

## Rest

### Is it important to experience rest?

Heb 4:4 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”;

Heb 4:6 Since therefore it remains that some must enter it, and those to whom it was first preached did not enter because of disobedience,

God rested from His works on the seventh day, and He wants us to experience that rest as well.

### Does God promise to give us rest?

Ex 33:14 And He said, “My Presence will go with you, and I will give you rest.”

God promised rest to His people as they were to enter the Promised Land.

Mat 11:28 Come to Me, all you who labour and are heavy laden, and I will give you rest.

Jesus promised rest to all those who come to Him.

### How can we attain to that rest?

Heb 4:1-2 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 heard it.

Rest comes through the hearing of the gospel, but it has to be received with faith.

Heb 4:3 For we who have believed 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.

Again, faith is the key to entering God’s rest.

Ps 23:1-2 The LORD is my shepherd; I shall not want. (2) He makes me to lie down in green pastures; He leads me beside the still waters.

“Still waters” is literally means “waters of rest”; if we want to enter His rest, we must allow Him to shepherd us.

Heb 4:11 Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience.

Entering God’s rest requires diligence.

Heb 4:9-10 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.

Entering God’s rest means that we must cease from producing our own works, and do what God wants us to do.

This fits in perfectly with Eph 2:10 which tells us that, as His workmanship, God has already prepared for us the works that He wants us to do.

## **Is it possible to miss out on God's rest?**

Heb 4:5 and again in this place: "They shall not enter My rest."

God will not permit some to enter His rest.

Heb 3:10-11 Therefore I was angry with that generation, and said, "They always go astray in their heart, and they have not known My ways." (11) So I swore in My wrath, "They shall not enter My rest."

Heb 4:6-7 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 in David, "Today," after such a long time, as it has been said: "Today, if you will hear His voice, do not harden your hearts."

Disobedience will prevent people from entering God's rest.