

March 9, 2025
HEBREWS 4:1-13
“Oh, To Enter Into His Rest”

PRINCIPLES AND PRACTICAL APPLICATION

“The Word of God is the only power that can penetrate so deeply and expose so completely the inwardness of our being.” *R. C. H. Lenski*

The Word will constructively build up the “new man” and on the other hand it will cause self-hardening to those who rebel against the living and active Word of God.

The Israelites hardened their hearts and refused to believe-missing both the earthly and heavenly Canaan rest. We the readers have been evangelized like Israel was. It did not benefit them due to unbelief. One author wrote, Will we repeat their folly and not let the Word mix with faith in our hearts through the preaching of the gospel?

The Word is like a surgeon’s instrument that goes down in the darkness of the lungs and clearly exposes all that is there to be found. It identifies what is good and bad. Be honest with yourself about your relationship with God.

This rest is still available, ever looked at an add for days and then decide to get the advertised thing and it’s no longer available? The rest spoken of here is no longer available one millisecond after one’s last heartbeat. Nothing to mess around with. Therefore, do not do like Israel did upon entering Canaan Land. This author wants all his readers to know what they are facing by rejecting His rest and to be afraid to continue hardening their hearts.

“The spiritual counterpart of the earthly Canaan is the goal of God’s people today. Some think that the ‘rest’ here is equivalent to heaven, while others see it more as spiritual progress and growth in maturity, occurring as believers are obedient to God’s word on their spiritual journey toward heaven. Perhaps both ideas are present in the overall context.” *The Believer’s Study Bible*

Application:

God’s *true* rest is a spiritual thing, not physical. Only comes through Christ. So many people stand beside a grave and say, “well they are at peace now.” In Christ yes, without Jesus, hell has only just begun. Jesus spoke of rest for the souls of men, see [Matthew 11:28-30](#).