

## Advent 2: Rest: Heb 4:1-11

Sunday, December 4, 2022

Covenant Church

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### Heb 4:1-11

<sup>1</sup> Therefore, while the promise of entering his rest is still open, let us take care that none of you should seem to have failed to reach it. <sup>2</sup> For indeed the good news came to us just as to them; but the message they heard did not benefit them, because they were not united by faith with those who listened. <sup>3</sup> For we who have believed enter that rest, just as God has said,

“As in my anger I swore,

‘They shall not enter my rest,’”

though his works were finished at the foundation of the world. <sup>4</sup> For in one place it speaks about the seventh day as follows, “And God rested on the seventh day from all his works.” <sup>5</sup> And again in this place it says, “They shall not enter my rest.” <sup>6</sup> Since therefore it remains open for some to enter it, and those who formerly received the good news failed to enter because of disobedience, <sup>7</sup> again he sets a certain day—“today”—saying through David much later, in the words already quoted,

“Today, if you hear his voice,

do not harden your hearts.”

<sup>8</sup> For if Joshua had given them rest, God would not speak later about another day. <sup>9</sup> So then, a sabbath rest still remains for the people of God; <sup>10</sup> for those who enter God’s rest also cease from their labors as God did from his. <sup>11</sup> Let us therefore make every effort to enter that rest, so that no one may fall through such disobedience as theirs.

### A. Introduction

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“Sabbath rest” as our hope is a rare biblical image. Why “rest”?

### B. Rest

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#### I. “Cease from their labors”

- Our decadent age
- But the Kingdom is social—and includes many who are weary and miserable

Matt 11:28-30 <sup>28</sup> “Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. <sup>29</sup> 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. <sup>30</sup> For my yoke is easy, and my burden is light.”

Revelation 14:13 And I heard a voice from heaven saying, “Write this: Blessed are the dead who from now on die in the Lord.” “Yes,” says the Spirit, “they will rest from their labors, for their deeds follow them.”

*Question 1: Who do you know that needs “rest”? Pray for their rest this week.*

2. “Rest” as silence, spiritual openness

*Question 2: How do you need “rest” to grow in Christ?*

### C. Sabbath Rest

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#### I. “His rest”

- Abraham Heschel, *The Sabbath*

**Gen 2:2-3** <sup>2</sup> And on the seventh day God finished the work that he had done, and he rested on the seventh day from all the work that he had done. <sup>3</sup> So God blessed the seventh day and hallowed it, because on it God rested from all the work that he had done in creation.

**We hope that after these works we will rest in your great power to make us holy. But you are goodness that needs no goodness, and so are always at rest, since your rest is your very self. —Augustine, *Confessions* 13.53<sup>1</sup>**

**Deut 5:12** Observe the sabbath day and keep it holy, as the LORD your God commanded you.

#### 2. Resting in Him

**In yourself you rouse us, giving us delight in glorifying you, because you made us with yourself as our goal, and our heart is restless until it rests in you. —Augustine, *Confessions* 1.1**

**...the eternal rest not only of the spirit but of the body also. There we shall be still and see; we shall see and we shall love; we shall love and we shall praise. Behold what will be, in the end, without end! For what is our end but to reach that kingdom which has no end? —Augustine, *City of God* 22:30<sup>2</sup>**

**Ps 92:1–4** <sup>1</sup> It is good to give thanks to the LORD,  
to sing praises to your name, O Most High;  
<sup>2</sup> to declare your steadfast love in the morning,  
and your faithfulness by night,  
<sup>3</sup> to the music of the lute and the harp,  
to the melody of the lyre.  
<sup>4</sup> For you, O LORD, have made me glad by your work;  
at the works of your hands I sing for joy.

*Question 3: What is one thing that God may have said to you today in this sermon?*

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<sup>1</sup> Sarah Rudin translation for *Confessions* throughout.

<sup>2</sup> Penguin classics e-book, p. 1091.