

# Entering Into God's Rest

*John MacArthur*

## I. Introduction.

A. Text: Hebrews 4:1-13.

B. The warning of this section is that if believers harden their hearts they have departed from the living God.

C. Unbelief prevented the Israelites from obtaining full rest after traveling through the desert. There is a greater rest for believers to come.

D. Rest is a cessation of activity, free from hassle and free from guilt, confidence in God and leaning on God.

## II. The availability of rest.

A. God has not forsaken Israel—there is still a promise for them.

B. The danger that the readers of Hebrews faced is that some thought it was too late to enter into the rest. (Matthew 7, Romans 5:18)

## III. The basis of rest.

A. Rest comes by personal faith.

1. The good news of God's rest means nothing unless one believes.

2. Faith produces obedience. (James 1:21)

3. Those who do not believe will not enter God's rest. (Psalm 95)

B. Rest is by divine decree.

1. God's rest began after his creation. (Genesis 2:1-2)

2. Our rest was established before the foundation of the world.

C. Rest is by immediate action.

## IV. The nature of rest.

A. The author is not speaking of the Canaan rest.

B. True rest is spiritual rest that comes from Jesus.

C. True rest is also future. There is a day coming when cease from all works. (Revelation 14:13)

## V. The urgency of rest.

**Application Questions:**

1. What does it mean to enter God's rest?

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2. Why is faith the means to enter God's rest?

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3. Why is it significant that our rest was established before we were even born? Explain.

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