

apttoteach.org

THE BEREANS

ACTS 17:11

Hebrews 4:1-10
Lesson #10
REST
03/10/2024


1

The majesty of Christ

HEBREWS

4:1-10
RESTING in PEACE
(Can we rest in peace before we die?)

2



NO JUSTICE NO PEACE

A common assumption
If you want social peace
you need a just society.

The Word of God seems to say it is reversed
Without inner peace
there will be no social justice.

3

Isaiah 53:3 Despised & forsaken by man,
acquainted with grief,
a man of sorrows,
smitten by God,



**prince
of peace**

John 17:26
“that the love with which You loved
me might be in them and I in them”

4

John 14:27
“Peace I leave with you;
my peace I give to you;
not as the world gives, do I give to you.
Let not your heart be troubled,
nor let it be fearful.”

John 16:33
“These things I have spoken to you,
that **in Me you may have peace.**
In the world you have tribulation,
but take courage;
I have overcome the world.”

5

Philippians 4
“6 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, shall guard your hearts
and your minds in Christ Jesus.”

James 3
“17 But the wisdom from above is first pure,
then **peaceable**, gentle, reasonable, full of
mercy and good fruits, unwavering, without
hypocrisy. 18 And the seed whose fruit is
righteousness is **sown in peace** by those
who make peace.”

6



7

Hebrews 4

"1 Therefore, let us fear lest, while a **promise remains** of entering **His rest**, any one of you should seem to have come short of it."

Resting in peace is to be expected.

1. This is **within our grasp** by faith.
2. We should **experience a measure of freedom** from fear, bitterness, and shame, so as to bear spiritual fruit.
3. We **should be concerned** lest we miss out on this gift that comes with being "in Christ".

8

Hebrews 4

"2 For indeed we have had good news preached to us, just as they also; but the word they heard **did not profit them, because it was not united by faith** in those who heard."

Resting in peace is accessed through faith.

- Note what is **NOT mentioned** (changed circumstances or prayer for such).
- The Spirit **anoints us (not our circumstances)** so that we find hope, peace, and power in responding to life's ups and downs (like Jesus and the Apostles).

9

Hebrews 4

"3 For we who have believed enter that rest, just as He has said, "As I swore in My wrath, "They shall not enter My rest," although **His works were finished from the foundation of the world.** 4 For He has thus said somewhere concerning the seventh day, "And **God rested on the seventh day from all His works**"; 5 and again in this passage, "They shall not enter My rest."

Resting in peace is based on the finished work of Christ (his Cross).

- What is needed is **already furnished** (loaded into our soul) enabling us to "rest" (have peace, courage, energy, and even joy).
- Walking by faith means **taking risks by trusting God in the dark.**

10

Hebrews 4

"6 Since therefore it remains for some to enter it, and those who formerly had good news preached to them failed to enter because of disobedience, 7 He again fixes a certain day, "Today," saying through David after so long a time just as has been said before, "Today if you hear His voice, Do not harden your hearts." For if Joshua had given them rest, He would not have spoken of another day after that. 9 **There remains therefore 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.**

Resting in peace has three spheres.

11

Resting in peace has three spheres.

Reconciliation	Past	
REST - Position before God by FAITH.		
Response	Present	
REST - Peace & power in this life by FAITH.		
Resurrection	Future	
REST - Inheritance in eternity by FAITH.		

Resting in Peace comes only after death

12

John 12

“23 ... The hour has come for the Son of Man to be glorified. 24 Truly, truly, I say to you, unless a grain of wheat falls into the earth and dies, it remains by itself alone; but **if it dies, it bears much fruit**. 25 He who loves his life loses it; and he who hates his life in this world shall keep it to life eternal. 26 If anyone serves Me, let him follow Me; and where I am, there shall My servant also be; if anyone serves Me, the Father will honor him.”

**Resting in Peace
comes only after death**

13

Reconciliation

REST - Position before God by **FAITH**.

- ✓ **Justification is by faith apart from human merit (good works).**
- ✓ **Security is through abiding faith, not:**
 - God's election of each person,
 - a conversion experience,
 - ethical reform.

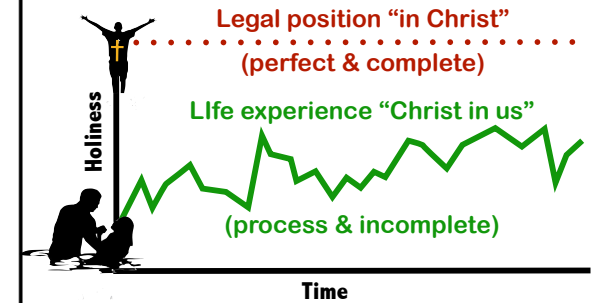


- ✓ **Unresolved sins do not take away assurance of God's grace, but denying Christ does.** Gal.5:1-6

14

Reconciliation

REST - Position before God by **FAITH**.



15

Positional righteousness

- ✓ It is not a "felt" experience.
- ✓ It is complete and not progressive.
- ✓ It is not dependent on human merit.
- ✓ It is not secured by moral reform.
- ✓ **It fully satisfies the demands of a perfectly holy God.**
- ✓ **It is revealed through teaching and received by FAITH.**

16

Response

REST - Peace & power in this life by **FAITH**.

- ✓ **Expectations - This peace is more accessible than we realize.**
- ✓ **Heart health, diet, exercise, and P.T. (coaching).**
- ✓ **Reminders, symbols, sacraments.**



- ✓ **Prayer - Petition God for the right things - insight, courage, wisdom.**

17

Ephesians

Our wealth in Christ

ch. 1-3

Our walk in Christ

ch. 4-6

1:18-19

“18 I pray that the **eyes of your heart may be enlightened**, so that you may know what is the **hope** of His calling, what are the riches of the glory of His **inheritance** in the saints, 19 and what is the surpassing greatness of His **power** toward us who believe. . . .”

18

Ephesians

Our wealth in Christ
ch. 1-3

Our walk in Christ
ch. 4-6

3:14-19

“16 that He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit **in the inner man**; 17 so that Christ may dwell **in your hearts through faith**; . . . 18 may be able to **comprehend . . .**”

19

Paul's agenda in prayer

Text	Thanks	Wisdom	Walk	Faith	Love	Courage
1 Thess.						
2 Thess.						
Phil.1						
Eph.1						
Eph.3						
Col.1						
Eph.6						

Outer circumstances are not on the list.

20

1 Cor. 13:4-7 **Love is** a response to

patient trials
kind insults
not jealous success of others
does not brag success of self
is not arrogant power & authority
not unbecoming freedom
not self seeking competition
is not provoked confrontation
holds no grudges injustice
does not rejoice failure of others
rejoices in the truth gossip & slander
bears all things losses
believes/hopes all things discouragement
endures all things delayed hopes

God's hand is not seen in our circumstances so much as in our response to them.

21

The temptation of Jesus and all humanity

Fear *Matthew 4* **Hope**

Change the circumstances!

“3 **Command** that these stones become bread.”

Claim the promises!

6 **He will command His angels concerning you** so that you will not strike your foot against a stone.”

Compromise the means!

9 All these things I will give you, **if you (prostrate yourself before) me.**”

22

Both the political left & the right tend to focus on what should we fear and who should we blame.



They both neglect the Way of the Cross
cultivating the love of power more than the power of love.

23

1 Corinthians 15:19

“If we have hoped in Christ in this life only (**or by our own merit**), we are of all men most to be pitied.”

24

Resurrection
REST - Inheritance in eternity by FAITH.

1 Peter 1:4


“to obtain an **inheritance** which is imperishable and undefiled and will not fade away, **reserved in heaven** for you.”

Hebrews 9:15

“Therefore he is the mediator of a new covenant, so that those who are called may receive the **promised eternal inheritance**,”

Romans 8:17

“and if children, heirs also, heirs of God and **fellow heirs with Christ**,”




25

Resurrection
REST - Inheritance in eternity by FAITH.

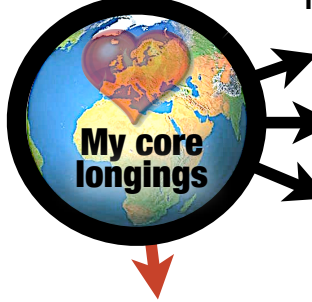
Hebrews 12

“1 . . . let us also **lay aside** every encumbrance, and the sin which so easily entangles us, and let us **run with endurance** the race that is set before us, 2 **fixing our eyes** on Jesus, the author and perfecter of faith, who **for the joy set before Him** endured the cross, despising the shame, and has sat down at the right hand of the throne of God. 3 For **consider** Him who has endured such hostility by sinners against Himself, so that you may not grow weary and lose heart.”



26

My heart's desires - false & true.



Is my hope shaped by this world's values?

Am I holding a self-protective shield?

Am I trusting God to keep my commandments?

Am I seeking to be reconciled to God, my neighbor, and myself?

27

May we all "REST IN PEACE"

Reconciliation 
REST - Legal position before God by FAITH.
Heb.6:1 “repentance from dead works”

Response 
REST - Peace & power in this life by FAITH.
Col.3:15 “Let the peace of Christ rule in your hearts,”

Resurrection 
REST - Inheritance in eternity by FAITH.
1 Pet. 1:5 “a salvation ready to be revealed in the last time.”

28

Hebrews

Next week
4:11-16



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