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.”*

The Ten Commandments made the sabbath day rest a requirement of the Law

Exodus 20:8-11

*“8 Remember the Sabbath day, to keep it holy. 9 Six days you shall labor and do all your work, 10 but the seventh day is the Sabbath of the Lord your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. 11 For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore, the Lord blessed the Sabbath day and hallowed it.”*

The land also was to rest

*Leviticus 25:3-4,*

“3 Six years you shall sow your field, and six years you shall prune your vineyard, and gather its fruit; 4 but in the seventh year there shall be a sabbath of solemn rest for the land, a sabbath to the Lord. You shall neither sow your field nor prune your vineyard.”

## The *good news* implies the promise of “rest”

### Hebrews 4:3

3 For we who have believed (the Gospel) 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.

For believers Jesus is the ultimate “rest”. He invites all to come to Him and “rest”.

Matthew 11:28 “Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.”

He is Lord of the Sabbath, Matthew 12:8, “For the Son of Man is Lord even of the Sabbath.”

Jesus is our Sabbath. In Him we rest from all works that were required by the Law to earn salvation and right standing with God. We rest from the requirement to offer sacrifices for atonement, the observation of rites of circumcision, observation of certain holidays, pilgrimages to the temple and reliance on the Levitical priesthood.



## *The Seventh Day*

### *Hebrews 4:4-7*

“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.’ 5 and again in this place, ‘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 to David, ‘Today,’ after such a long time, as it has been said: ‘Today, if you will hear His voice, Do not harden your hearts.

- *On the seventh day, God rested from all His works.*
- *When God rested on the seventh day, Heaven was prepared for the elect.*
- *God knew in advance that some would not enter into His rest because of disobedience.*
- *God’s rest is available for believers “Today.”*

## *Jesus Superior to Joshua*

### *Hebrews 4:8-10*

“8 For if Joshua had given them rest, then He would not afterward have spoken of another day. 9 There remains therefore a rest for the people of God. 10 For he who has entered His rest has himself also ceased from his works as God did from His.

Jesus, superior to Joshua.

For ancient Israel Canaan was a geographical reality. When they arrived at Canaan, Joshua was charged to lead the people into and conquer the land. Canaan was also symbolic of Heaven. Heaven is the place where God’s perfect will is done. Heaven was finished before God rested on the seventh day. It was prepared for those who would believe. In the wilderness the promise of rest was for those who entered Canaan. For believers the promise of rest is for those who by faith have received Jesus as Lord and Savior. In Him believers experience a taste of that which is to come. What Jesus offers is permanent rest (verse 10).

*Ephesians 2:8-9, “8 For by grace you have been saved, through faith, and that not of yourself; it is the gift of God 9 not of works, lest anyone should boast.*

*Strive Diligently ...*

*Hebrews 4:11-13 AMPC*

**11** Let us therefore be zealous and exert ourselves and strive diligently to enter that rest [of God, to know and experience it for ourselves], that no one may fall or perish by the same kind of unbelief and disobedience [into which those in the wilderness fell]. **12** For the Word that God speaks is alive and full of power [making it active, operative, energizing, and effective]; it is sharper than any two-edged sword, penetrating to the dividing line of the breath of life (soul) and [the immortal] spirit, and of joints and marrow [of the deepest parts of our nature], exposing and sifting and analyzing and judging the very thoughts and purposes of the heart, **13** And not a creature exists that is concealed from His sight, but all things are open and exposed, naked and defenseless to the eyes of Him with Whom we have to do.