

Rest in His Work

Hebrews 4:9-11

So there remains a Sabbath rest for the people of God.¹⁰ For the one who has entered His rest has himself also rested from his works, as God did from His.¹¹ Therefore let us be diligent to enter that rest, so that no one will fall, through following the same example of disobedience.

*Rest, to cause or permit one to cease from any movement or labor in order to recover and collect his strength.-Greek-English Lexicon of the New Testament.
Thayer*

The writer is not saying that people are coming short of salvation, but telling the reader that this salvation is still available.¹

Having reminded his readers that the generation which came out of Egypt did not enter into the rest of Canaan because of unbelief, the writer now proceeds to warn them of a possible failure on their part of entering into rest in Messiah. The words "being left" are the translation of a present participle. The idea is "there being left behind and still remaining." The writer wishes to emphasize the fact that the promise of a spiritual rest in Messiah is still available to the first century Hebrews. He is fearful lest any of them should come short of this rest. The words "come short of" are the translation of a verb which could be rendered either "should seem to have fallen short, should be judged to have fallen short, or, should think that he has fallen short or come too late." The historical background and the context are decisive for the last.²

"Entering His rest" refers to salvation, but you will note that we also rest from our works, just as God did.³

*The writer uses here a different Greek word for "rest." In his previous references to the idea of rest, he has used **katapausis**, meaning "a cessation from activity," thus "a rest," a general word for the idea of rest. Now, he uses **sabbatismos**, the word used of the Sabbath rest. The word points back to God's original rest, and speaks of the ideal rest... It is not the believer's rest into which he enters and in which he participates, but in God's unique, personal rest in which the believer shares.⁴*

Hebrews 7:26-27

For it was fitting for us to have such a high priest, holy, innocent, undefiled, separated from sinners and exalted above the heavens;²⁷ who does not need daily, like those high priests,

¹ "Toward a Better Understand of Hebrews 4", Studies in Grace and Faith

² **Wuest**

³ "Toward a Better Understand of Hebrews 4", Studies in Grace and Faith

⁴ **Wuest**

to offer up sacrifices, first for His own sins and then for the sins of the people, because this He did once for all when He offered up Himself.

Hebrews 8:1

Now the main point in what has been said is this: we have such a high priest, who has taken His seat at the right hand of the throne of the Majesty in the heavens,

John 19:30

Therefore when Jesus had received the sour wine, He said, “It is finished!” And He bowed His head and gave up His spirit.

Jesus as our high priest made the ultimate sacrifice, by shedding His blood, in order to make us right with God, and to forgive all our sins, and to make us new creations. Jesus said “it is finished”, everything needed for our justification and righteousness, and new life are complete. Jesus then as our high priest sat down to signify the completeness of what He had done, and to show that as God rested after creation, Jesus is resting now for the new creation.

*The Sabbath pictured our rest in the Lord in the sense that just like God created everything that Adam and Eve would need before they were created, likewise everything we would ever need was purchased for us before we were born again.*⁵

God finished, completed the first creation with a Sabbath rest, not because He was tired, but because it was complete. The completed creation then was able to grow and mature. Likewise the NEW CREATION was created complete when Jesus said it is finished. God then proclaimed a Sabbath rest for the new creation.

When God finished the first creation He said it is good or very good. When He finished the New creation He said, not only are you good, very good, you are perfect in His sight.

Hebrews 10:14

For by one offering He has perfected for all time those who are sanctified.

Hebrews 4:11

Therefore let us be diligent to enter that rest, so that no one will fall, through following the same example of disobedience.

*It almost seems like a contradiction that after speaking of rest, the writer tells them to labor, but the meaning of the word makes perfect sense. “Let us be diligent/let us labor” is *spoudazo* which means “to hasten, make haste, to exert oneself, endeavor, give diligence.”⁶*

⁵ Andrew Wommack's Living Commentary

⁶ Wuest

The writer is telling the people to diligently endeavor to enter that rest; the rest of believing in Jesus.

Matthew 11:28-30

“Come to Me, all who are weary and heavy-laden, 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.”

Matthew

11:28

(WuestNT)

²⁸ Come here to me, all who are growing weary to the point of exhaustion, and who have been loaded with burdens and are bending beneath their weight, and I alone will cause you to cease from your labor and take away your burdens and thus refresh you with rest. Take at once my yoke upon you and

learn from me, because I am meek and lowly in heart, and you will find cessation from labor and refreshment for your souls, for my yoke is mild and pleasant, and my load is light in weight.

A Rabbi’s “yoke” was his teaching, interpretation, and application of the Torah. A student or disciple who followed the Rabbi took on his yoke, meaning the sum of requirements for fulfilling the Law as taught by that particular Rabbi. The symbolism is clear; a teacher’s yoke represented the obligations and sacrifices—the “burdens”—required of his followers.⁷

Jesus' part of Matthew 11:28 is:

1. To receive us,
2. Give us rest,
3. Teach us

Our part us to:

1. Come to Jesus
2. Take His teachings

When we come to Christ by faith, He gives us rest. When we take His yoke and learn, we find rest, -Bible Exposition Commentary (BE Series) - New Testament - The Bible Exposition Commentary - New Testament, Volume 1.

The first (giving us rest)⁸ is "peace with God" (Rom. 5:1); the second (finding rest) is "the peace of God" (Phil. 4:6-8). Bible Exposition Commentary (BE Series) - New Testament - The Bible Exposition Commentary - New Testament, Volume 1.

He is not saying for you to rest, He is saying He is giving rest, and when we take His teaching, we will find His rest.

⁷ <http://relentlessgrace.com/bouncingback/2009/11/take-my-yoke-upon-you/>

⁸ Words and scriptures with parenthesis here is that of SGF.

How do we find rest (the peace of God)? By learning from Him, and by abiding (taking) in His New Covenant teachings. His New Covenant teachings are the gospel, the good news for both sinner and saint.

New Covenant Teachings:

- *Who He is*
- *What He has done for us*
- *The New Covenant*
- *The Gospel*
- *Who we are in Christ*
- *What He has given us*
- *The finished work of Christ*

Philippians 4:6-7

Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

2 Peter 1:2-4

Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord; ³ seeing that His divine power has granted to us everything pertaining to life and godliness, through the true knowledge of Him who called us by His own glory and excellence. ⁴ For by these He has granted to us His precious and magnificent promises, so that by them you may become partakers of the divine nature, having escaped the corruption that is in the world by lust.

Do what Jesus Does

1 Corinthians 15:25-26

For He must reign until He has put all His enemies under His feet. ²⁶ The last enemy that will be abolished is death. ²⁷ For He has put all things in subjection under His feet.

Hebrews 10:12-13

But He, having offered one sacrifice for sins for all time, sat down at the right hand of God, ¹³ waiting from that time onward until His enemies be made a footstool for His feet.

1 Waiting, Original Word: ἐκδέχομαι, ekdechomai Usage Notes: lit. and primarily, "to take or receive from" (ek, "from," dechomai, "to receive"), hence denotes "to await, expect," the only sense of the word in the NT; it suggests a reaching out in readiness to receive something; "expecting, Vine's Expository Dictionary of Old Testament and New Testament Words.

2 Footstool to make one the footstool of ones feet, i.e. "to subject, reduce under ones power" (a metaphorically, taken from the practice of

*conquerors who placed their feet on the necks of their conquered enemies):
Greek-English Lexicon of the New Testament.*

Jesus is expectantly waiting in His rest until His enemies are under His feet. Likewise we can rest in His rest and walk in thanksgiving and praise.

His rest is an edge of the seat rest, expecting all His enemies to be completely defeated.

The opposite of rest is worry and care and concern. Marthas are never at rest, they think God doesn't care.

Peter in Mark 4 thought Jesus didn't care when the storm raged, but in Acts 12 Peter was in prison asleep and ready to die, in rest.

Bonus Notes

Who We Are and What We Have IN HIM (We rest because he has done this.)

WHO WE ARE IN HIM

1. ***Child of God (Rom.8:15-16)***
 - *Beloved Child (Eph.5:1)*
 - *Full Child (Gal.3:26)*
 - *Highly Favored Child (Eph. 1:6)*
 - *Members of His Family (Eph.3:15)*
 - *Children of Light (Eph.5:8)*
 - *Children led by Holy Spirit (Rom.8:14)*
 - *Hear His voice (Jn.10:27)*
 - *Sons of Light and the Day (1 Thes.5:5)*
2. ***Seated with Him (Eph.2:6)***
 - *Far above all rule and authority and power and dominion and every name that is named; in this age and the one to come (Eph.1:21; Col.1:13)*
3. ***One spirit with Him (1 Cor. 6:17)***
4. ***Joint-heir with Christ (Col.1:12)***
5. ***Brought near (Eph.2:13)***
6. ***Inseparable from God (Rom.8:39)***
7. ***Hidden with Christ in God (Co.1:3)***
8. ***Raised with Christ (Col.2:12)***
9. ***Christ in You (Eph.3:17; Col.1:27; Gal.2:20)***
10. ***In Him (Phil.3:9)***
11. ***Sealed in Him with the Holy Spirit (Eph. 1:13; 4:30)***
12. ***Temple of the Holy Spirit—individually (1 Cor.6:19)***

13. *Temple of the Holy Spirit—corporately (1 Cor.3:16)*
14. *Dwelling of God in the Spirit (Eph.2:22)*
15. *The Church (1 Cor.1:2)*
16. *Citizens of heaven (Phil.3:20)*
17. *In the Kingdom of God (1 Thes.2:12)*
18. *Rescued from domain of darkness and transferred to the kingdom of His beloved Son (Col.1:13)*
19. *Saved (Eph.2:8)*
20. *Born Again (Jn.3:3)*
21. *New Creation (2 Cor.5:17)*
22. *His Workmanship (Eph.2:10)*
23. *Saint (Rom.1:7)*
 - *Being renewed to a true knowledge (Col.3:10)*
24. *Faithful brethren (Col.1:2)*
25. *Fellow workers (1 Cor.3:9)*
26. *Fellow citizens with Israel (Eph.2:19)*
27. *Stewards of the mysteries of God (1 Cor.4:1)*
28. *The elect of God (1 Thes.1:4)*
29. *The Church (Eph.1:22)*
30. *God’s Building (1 Cor.3:9)*
31. *The Body of Christ (Eph.1:23)*
32. *Righteousness of God (2 Cor.5:21)*
33. *Partakers of Divine Nature (2 Peter 1:4)*
34. *Dead/Crucified (Col.3:3; Gal.2:20)*
 - *To the Law (Rom.7:4-6; Gal.2:19)*
 - *To Sin (Rom. 6:11;1 Pet.2:24; Col.3:5)*
 - *To what we were held by (Rom.7:6)*
 - *To the elementary principles of the world (Col.2:20)*
 - *Buried with him in baptism (Col.2:12)*
 - *Hidden with Christ in God (Col.3:3)*
35. *Alive together with Christ (Eph.2:5; Col.2:13)*
 - *Live by faith in Jesus (Gal.2:20)*
36. *Light in the Lord (Eph. 5:8)*
37. *Ambassadors for Christ (Eph.6:20)*
38. *Ministers of Reconciliation (2 Cor.5:18)*
39. *Able ministers of the New Covenant (2 Cor.3:6)*
40. *In the Spirit (Rom.8:9)*
 - *We please God (Rom.8:8-9)*
41. *Reconciled (Rom.5:10; 2 Cor.5:18; Col.1:21)*
 - *To God (Col.1:22)*
 - *To Israel (Eph.1:16)*
42. *Complete in Him (Col.2:10)*
43. *Blessed*

- *Every spiritual blessing (Eph.1:2)*
- *All things pertaining to life (2 Pet.1:3)*
- 44. *Chosen to be holy, blameless before Him in love (Eph.1:5)***
- 45. *Glorified (Rom.8:30)***

WHAT WE HAVE IN HIM

- 46. *Relationship***
 - *We know Him (Phil.3:8,10)*
- 47. *Love from God (Rom.5:8; Gal.2:20; Eph.2:4)***
- 48. *Revelation in the knowledge of Him (Eph.1:17)***
- 49. *Spirit, Soul, and Body Blameless (1 Thes.5:23)***
- 50. *Boldness and confident access through faith in Him (Eph.3:12)***
- 51. *Personally taught of the of the Lord***
 - *My sheep hear my voice (Jn.10:27)*
 - *They shall know me (Jer.31:34)*
 - *We have an anointing from the Holy One teaches us (1 Jn.2:27)*
- 52. *Baptism***
 - *Into the body of Christ (1 Cor. 12:13)*
 - *Into water (Mk.16:16)*
 - *Into the Holy Spirit (Acts 2:38-39)*
- 53. *The Lord’s Table: Communion (1 Cor.11:23-26)***
- 54. *Gifts of the Holy Sprit (1 Cor.12)***
- 55. *Brotherly Love (1 Jn.4:7; Jn.13:35; Eph.1:15; 1 Thes.3:12; 1 Thes.4:9)***
- 56. *Mutual Caring (Acts 6; Acts 4:34; Rom.12:13; 2 Cor.9:12; Gal.6:10)***
- 57. *Unity of the Spirit and the Faith (Eph.4:3,13)***
- 58. *Equality of gender, class, and race (Gal.3:28)***
- 59. *Non-hierarchal system (Matt.20:25-28; 23:8-11; Eph.5:21)***
 - *No one has dominion over our faith (2 Cor.1:24)*
- 60. *Responsibility and Right to Judge/Discern***
 - *Teachings (Acts 17:11; Gal.1:6-8; Matt.16:11; Col.2:8)*
 - *False Ministers (Matt.7:15)*
 - *Spirits (1 Thes. 5:19-21)*
 - *Actions (Gal.5:15)*
- 61. *Mind of Christ (1 Cor.2:16)***
 - *Renewed in the spirit of our mind (Eph.4:24)*
- 62. *Knowledge (1 Cor.1:5)***
- 63. *Veil removed (2 Cor.3:13)***
- 64. *Wisdom from God (1 Cor.1:30)***
- 65. *Discernment (Phil.1:9; Heb.5:14)***
- 66. *Inward man renewed daily (2 Cor.4:16)***
- 67. *Truth (Jn.8:32; Eph.6:14)***
- 68. *Riches of His super-abounding grace (Rom.5:15,20; 2 Cor.9:8)***

- *The surpassing riches of His grace in kindness toward us in Christ Jesus (Eph.2:7)*
- *Partakers of grace (Phil.1:7)*
- 69. Healing—Wholeness—Health (1 Pet.2:24)**
- 70. Mercy (Rom.11:30)**
- 71. Rest (Matt.11:28)**
 - *Cease from our own works (Heb.4:10)*
- 72. Peace (Phil.4:6-7; Col.1:20; Phil.1:13; Col.1:9)**
- 73. Contentedness (Phil.4:11-13; 1 Tim.6:8)**
- 74. Fruitful (Col.1:6; Gal. 5:22)**
- 75. Joy (Phil.4:4; Col.1:11; 1 Thes.1:6; 1 Thes.5:16)**
- 76. Comfort (1 Thes.4:18; 5:11; 2 Cor. 3-4)**
- 77. Our needs met (Matt.6:33; Phil.4:19)**
- 78. Success/Prosperity (1 Cor.16:2; 3 Jn.1:2; Mk.10:29-30)**
- 79. Freedom from fear (Rom. 8:15, Heb. 2:14-15)**
- 80. Freedom from Satan (Col.2:15)**
 - *Mighty weapons of warfare against spiritual forces (Eph.6:12)*
- 81. Freedom from the law and its curses (Col.2:14)**
- 82. Freedom about what we eat and drink (1 Cor.10:23)**
- 83. Holiness (sanctification) (Col.1:22; 1 Cor.1:30; 1 Cor.6:11)**
- 84. Righteousness/Justification (legal right-standing with God) (Phil.3:9)**
 - *Reign in Life (Rom.5:17)*
 - *No accusation (blamelessness) (Rom.8:33)*
 - *No condemnation (Rom.8:34)*
 - *Fruit of righteousness (Phil.1:11)*
 - *Breastplate of righteousness (Eph.6:14)*
- 85. Forgiveness of Sin**
 - *We are already forgiven (Eph.4:32)*
 - *Forgiven all transgression (Col.2:13)*
 - *Forever Forgiven (Heb.10:14-15)*
 - *Continual Forgiveness (1 Jn.1:7)*
 - *No sin-consciousness (Heb. 10:2)*
 - *Not a sinner, but righteous (Rom.5:19; 2 Cor.5:21; 1 Tim.1:9)*
- 86. Continual perfection (maturity) by Him (Phil.1:6)**
- 87. Everlasting/Eternal Life (John 3:36; Jn.6:47; 1 Cor.15:19)**
- 88. Eternal Redemption through His blood (Eph.1:7; 1 Cor.1:30)**
- 89. Saved from wrath (Rom.5:9; 1 Thes. 1:10; 1 Thes. 5:9)**
- 90. Will not come into judgment (Jn.5:24)**
- 91. Will judge angels (1 Cor.6:3)**
- 92. Hope (Col.1:5; 2 Cor.3:12)**
 - *We will be revealed with Him in glory (Col.3:4)*
 - *We will be forever with Him (1 Thes. 4:17)*
- 93. Resurrection from the dead (Phil.3:11)**
 - *Transformed body—future (Phil.3:21)*

- *Meet the Lord in the air (1 Thes. 4:17)*
- *Put on incorruption and immortality (1 Cor. 15:51-54)*
- 94. *Gifted (1 Cor. 1:7)*
- 95. *Strengthened/bettered by tribulations (Rom. 5:3)*
- 96. *Suffer for His sake (Phil. 1:29) Victorious in Tribulation (Rom. 8:37; 2 Tim. 3:11)*
- 97. *Delivered from death in persecution (2 Cor. 1:8-10)*
- 98. *Surpassing great power (Eph. 1:19)*
- 99. *Strengthened with power/Strong in the Lord (Eph. 3:16,20; 6:10; Col. 1:11)*
- 100. *Power*
 - *Of his resurrection (Phil. 3:10; Rom. 8:11)*
 - *Of the message of the cross (1 Cor. 1:18)*
 - *Treasure in earthen vessels (2 Cor. 4:7)*
- 101. *Exceeding great and precious promises (2 Pet. 1:4)*
- 102. *All the promises Yes and Amen (2 Cor. 1:20)*
- 103. *Answered prayer (Eph. 3:20; Jn. 16:24)*
- 104. *Exceedingly abundantly above all we can ask or think (Eph. 3:21)*
- 105. *The Father is well-pleased to give us THE KINGDOM (Lk. 12:32).*
- 106. *All things are ours (1 Cor. 3:21-23)*

1. We don't have to keep the Law to get these things.
2. We don't have to get "more", do "more" or be "better" to get these things.
3. We don't have to be ignorant of these things.

All of these things, who we are, and what we've been given ARE BY GOD'S GRACE THROUGH FAITH IN JESUS, NOT BY WORKS.

All we have to do is enter His rest and then REST IN HIS FINISHED WORK.