



I S B E T T E R

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SERMON SERIES THROUGH HEBREWS

**Only those who listen will
enter God's rest.**

The Promise of Rest

Hebrews 4:1

¹Therefore, while the promise of entering his rest still stands, let us fear lest any of you should seem to have failed to reach it.

**Come to me, all who labor and are heavy laden,
and I will give you rest. Take my yoke upon you,
and learn from me, for I am gentle and lowly in
heart, and you will find rest for your souls. For my
yoke is easy, and my burden is light.**

Matthew 11:28-30

²For 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.

³For we who have believed enter that rest, 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. ⁴For he has somewhere spoken of the seventh day in this way: “And God rested on the seventh day from all his works.”

**⁵And again in this passage he said,
“They shall not enter my rest.”**

⁶Since therefore it remains for some to enter it, and those who formerly received the good news failed to enter because of disobedience, ⁷again he appoints a certain day, “Today,” saying through David so long afterward, in the words already quoted,

“Today, if you hear his voice, do not harden your hearts.”

⁸For if Joshua had given them rest, God would not have spoken of another day later on. ⁹So then, there remains a Sabbath rest for the people of God, ¹⁰for whoever has entered God's rest has also rested from his works as God did from his.

¹¹Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience.

¹²For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. ¹³And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account.

**During this time of reflection,
please consider this question:**

**Are you a hearer or a
listener of the Word of God?**