

Hebrews 4:1-16 **Lest You Fall Short – Strive to Enter God's Promised Rest**

The Word mixed with Faith Qualifies for God's Rest

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 heard it. 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," [Psalm 95:11, Hebrews 3:11, 4:3]

although the works were finished from the foundation of the world.

Invitation to God's Rest

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"; 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 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." [Psalm 95:7-8, Hebrews 3:7-8, 4:7]

There remains a Rest for God's People

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.

Effort is required to enter God's Rest

¹¹ Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience. ¹² For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart. ¹³ And there is no creature hidden from His sight, but all things are naked and open to the eyes of Him to whom we must give account.

Jesus our High Priest – Requires His People to Hold Fast to our Affirmation of Faith, and Come Boldly for Help

¹⁴ Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. ¹⁵ For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. ¹⁶ Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.
NKJV

Facts Revealed:

The Word mixed with Faith Qualifies for God's Rest [Hebrews 4:1-3]

‡ Therefore, since a promise remains of entering His rest, **let us fear lest any of you seem to have come short of it.** [Hebrews 4:1]

✧ The promised entering of God's Rest is still future, and comes with the Kingdom age.

- ✧ The possibility of coming short of entering God's Rest is real.
- ✧ The warning is sound, it is a fearful thing to fall into the hands of the Living God. [Hebrews 4:1, 10:31]
- ✧ A personal Choice is required and it must be followed through by a life of Faith.
- ✧ Failure along the way can rob us of our desired goal unless we repent and find cleansing through the blood of Christ which washes whiter than snow. [Isaiah 1:18, Revelation 7:14]
- ✠ 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. [Hebrews 4:2]
 - ✧ The message of the Gospel was preached to all, but was of no value to those who did not mix it with Faith.
 - ✧ In other words, Works without Faith is dead.
- ✠ 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," [Psalm 95:11, Hebrews 3:11, 4:3]
 although the works were finished from the foundation of the world. [Hebrews 4:3]

- ✧ Entering God's Rest requires Believing Faith.
- ✧ The works that brings God's rest was finished from the foundation of the world.
- ✧ When God speaks a thing, He views it as completed, and the works are God's doing.
- ✧ God's plan of Salvation was complete in Christ Jesus before the beginning of Creation. [1 Peter 1:18-20, Ephesians 1:3-12]
- ✧ In His dealing with mankind, giving Eternal Life to those who come to Him by faith in the finished work of Jesus Christ, and Judgment of those who do not believe and live in disobedience, God is demonstrating His wisdom to Satan and his followers. [Ephesians 3:8-12]

Invitation to God's Rest [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" [Genesis 2:1-3]; and again in this place: "They shall not enter My rest." [Psalm 95:11, Numbers 14:26-35] Since therefore it remains that some must enter it, and those to whom it was first preached did not enter because of disobedience, 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." [Psalm 95:7-8, Hebrews 3:7-8, 4:7]
- ✧ Using Hebrew Scriptures to illustrate his meaning, Paul refers to Genesis, Psalm, and Numbers, demonstrating that fulfillment of the Old Testament Scriptures is found in the New Testament Gospel message.
- ✧ Paul in his ministry went first to the Jews (Hebrews) and proved by Hebrew Scriptures that Jesus was the Messiah of Israel. [Acts 9:22, Acts 13:5, 14:1, 17:1-3, 10-12, 17:17, 18:1-5, 18-19, 28:17-23]
- ✧ Human nature being as it is, there is a danger that Christian believers might fall the same as did the Children of Israel, if they allow their hearts to grow hard and they fall into unbelief and disobedience.
- ✧ It is all a matter of our choice, to stand firmly in faith, or be swayed into doubt by the deceivers all around us. We choose to stand in believing faith, or we choose to turn away as unbelievers. Guard your choice.

There remains a Rest for God's People [Hebrews 4:8-10]

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

- ✧ Joshua brought the Children of Israel into the Promised Land, and God gave them rest from all their enemies all around. [Joshua 23:1]
- ✧ However, God has a much greater rest for His people during the Kingdom age, and on the New Earth to which God will bring the Saints after the final judgment. [Exodus 33:14, Isaiah 28:12, Jeremiah 46:27, Matthew 11:28-29, 2 Thessalonians 1:3-7, Revelation 11:13, and chapters 21 & 22]

Effort is required to enter God's Rest [Hebrews 4:11-13]

- ✧ Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience. [Hebrews 4:11]
- ✧ For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart. And there is no creature hidden from His sight, but all things are naked and open to the eyes of Him to whom we must give account. [Hebrews 4:12-13]
- ✧ To enter the Rest of God, we are required to make a decided choice to diligently guard our hearts from being led astray by the influence of evil around us on a daily basis.
- ✧ The danger is ever present that might cause the unwary to fall into disobedience after the example of those in the history of Israel who lost their inheritance because they lacked faith and turned from God to the ways of the world.
- ✧ History has value only if we recognize the failure of those in the past, and realize that human failure has its consequences that will turn out to the disadvantage of those who repeat their error in the present.
- ✧ The power of the Word of God is, that it provides the guidelines for discernment of right and wrong.
- ✧ Right and wrong goes much deeper than simple reaction to sensual stimulus.
- ✧ The Word of God weighs the thoughts and intents of the heart.
- ✧ The Word of God finds the secret hidden aspects of our character as deep as the separation of soul and spirit.
- ✧ Nothing is hidden from the knowledge of God, all things are naked and open in His sight.
- ✧ We need to be aware that it is God Most High to whom we all must give account for all aspects of our lives on the Day of Judgment, and He knows the truth.
- ✧ Hypocrisy will not be accepted any more than outright lies, because the Judge knows whether we truly believe and obey, or not.

Jesus our High Priest – Requires His People to Hold Fast to our Affirmation of Faith, and Come Boldly to Him for Help [Hebrews 4:14-16]

- ✧ Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. [Hebrews 4:14-15]
- ✧ Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need. [Hebrews 4:16]
- ✧ God the Word does not judge us based on a far away Godly omniscient knowledge, but He took on a human body and has first hand human experience from conception in the womb of Mary, through childhood, adolescence, and into maturity as an adult, teaching the heart of God to those who would listen.
- ✧ Jesus experienced first hand all the temptations humans face in the physical body, as well as acceptance of His teachings and rejection to the point of crucifixion on the cross. He experienced human death, burial, and resurrection from the dead.
- ✧ Jesus passed from earth to the heavens to receive His place of preeminence over all that is in Heaven and on Earth, over principalities and powers, over all dominions and authorities,

over all but God the Father, to Whom Jesus submits all. [[Ephesians 1:15-23](#), [Colossians 1:15-18](#), [2:9-10](#), [1 Corinthians 15:25-28](#)]

- ✧ All Judgment has been given to Jesus the Son because Jesus was also the Son of man. [[John 5:22-27](#)]
- ✧ Now we know that Jesus, Who is the one to pass judgment on us, has first hand experience of our weaknesses and problems, and will be a just and sympathetic judge.
- ✧ With that knowledge, we may now come boldly to the throne of grace, knowing we may find grace to help when we face times of need whether physical or spiritual, all comes from hands that understand first hand by experience. We know we can trust Him with all our needs of every kind. He cares for us. [[Hebrews 4:16](#), [1 Peter 5:6-7](#)]