

## THE REST THAT REMAINS

### INTRODUCTION.

- A. Scripture text: **Hebrews 4:9**. From Roy H. Enoch.
- C. "Rest" is a comforting idea to those who are weary, burdened and laboring.
  - 1. After a hard day's work, we want to go home and rest.
  - 2. Those who have been persecuted and hounded by an enemy, want a place of safety where they can rest.
  - 3. Foreigners and strangers want a homeland where they can rest.
- D. In the context of Hebrews 4, there are three "rests" referred to:
  - 1. For the Jews, there was a DAY OF REST, the Sabbath (4:4).
  - 2. Also for the Jews there was a LAND OF REST--Canaan (4:3).
  - 3. There is a REMAINING REST for all of God's people (4:9).
- E. In this lesson we want to study these three rests and focus on the "rest that remains..."

### I. THE "DAY OF REST" WAS GIVEN TO ISRAEL THROUGH MOSES AT SINAI.

- A. Moses led God's people out of Egyptian bondage by God's power:
  - 1. They trusted God enough to do what He said that they might not be punished with the Egyptians by the plagues.
  - 2. Therefore, God saved Israel from Egyptian bondage (Ex. 14:13).
- B. God made a covenant with the people whom He brought up out of Egypt (Deut. 5:1-5).
- C. One of those commandments in this covenant was to "keep the Sabbath day holy" (Ex. 20:8).
  - 1. The Israelites were to keep this day as a memorial of the rest that God had given them from Egyptian slavery (Deut. 5:12-15).
  - 2. Notice that 5:15 gives the reason for God giving them a day of rest: They were slaves and God gave them rest.
- D. The particular day that He selected for the Israelites to rest was the day on which He rested after creation: the seventh day (4:4).
- E. See Genesis 2:1-3.
  - 1. Notice that it does not say WHEN God "blessed the seventh day and sanctified it" nor that he TOLD MAN when He did it.
  - 2. Moses tells us in Deut. 5:1-5 when God sanctified the seventh day for the Israelites.
  - 3. Nehemiah confirms it was at Sinai, God gave the Sabbath rest to Israel (Neh. 9:13-14).
  - 4. The seventh day may have been holy to the Lord before this time, but this was when He made it known to man.

### II. JOSHUA LED ISRAEL INTO A "LAND OF REST."

- A. See Hebrews 4:8.
- B. Moses was not able to lead the people into Canaan because he had struck rock at the water of Meribah (Num. 20:7-11; 20:12).
- C. All of the men, twenty years and older who came out of Egypt, died in the wilderness, except Joshua, Caleb, and the Levites.
  - 1. The people lost their faith in God to give the land to them and did not believe that they could do it themselves (Num. 13:27-31).
  - 2. The ten spies caused their hearts to melt.
  - 3. They had an "evil heart of unbelief" that caused them to leave God and want to go back to Egypt (Heb. 4:16-19).
- C. But forty years later, Joshua led the new generation that had grown up in the wilderness into the LAND OF REST.
  - 1. God gave REST to the Israelites by giving them the land of Canaan (Josh. 1:12-18).

2. The word “rest” is used in Psa. 95:11 instead of the word “land” in the original oath of Num. 14:30. See also Psa. 95:11; Num. 14:30.
- D. Many years after the Israelites had entered that “rest” David spoke of another “rest” for the people of God (Heb. 4:7).
1. See Psa. 95:7,8.
  2. The Hebrew writer is arguing that this is referring to another rest besides what they already had.
    - a. It could not be the seventh day Sabbath or day of rest.
    - b. It could not be the land of Canaan.
  3. About 500 years after Joshua had led them into Canaan, David speaks of another “rest” that they could still have in that day.

### III. **THE “REST THAT REMAINS” IS THE ONE THAT CHRIST GIVES MEN.**

- A. See Hebrews 4:11.
- B. Christ promised men “rest” from sin (Mt. 11:28-30).
  1. They receive “rest” from the condemnation of sin (Rom. 8:1).
  2. They receive “rest” from the guilt and defilement of sin (Heb. 10:2).
  3. They receive “rest” from the punishment of sin (Heb. 4:9-11).
- C. Therefore, Christ promises “rest” in heaven (Heb. 4:9-11).
  1. We sing: “O, happy summer land of rest.”
  2. Those who die “in the Lord” rest from their labors (Rev. 14:13).

### **CONCLUSION AND INVITATION.**

- A. This rest is a promise (Heb. 4:1).
  1. It could refer to the seventh day rest.
  2. It could not refer to the “land of Canaan” or physical Israel.
    - a. It was fulfilled by Joshua.
    - b. It was also given to the remnant from captivity.
  3. This “rest” is salvation from past sins and the promise of the “eternal inheritance... reserved in heaven for you” (1Pet. 1:4).
- B. This “rest” is too wonderful to neglect (Heb. 2:3)!
- C. This “rest” is too great to forfeit (Heb. 12:14-17).
- D. As we sing, “Just one glimpse of Him in glory, will the toils of life repay.” “WHEN WE ALL GET TO HEAVEN”
- E. Plan of salvation for non-Xians; erring Xians.