

A person wearing a bright yellow jacket and blue jeans is sitting on a curved brick wall. They are holding a black book or folder in their lap. The scene is outdoors in winter, with snow on the ground and trees in the background. The person is wearing black boots with white stripes and has snow on their shoes. The overall mood is peaceful and contemplative.

- HOW can we enter
- INTO GOD'S rest?

repeated words (or phrases) in
Hebrews 3 and 4

Moses – Jesus – faithful – house

partaker – confession – rest

harden – hearts – disobedient

unbelieving – provoke – angry

Describing Israel Falling Short

tried/tested (3:9) – go astray (3/9)

sinned (3:17) – unbelief (3:19, 4:2)

disobedient (3:18, 4,6)

Describing Christians Falling Short

hardened hearts (3:8, 13, 15, 4:7)

evil, unbelieving heart (3:8, 13, 15)

fall away (3:12) – come short (4:1)

fall/disobedient (4,11)

Describing God's Response

provoked (3:8, 15, 16)

angry (3:10, 17)

wrath – no rest (3:11, 18, 19, 4:3, 5)

Describing the Christian's Rest

hold fast (3:6, 14, 4:14)

partakers (3:1, 14)

enter His rest (4:1, 10, 11)

draw near (4,16)

Hebrews 3: Main Points

- A. Consider Jesus' faithfulness – greater than Moses.*
- B. Don't allow sin's deceitfulness to cause you to fall away from and provoke the Living God.*
- C. We are partakers of Christ's faithfulness, if we hold fast to our previous assurance.*

Hebrews 4: Main Points

A. Let us fear falling short of entering His rest through disobedience or a hard heart.

B. The one who has entered His rest has rested from his own work.

C. The Living Word of God and the Spirit of God will see and judge our hidden secrets.

D. Therefore, draw near confidently and receive mercy from the Throne of Grace.

Hebrews 3

*For what reason(s) has
Jesus been counted worthy
of more honor than Moses?*

Hebrews 3

10-words or less

*Warning: Israel refused faith,
tested God, and missed His rest.*

Hebrews 4

10-words or less

*Disobedience and Self-Effort
prevent sharing in Christ's rest.*

Psalm 95

*two geographical places spoken of
in this Psalm*

Meribah and Massah

May not actually be physical places

Psalm 95

Why was God so angered with the
people?

*Israel tested Him although
they had seen his creative
power and deliverance.*

Psalm 95

How did these circumstances
affect God?

*For 40 years He loathed that
generation & saw them as
people who erred in heart.*

Psalm 95

What was God's response to His
people?

*He swore in His anger that
they would not enter His rest.
(entering Canaan)*

Exodus 17:1-7 –

Meribah = “**QUARREL**” or
“**CONTENTION**”

Massah = “**TEST**”

Numbers 20:1-13

Moses STRUCK the rock

*He did not treat the LORD as
holy. (Self-Effort)*

Why “Meribah” & “Massah”

What are similarities between Meribah and Massah and what could happen to the readers of this epistle?

In difficult & stressful situations, they could have been tempted to lose faith in the Lord’s goodness, and faithfulness. Perhaps they would revert to trying to please the Lord by their own self-effort, or outright disobedience.

When Christ-followers fall short

Outright sin & disobedience

(Hebrews 3:13 & 4:11)

No other Gods

No graven images

No profanity

Keep God's Rest

Honor Parents

Don't Murder

No Adultery

Don't steal

Don't lie

Don't covet

When Christ-followers fall short

Self-Effort to please God

(Hebrews 4:10 & 3:12)

...by grace you have been saved through faith; and that not of yourselves, it is the gift of God; not of works, so that no one may boast. For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them.

When Christ-followers succeed in ENTERING Christ's REST

Galatians 2:20

I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me.

When Christ-followers succeed in ENTERING Christ's REST

Matthew 5:1-12

Humble

Mourn

Gentle

Hunger for righteousness

Mercy

Pure in Heart

Peacemakers

Persecuted for Christ

Galatians 5:8-9

Love

Joy

Peace

Patience

Kindness

Goodness

Gentleness

Faithfulness

Self-Control

What do Christ-followers do
when we fail to ENTER His REST

Heb. 4:9-11 – “...let us be diligent to
enter that rest.”

Heb. 4:12-13 – But, if not... God
knows our actions, thoughts, and
intentions of our heart.

Heb. 4:14-16 – There is hope & help

- HOW can we enter
- INTO GOD'S rest?

