

# REST

WHAT THE BIBLE SAYS ABOUT REST

**REST IS A FIGHT**

<sup>1</sup>Now, God has offered us the promise that we may receive that rest he spoke about. Let us take care, then, that none of you will be found to have failed to receive that promised rest. <sup>2</sup>For we have heard the Good News, just as they did. They heard the message, but it did them no good, because when they heard it, they did not accept it with faith. <sup>3</sup>We who believe, then, do receive that rest which God promised. It is just as he said, "I was angry and made a solemn promise: "They will never enter the land where I would have given them rest!" He said this even though his work had been finished from the time he created the world. <sup>4</sup>For somewhere in the Scriptures this is said about the seventh day: "God rested on the seventh day from all his work."

Hebrews 4:1-11 (GNT)

<sup>5</sup>This same matter is spoken of again: "They will never enter that land where I would have given them rest." <sup>6</sup>Those who first heard the Good News did not receive that rest, because they did not believe. There are, then, others who are allowed to receive it.

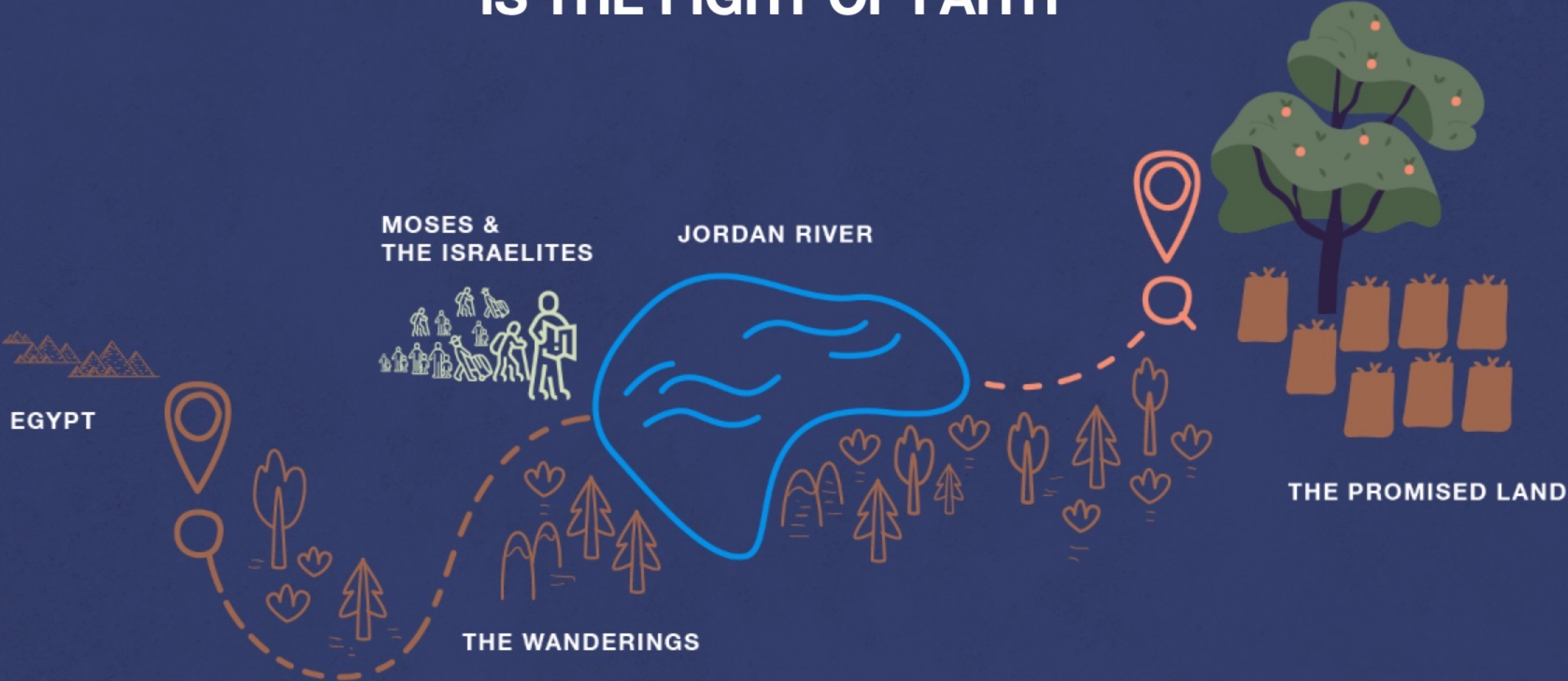
<sup>7</sup>This is shown by the fact that God sets another day, which is called "Today." Many years later he spoke of it through David in the scripture already quoted: "If you hear God's voice today, do not be stubborn." <sup>8</sup>If Joshua had given the people the rest that God had promised, God would not have spoken later about another day.

Hebrews 4:1-11 (GNT)

<sup>9</sup>As it is, however, there still remains for God's people a rest like God's resting on the seventh day. <sup>10</sup>For those who receive that rest which God promised will rest from their own work, just as God rested from his. <sup>11</sup>Let us, then, do our best to receive that rest, so that no one of us will fail as they did because of their lack of faith.

Hebrews 4:1-11 (GNT)

# THE FIGHT FOR REST IS THE FIGHT OF FAITH



“We have seen that with Israel, after its deliverance from Egypt, there were two stages. The one, the life in the wilderness, with its wanderings and its wants, its unbelief and its murmurings, its provocation of God and its exclusion from the promised rest. The other, the land of promise, with rest instead of the desert wanderings, with abundance instead of want, and the victory over every enemy instead of defeat: symbols of the two stages in the Christian life. The one in which we only know the Lord as the Savior from Egypt, in His work on the cross for atonement and pardon . . .

“The other, where He is known and welcomed as the glorified Priest-King in heaven, who, in the power of the endless life, sanctifies and saves completely, writes God’s laws in the heart, and leads us to find our home in the holiest of God’s presence. The aim of the writer in this whole section is to warn us not to rest content with the former, the preparatory stage, but to show all diligence to reach the second, and enter the promised rest of complete deliverance.”

*Andrew Murray*



The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.

John 10:10 (ESV)

Fight the good fight of faith...

1 Timothy 6:12 (ESV)

"When we are tired, we are attacked by ideas we conquered long ago."

*Friedrich Nietzsche*

**Fight to Rest  
in Your Days**

# **Sabbath:**

“Katapausis” – A putting to rest, a calming of the winds.

Used eight times in verses 1-8.

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.

2 Corinthians 4:16 (GNT)

Edwin R. Roberts of Princeton Seminary once sat under a pastor who concluded his announcements, “I am not going to take a vacation this summer; the devil never does!” Roberts went home and re-read the Gospels to see what Jesus’ attitude is. He found that of His three years’ active ministry, there were mentioned 10 periods of rest! This was in addition to the nightly rest and the sabbath rest. Who’s example should we follow?

**Fight for Rest  
in the Future**

Fight the good fight of the faith. Take hold of the eternal life to which you were called and about which you made the good confession in the presence of many witnesses.

1 Timothy 6:12 (ESV)

## **Sabbath: the pursuit of the heavenly rest**

“Sabbatismos” is used for “sabbath” in verse 9 and not the word “katapausis,” which was used in verses 1-8.

“Sabbatismos is not the ordinary word used for ‘sabbath’ either, but is derived from sabbaton and refers the celebration of the sabbath, or the Sabbath’s joyful rest. It is used here because, the case having been proved that there is another rest beyond God’s creation-rest and the Canaan-rest, declaration is thus made that a different and better rest, a heavenly rest, is forthcoming. This passage focuses primarily on the image of a Sabbath celebration in God’s resting place.”

*E. Schuyler English*

Such things were written in the Scriptures long ago to teach us.  
And the Scriptures give us hope and encouragement as we wait  
patiently for God's promises to be fulfilled.

Romans 15:4 (NLT)