

Lesson 5 for January 29, 2022



**JESUS, THE GIVER OF REST**

**Rest is the main topic in Hebrews 3 and 4.**

**It's a special kind of rest that's been offered but not achieved yet. Some people already enjoy it, but most haven't. It's the same one as Adam and Eve enjoyed just after Creation. We will enjoy this rest the day we will enter "the city which has foundations, whose builder and maker is God." (Heb. 11:10)**



### Rest for Israel:

- ▶ Which rest was offered?
- ▶ Why didn't they enter that rest?

### Our rest:

- ▶ When do we enter this rest?
- ▶ Which is God's rest?
- ▶ When will we enjoy this rest?

# WHICH REST WAS OFFERED TO ISRAEL?



**“But when you cross over the Jordan and dwell in the land which the Lord your God is giving you to inherit, and He gives you rest from all your enemies round about, so that you dwell in safety,” (Deuteronomy 12:10)**



**God offered Israel two types of rest: A physical place to rest, and a moment in time to rest.**

**Abraham was promised that his descendants would live in Canaan, from the river of Egypt to river Euphrates (Gn. 15:18).**

**Canaan would become a second Eden where God and Israel would enjoy rest and common company (Dt. 12:9). First, they would have to expel those who had gone beyond the limits of evil (Gn. 15:16), and to fully remove idolatry from the land (Dt. 12:2-3).**

**On the other hand, God gave them Sabbath as a special moment to remember Creation and Redemption, thus enjoying divine rest (Ex. 20:8-11; Dt. 5:12-15).**

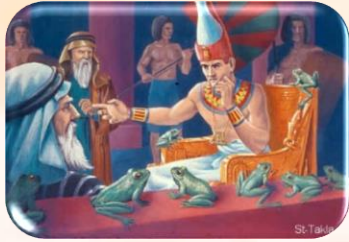


# WHY DIDN'T ISRAEL ENTER THAT REST?

“So we see that they could not enter in because of unbelief.” (Hebrews 3:19)

The generation who left Egypt saw wonderful works from God, like no other generation.

They saw:



The ten plagues



The crossing of the Red Sea



The miracle of manna



Water from the rock



The presence of God in the cloud and fire

However, only Caleb and Joshua believed God would fulfill His promise at the gates of Canaan.

The unbelief of the other ten spies was quickly spread among the people. Let's not follow their example but strengthen our weak faith and encourage one another (Heb. 12:12).



“The land to which we are traveling is in every sense far more attractive than was the land of Canaan to the children of Israel... What stayed their progress just in sight of the goodly land? ... It was their own willful unbelief that turned them back. They were unwilling to risk anything upon the promises of God [...] We are standing, as it were, upon the very borders of the heavenly Canaan [...] If we have faith in the promises of God we shall show [...] that we are not living for this world, but are making it our first business to prepare for that holy land.”

E. G. W. (That I May Know Him, June 12)

# WHEN DO WE ENTER THIS REST?

*"again He designates a certain day, 'Today' ..."* (Hebrews 4:7)

The rest God promised to Israel—and to all humankind—was not fully given when Canaan was conquered (Heb. 4:8). And not even when Israel controlled all the promised land in times of David and Solomon (2Cr. 9:26), because the people of God were still idolatrous.



This rest is intimate communion with God. It's been at our disposal for everyone since Creation (Heb. 4:3-4), even TODAY (Heb. 4:7). Some people have already entered it, and others are about to do so (Heb. 4:1, 6, 9-10).

“Today” we are called to acknowledge that God has been faithful to us, and that we have enough reasons to accept His invitation right away.

# WHICH IS GOD'S REST?

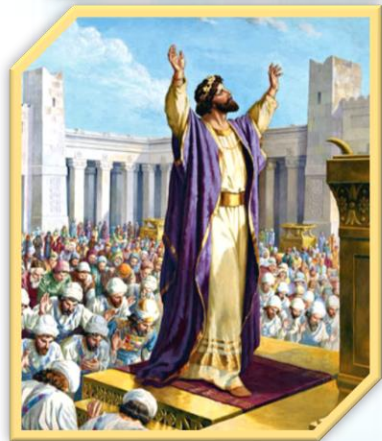
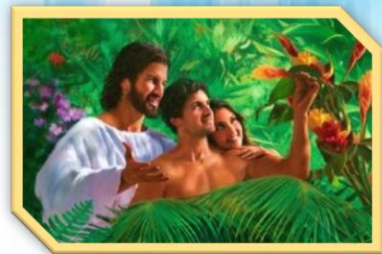
**"For he who has entered His rest has himself also ceased from his works as God did from His." (Hebrews 4:10)**

**We are encouraged to enter God's rest, not ours.**

**There are two moments in the Bible when God rested: Sabbath (Gn. 2:2-3), and after the construction of the Temple (2Chr. 6:41).**

**In the first case, He had finished His work. In the second, His promises had been fulfilled. The first rest was broken by sin, and the second was incomplete.**

**God still longs to give us full and perfect rest, like Adam and Eve were given in their first Sabbath. He will give it to us once His throne is established at the New Jerusalem (Rev. 22:3). Will you want to enter His rest?**



# WHEN WILL WE ENJOY THIS REST?

“For he who has entered His rest has himself also ceased from his works as God did from His.” (Hebrews 4:10)

What do we rest from when we enter God’s rest?

We are liberated from our own works when we accept God as our Creator and Redeemer like the commandment about Sabbath encourages us to do. That is, we are free from trying to achieve salvation by our own works.



When we accept the salvation Jesus offers, we find “rest for our souls” (Mt. 11:29). This is how we enter His rest.

On the other hand, “there remains therefore a rest for the people of God” (Hebrews 4:9). This is a future rest that’s complete and free from sin. “Let us therefore be diligent to enter that rest” (Hebrews 4:11).





**“A life in Christ is a life of restfulness [...] Your hope is not in yourself; it is in Christ. Your weakness is united to His strength, your ignorance to His wisdom, your frailty to His enduring might [...] Let the mind dwell upon His love, upon the beauty, the perfection, of His character. Christ in His self-denial, Christ in His humiliation, Christ in His purity and holiness, Christ in His matchless love—this is the subject for the soul's contemplation. It is by loving Him, copying Him, depending wholly upon Him, that you are to be transformed into His likeness.”**

**E. G. W. (Steps to Christ, cp. 8, p. 70)**