

REST

Hebrews #3 – Jesus is Better

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Hebrews 3&4

BIG CLOSE

The book of Hebrews was written to weary Christians who were thinking about abandoning Jesus for their old life. The book was written to inspire perseverance.

Summaries of chapters 3 & 4

Hebrews 3 – Don't rebel in the desert. Hebrews quotes Psalm 95 in order to remind his audience to not commit the same error that Israel committed when they were in the desert. They were rescued. They were given a promise. But when times got difficult, they rebelled against God's promises and God's messenger (Moses).

Hebrews 4 – Enter into God's rest. Just like Israel, we have been promised rest. The author bases this promise on several observations:

- God's rest is woven into the fabric of creation. You were designed for rest.
- The rest established by Joshua was incomplete.
- God was still promising rest at the time that Psalm 95 was written which shows that the need for rest is timeless.

Four meanings of Rest:

- (1) **God resting after the work of creation; (Heb. 4:3-4; 10)**
- (2) **Rest attached to a geographical location; (Heb. 3:16-19; Joshua 21:43-45)**
- (3) **Rest in a Sabbath (Exodus 20:9-11; Deut. 5:12-15; Heb. 4:8-10)**
 - a) **Physical rest**

b) **God is the point**

c) **God is the provider**

²⁸ "Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light."

Matt. 11:28-30



"But Jesus realizes that the most restful gift he can give the tired is a new way to carry life, a fresh way to bear responsibilities... A realistic look at life recognizes life is a succession of burdens; we cannot get away from them. Thus, instead of offering escape, Jesus offers equipment. Jesus means that surrender to him—finding our identity in him—will develop in us a balance and a 'way' of carrying life that will give rest." – Frederick Dale Bruner

d) **God is our salvation**

(4) **Rest experienced in the new heaven and earth**

¹¹ Let us, therefore, make every effort to enter that rest, so that no one will fall by following their example of disobedience.

Some important notes about rest:

- It is God's rest, which means that true, lasting rest only comes from God through Jesus. Any other rest will ultimately lack fulfillment.
- It is an urgent rest. Notice the emphasis on the word "Today" in this section.
- It is also a rest that we still wait for. We enter rest in Jesus even as we wait for perfect rest in hopeful expectation. (Compare Matthew 11:29 and Revelation 14:13.)
- True rest includes body and spirit.

(Some of the above material was gleaned from the bible study resources on Hebrews from Chad Ragsdale)

