**SERMON SHEET 8/20/23**

**Study of Hebrews #17**

**“The Promise of God’s Rest, part 2”**

**Text: Hebrews 4:6-10**

I. Introduction & review

1. The promise of God’s rest still stands (**v. 1a**).
2. The promise of God’s rest is missed by many (**v. 1b**).
3. The promise of God’s rest is received by faith and unites those who believe (**v. 2**).
4. The promise of God’s rest unites us with God (**v. 3**).
5. The promise of God’s rest is a two-edged sword (**vs. 3, 5**).

II. A summation of the Biblical text

1. A reminder: Some enter God’s rest, and some don’t (v. 6)
2. An exhortation: Today is the day of salvation (v.7).
3. A promise: God’s rest is ultimately a spiritual rest (vs. 8-10).

III. A contemplation of Scriptural rest

1. Conversion rest
2. Canaan rest
3. Consummate rest

III. Conclusion – a final word

**QUOTES**

1. Kent Hughes:

*So the great truth is, there was a “Jesus,” the son of Nun, who failed to lead his people to true rest. But now there is another Jesus, the Son of God, who can. He is the pioneer and captain of our salvation—the ultimate Joshua.*

2. John MacArthur:

* *God’s true rest comes not through a Moses or a Joshua or a David. It comes through Jesus Christ. God’s rest is not essentially physical at all. Certainly, resting in God and trusting in His promises can relieve us of nervousness, tenseness, and other physical problems. But these are byproducts of His rest. Many cults promise their followers happiness, wealth, and health in this life. The Bible does not. The rest God promises is spiritual, not physical.*
* *The rest spoken of in Hebrews 3 and 4 includes all of these meanings. It is full, blessed, sweet, satisfying, peaceful. It is what God offers every person in Christ.*

3. Simon Kistemaker:

*The rest that God intended for his people transcends the temporal and attains the eternal. It is a spiritual rest that is effected by the gospel, whether proclaimed in Old Testament or New Testament days. It is a rest from sin and evil.*

4. Alistair Begg:

* *By creation he establishes the principle of physical rest, and by redemption he establishes the possibility of spiritual rest.*
* *Now, we need be in no doubt about that, because in the eighth verse you have this stated clearly. Says the writer, “If Joshua had given them rest, God would not have spoken later about another day.” In other words, if that’s all there was, then there was no reason for God to speak through the psalmist in the Ninety-fifth Psalm, many years after the experience of settlement in the promised land, and for God continually to be speaking about a rest which still awaited the people of God. So the experience in Canaan was a shadow of that which was still coming.*

5. Charles Spurgeon:

*Canaan was not a good type of heaven, for they were always fighting in Canaan, always having to war against the adversary. That is a good type of the rest to which believers come. They do rest. They know that heaven is theirs; that they are saved; that all their troubles work for their good; that they are God’s people. Still they have to fight against sin, and that is no more inconsistent with their being at rest than it was inconsistent with the fact of the holy land belonging to the Israelites, though they had still to go on fighting against the Canaanites.*

**SUPPORTING SCRIPTURE**

* **2 Cor. 4:17; 1 Cor. 2:9; Matt. 11:28-29; 1 Pet. 5:7; Rom. 5:1; Rev. 14:13**