

I. Lesson: Jesus and Moses (and Joshua) Pt. 3 (Heb 4:1-16)

A. We must never lose our sense of reverence but remain trusting in God (4:1-2)

1. We must never get so comfortable with the world that forget the very real presence of God.
 - a. We must always fear God unlike the Israelites in the wilderness.
 - b. The promises of God are available for those who wait on them.
2. Gospel was preached to the Israelites as it is to us.
 - a. When they heard God's good news, they did not believe because their eyes continued to preach a different message.
 - b. We must trust God more than we trust our sight, or better yet, what we want to see.

B. We cannot give ourselves rest. Only faith in God can do that (Heb 4:3-11)

1. God is calling us to enter into the rest of his presence.
 - a. The writer argues that there is still rest to come. Some Jewish believers may have contended that Israel had already entered into that rest when they made it to the promised land.
 - i. See Gen 2:1-2
 - ii. See Ps 95:11
 - b. But not all entered into the promised land because of their unbelief.
 - c. Further, the mention of rest again in Psalms suggests there is rest that yet remains.
 - d. 4:8 Joshua could not give them rest even though they had defeated their enemies.
 - e. But the rest that the one greater than Moses and Joshua gives is like God. We cease from our own works as God did. This is not inactivity but living in abundance, joy, grace, and peace. This is why we must work to get to rest.

C. God's word demands that we seek this rest (4:12-13)

Here, the writer is speaking of God's voice to enter into his rest. This word is summative of all of what God is saying in the gospel. We must obey the voice of God which sees us in all of who we truly are.

D. Our priest stands with us in who we truly are and intercedes for us to enter into God's rest (4:14-16)

1. The writer comes back to the discussion of Jesus as our high priest (2:17; 3:1). But Jesus's priesthood is greater than any other. He intercedes as the one who overcame sin. He was tempted but did not sin. This is true humanity exemplified by Christ.
2. The sinless life of Jesus invites us to come "boldly" to a holy God. We do not come in our own name but in his name. Through Jesus, we are able to find grace to help us when we are trying to enter into God's rest in this restless world.