

Rest for the Hard-Pressed

Hebrews 4:1-11

The Preacher of Hebrews offered a solution to Jewish believers who faced worse circumstances than we do

What?

In the world we're hard-pressed, but with Jesus there is rest

Two kinds of rest—a place, and an experience

Verse 1—The preacher uses the negative example of the Israelites to give a stern-sounding exhortation

Verse 2—He explains that **faith is the issue**

Verse 3—Here is the promise, that **all who believe enter “that rest”**

Why didn't the desert generation enter God's rest?

Because they didn't believe

Verses 3b-4—On Day 7 of creation, God **enjoyed fellowship with man**, and He **rejoiced in the goodness of His creation**

This is the experience of Sabbath rest God has prepared for His people

Verses 6-7—This rest is still open to any who believe, since **David offered it to his generation**

Verse 8—Even though Joshua gave the people rest, it was limited, **not the final place of rest**, only a picture of it

Verse 9—The foundational truth is that **there is a rest for God's people to enter**

Verse 10—Whoever enters God's place of rest through faith and perseverance will **also fully enter into the experience of Sabbath rest** by celebrating the works God has done through them, in fellowship with Him

Verse 11—He ends with **another exhortation not to miss it**

So the ultimate place of rest is **the eternal city**, but the experience of rest is **fellowship and rejoicing with God**

Even before we reach the **place of rest**, we can enjoy the **experience of Sabbath rest now**

Connection with Jesus—

John 14:27, ESV—“Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid”

These words are especially appropriate at a time when **God seems to be absent from this world**

The Big Question—What does it mean in verse 1 to “fear?” Isn't this the opposite of entering into rest?

Literally, this verse says, **“Let us all fear lest any one of you should seem to have failed...”**

If someone seems to be not persevering in the race, we should be alarmed at the prospect of their not finishing it

So What?

These Jewish believers were being subjected to incredible pressure to renounce their faith, and even persecution

What was the solution the Preacher offered them? **Jesus**

The exhortation is to “make every effort” to enter rest

The last word—the Preacher

Hebrews 4:16, ESV—Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need

Now What?

Bring fears and difficulties to the throne of grace

Keep an eternal perspective