

A. (:1) GOD HAS PROMISED A REST FOR HIS PEOPLE (:1-10)

1. This Is One Party You Don't Want To Be Late For

- a. fear = *phobeo* (cf. phobia) : be startled/afraid
- b. come short = be too late
- c. could be applied to salvation - but not only salvation
- d. God made a promises that still stands - and the idea of missing out ought to be troubling

2. The Promise Was Not Received By Faithless Israel (:1-2)

- a. (:2) Lack of faith kept Israel from the promised rest
 - 1) They heard the same gospel/promise, but lack of faith made it of no profit
- b. 3:7-11 = Psalm 95:7-11
 - 1) re. Numbers 13:21-14:45

3. (:3) The Promise Still Stands (:3-5)

- a. (:3a) Faith (belief) lets us in to the promised rest
- b. The work that makes rest possible has been completed (no rest 'till work is done) (:3b)
 - 1) (:4) the work is done
 - 2) (:5) if you don't believe the work is done, then there's no rest

4. The Promise Is For Today (:6-10)

- a. (:6) Disobedience reveals disbelief (a review of 1-5)
 - 1) disobedience? = disbelief
- b. (:7-9) If they had trusted God & followed Joshua into the promise rest (land) then David, hundreds of years later, would not have been writing about entering the rest "today"
- c. (:10) Rest exists 'cuz the work ended. Entering that rest means your work ends
 - 1) i.e. no longer occupied by fretting, stewing, hurting. You're at rest from all that

B. ENTERING THE REST GOD PROMISES IS SOMETHING TO BE DILIGENT ABOUT (:11-13)

1. Diligent = Hasten (vs. Fall Behind :1)

2. (:11-12) How You Respond To The Word Of God (:2 - Gospel) Tells On You

- a. It divides reality from deception the way a sharp knife divides bone from marrow
- b. It cuts between soul and spirit
 - 1) Soul = you w/o Jesus: thoughts, feelings & decisions based on your senses & experiences
 - 2) Spirit - you in Jesus: thoughts, feelings & decisions based on trust in God
- c. It discerns who you really are in your heart of hearts: believer or make-believer (Israel)
 - 1) (:13) God knows the truth about everyone (don't think you're fooling Him)
 - 2) let that be a good thing. you can't hide, so you can stop trying to hide
 - a) be who you are & rest
- d. Israel started out w/God ordained worship, but it turned into pageantry w/o purpose
 - 1) what was intended to bring rest turned into work & worry