

— THE BOOK OF HEBREWS —

ENDURE



S · H E B R E W S ·

S · H E B R E W S ·

Hebrews 3:16-4:13

¹⁶ For who were those who heard and yet rebelled? Was it not all those who left Egypt led by Moses? ¹⁷ And with whom was he provoked for forty years? Was it not with those who sinned, whose bodies fell in the wilderness?

Hebrews 3:16-4:13

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 unable to enter because of unbelief.

Hebrews 3:16-4:13

4:1 Therefore, while the promise of entering his rest still stands, let us fear lest any of you should seem to have failed to reach it. ² For good news came to us just as to them, but the message they heard did not benefit them,

Hebrews 3:16-4:13

because they were not united by faith with those who listened. ³ For we who have believed enter that rest, as he has said,

“As I swore in my wrath,

‘They shall not enter my rest,’”

Hebrews 3:16-4:13

although his works were finished from the foundation of the world. ⁴ For he has somewhere spoken of the seventh day in this way: “And God rested on the seventh day from all his works.” ⁵ And again in this passage he said,
“They shall not enter my rest.”

Hebrews 3:16-4:13

⁶ Since therefore it remains for some to enter it, and those who formerly received the good news failed to enter because of disobedience, ⁷ again he appoints a certain day, “Today,” saying through David so long afterward, in the words already quoted,

Hebrews 3:16-4:13

“Today, if you hear his voice,
do not harden your hearts.”

⁸ For if Joshua had given them rest,
God would not have spoken of another
day later on. ⁹ So then, there remains a
Sabbath rest for the people of God,

Hebrews 3:16-4:13

¹⁰ for whoever has entered God's rest has also rested from his works as God did from his. ¹¹ Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience. ¹² For the word of God is living and active, sharper than any two-edged sword,

Hebrews 3:16-4:13

piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. ¹³ And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account.

— THE BOOK OF HEBREWS —

ENDURE



S · H E B R E W S ·

S · H E B R E W S ·

The Promised Rest

There is a rest that is available and that rest is salvation in Christ's finished work and it carries the promise of rest now and eternal rest in the future and you enter into His rest through enduring faith.

The Promised Rest

- > Rest means more than just the absence of doing but the presence of trusting.
- > Unbelief forfeits rest

The Promised Rest

Rest 1: 7th Day of Creation | God
Establishes Rest

Hebrews 3:3b-4

^{3b} although his works were finished from the foundation of the world. ⁴ For he has somewhere spoken of the seventh day in this way: “And God rested on the seventh day from all his works.”

The Promised Rest

Rest 1: 7th Day of Creation | God Establishes Rest

Rest 2: Sabbath Day | God Commands Rest

— THE BOOK OF HEBREWS —

ENDURE



S · H E B R E W S ·

S · H E B R E W S ·

The Promised Rest

Rest 1: 7th Day of Creation | God Establishes Rest

Rest 2: Sabbath Day | God Commands Rest

Rest 3: Canaanite Conquest | God Promises Rest

Hebrews 4:2

² For good news came to us just as to them, but the message they heard did not benefit them, because they were not united by faith with those who listened.

The Promised Rest

Pattern: Good news comes [words of promise] but if it is met by a hard heart then...

hard hearts lead to unbelief

Unbelief leads to disobedience

Disobedience leads to death
[punishment/judgment]

Hebrews 3:16-19

¹⁶ For who were those who heard and yet rebelled? Was it not all those who left Egypt led by Moses? ¹⁷ And with whom was he provoked for forty years? Was it not with those who sinned, whose bodies fell in the wilderness?

Hebrews 3:16-19

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 unable to enter because of unbelief.

The Promised Rest

Rest 2: Sabbath Day | God Commands Rest

Rest 3: Canaanite Conquest | God Promises Rest

Rest 4: Settling the Promised Land | God Gives Partial Rest

Hebrews 4:8

⁸ For if Joshua had given them rest,
God would not have spoken of another
day later on.

Hebrews 4:9-10

⁹ So then, there remains a Sabbath rest for the people of God, ¹⁰ for whoever has entered God's rest has also rested from his works as God did from his.

The Promised Rest

Rest 3: Canaanite Conquest | God Promises Rest

Rest 4: Settling the Promised Land | God Gives Partial Rest

Rest 5: HEAVEN! | God Restores Rest

Hebrews 4:11

¹¹ Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience.

The Promised Rest

Pattern: Good news comes [words of promise] but if it is met by a hard heart then...

hard hearts lead to unbelief

Unbelief leads to disobedience

Disobedience leads to death
[punishment/judgment]

Hebrews 4:12-13

¹² For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.

Hebrews 4:12-13

¹³ And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account.

The Promised Rest

The Word of God exposes, heals, and helps our hard hearts.

The Promised Rest

1. Hear the Good News
2. Look into your heart
3. Go to the Word of God
4. Help your heart to believe



— THE BOOK OF HEBREWS —

ENDURE



S · H E B R E W S ·

S · H E B R E W S ·