

LET US LABOUR TO ENTER INTO THAT REST

Hebrews 4:1 (KJV)

“Let us therefore fear, lest, a promise being left us of entering into his rest, any of you should seem to come short of it.”

The “rest” spoken of in Hebrews 4 has multiple connected layers in the text:

1. the seventh-day Sabbath established at creation,
2. entering into obedience and faith in YAH,
3. and ultimately entering YAH’s Kingdom and ceasing from rebellion.

The chapter does **not** literally abolish the Sabbath. Instead, it uses the Sabbath as part of a larger spiritual warning.

The Foundation: The Seventh Day

Hebrews 4:4 (KJV)

“For he spake in a certain place of the seventh day on this wise, And God did rest the seventh day from all his works.”

Paul immediately roots the discussion in:

- creation,
- the seventh day,
- and God’s original Sabbath rest.

This points back to Genesis.

Genesis 2:2-3 (KJV)

“And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made.

And God blessed the seventh day, and sanctified it...”

So the literal weekly Sabbath remains part of the discussion.

Israel Failed to Enter Rest

Hebrews then connects this to Israel in the wilderness.

Hebrews 3:18-19 (KJV)

“And to whom sware he that they should not enter into his rest, but to them that believed not?”

So we see that they could not enter in because of unbelief.”

Why did they fail?

- unbelief,
- disobedience,
- rebellion.

The “rest” here included entering the promised inheritance.

The Warning to Believers

Hebrews 4:1 (KJV)

“Let us therefore fear, lest, a promise being left us of entering into his rest, any of you should seem to come short of it.”

The writer warns believers not to repeat Israel’s rebellion.

The Sabbath Still Remains

One of the clearest verses:

Hebrews 4:9 (KJV)

“There remaineth therefore a rest to the people of God.”

The Greek word used here is closely tied to “Sabbath keeping” (sabbatismos).

The passage does not say:

- “the Sabbath ended,”
- “the Sabbath was abolished,”
- or “there no longer remains a Sabbath.”

It says a rest still remains.

Ceasing From One’s Own Works

Hebrews 4:10 (KJV)

“For he that is entered into his rest, he also hath ceased from his own works, as God did from his.”

This refers to:

- ceasing from rebellion,
- ceasing from self-will,
- entering faithful obedience,
- trusting YAH instead of walking in unbelief.

It mirrors:

- God resting from creation,
 - and believers entering covenant faithfulness.
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Future Kingdom Rest

The chapter also points forward prophetically.

Believers ultimately enter full rest when:

- sin ends,
- the Kingdom is established,
- and the faithful inherit eternal life.

Hebrews 4:11 (KJV)

“Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief.”

Notice the irony:

- “labour to enter into rest.”

Meaning:

- strive in obedience,
 - endure faithfully,
 - do not fall through unbelief as Israel did.
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Literal Summary

Hebrews 4 teaches:

- the seventh-day Sabbath was established by God,
- Israel failed to enter rest because of unbelief,
- believers are warned not to repeat that rebellion,
- a Sabbath-rest still remains,
- and the ultimate fulfillment is entering YAH’s eternal Kingdom in faithful obedience.

The chapter uses:

- the weekly Sabbath,
- Israel’s inheritance,
- and spiritual faithfulness

together as connected pictures of entering YAH’s rest.

How Would a New Testament Saint “Come Short”?

Hebrews warns believers that it is possible to begin the walk and still fail to enter YAH’s rest through unbelief, rebellion, disobedience, or turning back.

Hebrews 4:1 (KJV)

“Let us therefore fear, lest, a promise being left us of entering into his rest, any of you should seem to come short of it.”

The warning is written to believers — not pagans.

The pattern is Israel in the wilderness:

- they were delivered,
- passed through the sea,
- ate spiritual food,
- saw miracles,
- yet many still fell because of unbelief and disobedience.

Hebrews 3:18-19 (KJV)

“And to whom sware he that they should not enter into his rest, but to them that believed not?”

So we see that they could not enter in because of unbelief.”

Ways a NT Saint Could Come Short

1. Through Unbelief

Not merely intellectual disbelief, but failure to continue trusting and obeying YAH.

Hebrews 3:12 (KJV)

“Take heed, brethren, lest there be in any of you an evil heart of unbelief, in departing from the living God.”

Notice:

- “brethren”
- “departing from the living God”

This is speaking to covenant people.

2. Through Returning to Sin

Romans 6:1-2 (KJV)

“What shall we say then? Shall we continue in sin, that grace may abound?”

God forbid...”

1 John 3:4 (KJV)

“Whosoever committeth sin transgresseth also the law: for sin is the transgression of the law.”

A saint comes short by returning to lawlessness and refusing repentance.

3. Through Willful Sin

Hebrews 10:26-27 (KJV)

“For if we sin wilfully after that we have received the knowledge of the truth, there remaineth no more sacrifice for sins,

But a certain fearful looking for of judgment and fiery indignation...”

This is one of the strongest warnings in the New Testament.

4. Through Enduring Not Unto the End

Matthew 24:13 (KJV)

“But he that shall endure unto the end, the same shall be saved.”

Beginning the race is not enough.
One must continue faithfully.

5. Through Being Hardened by Sin

Hebrews 3:13 (KJV)

“But exhort one another daily... lest any of you be hardened through the deceitfulness of sin.”

Sin hardens the heart gradually.
A believer can become spiritually dull and rebellious.

6. Through Loving the Present World

2 Timothy 4:10 (KJV)

“For Demas hath forsaken me, having loved this present world...”

Some fall away because:

- riches,
 - lust,
 - fear,
 - comfort,
 - worldly acceptance,
become more important than obedience.
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7. Through False Doctrine

Colossians 2:8 (KJV)

“Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men...”

2 Peter 2:1 (KJV)

“But there were false prophets also among the people, even as there shall be false teachers among you...”

False doctrine can lead believers away from truth and obedience.

Paul Himself Feared Becoming a Castaway

1 Corinthians 9:27 (KJV)

“But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.”

Paul did not teach careless security while living in rebellion.

The Literal Pattern

A NT saint comes short the same basic way Israel did:

- unbelief,
- rebellion,
- disobedience,
- hardness of heart,
- turning back,
- refusing endurance,
- and continuing in sin.

That is why the New Testament constantly calls believers to:

- endure,
- repent,
- obey,
- watch,
- and remain faithful unto death.

What Are New Testament Saints Supposed to Rest In?

According to Scripture, New Testament saints are supposed to rest:

- in the promises of YAH,
- in obedience and faith,
- in Messiah's leadership,
- and ultimately in the coming Kingdom of God.

The “rest” in the New Testament is not primarily about stopping all physical activity. It is about ceasing from rebellion, unbelief, self-will, and dead works, and entering into covenant faithfulness and trust in YAH.

THE FOUNDATION: ISRAEL FAILED TO ENTER REST

Hebrews 3:18-19 (KJV)

“And to whom sware he that they should not enter into his rest, but to them that believed not?”

So we see that they could not enter in because of unbelief.”

Israel came out of Egypt,
but did not enter rest because:

- of unbelief,
 - rebellion,
 - lust,
 - idolatry,
 - and disobedience.
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WHAT WAS THE ORIGINAL REST?

1. The Land Under YAH's Rule

Deuteronomy 12:9-10 (KJV)

“For ye are not as yet come to the rest and to the inheritance, which the LORD your God giveth you.

But when ye go over Jordan, and dwell in the land which the LORD your God giveth you to inherit, and when he giveth you rest from all your enemies round about, so that ye dwell in safety;”

The original “rest” involved:

- dwelling securely,
 - freedom from enemies,
 - covenant blessing,
 - and peace under YAH's government.
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BUT HEBREWS SAYS A GREATER REST REMAINED

Hebrews 4:8-9 (KJV)

“For if Jesus had given them rest, then would he not afterward have spoken of another day.

There remaineth therefore a rest to the people of God.”

The word “Jesus” there refers to Joshua.

Meaning:
Even after entering Canaan,
the FULL rest had not yet arrived.

WHAT IS THE NT SAINT'S REST?

2. Rest in Faithful Obedience to YAH

Hebrews 4:10-11 (KJV)

“For he that is entered into his rest, he also hath ceased from his own works, as God did from his.

Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief.”

This is not teaching:

- laziness,
- lawlessness,
- or abandoning obedience.

It means:
ceasing from:

- rebellion,
- fleshly striving,
- self-righteousness,
- and unbelief.

Instead:

- trusting YAH,
- obeying Him,
- walking by faith,
- and enduring faithfully.

Notice:
“Let us labour therefore to enter into that rest.”

Entering rest still requires:

- endurance,
- obedience,

- perseverance,
 - warfare against sin.
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3. Rest in Messiah's Yoke

Matthew 11:28-30 (KJV)

“Come unto me, all ye that labour and are heavy laden, and I will give you rest.

Take my yoke upon you, and learn of me...

For my yoke is easy, and my burden is light.”

Notice:

Rest comes AFTER taking His yoke.

A yoke represents:

- submission,
- service,
- covenant responsibility.

Messiah was not abolishing obedience.

He was offering relief from:

- oppression,
 - hypocrisy,
 - burdensome traditions of men,
 - and slavery to sin.
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4. Rest From Sin and Dead Works

Romans 6:16-18 (KJV)

“Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are...

But God be thanked, that ye were the servants of sin...

Being then made free from sin, ye became the servants of righteousness.”

The saint's rest includes:

- freedom from bondage to sin,
 - cleansing of conscience,
 - and peace with YAH through obedience and faith.
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5. Rest in the Hope of the Kingdom

Hebrews points forward to a future completion.

Revelation 14:12-13 (KJV)

“Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus...

Blessed are the dead which die in the Lord...

that they may rest from their labours; and their works do follow them.”

Ultimate rest comes:

- after endurance,
 - after tribulation,
 - after overcoming.
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HOW DO NT SAINTS ENTER THAT REST?

A. Through Faith

Hebrews 4:2 (KJV)

“For unto us was the gospel preached, as well as unto them: but the word preached did not profit them, not being mixed with faith...”

B. Through Obedience

Hebrews 5:8-9 (KJV)

“Though he were a Son, yet learned he obedience...

And being made perfect, he became the author of eternal salvation unto all them that obey him;”

C. Through Walking in the Spirit

Romans 8:1-4 (KJV)

“...who walk not after the flesh, but after the Spirit.

For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death...

That the righteousness of the law might be fulfilled in us...”

D. Through Endurance

Matthew 24:13 (KJV)

“But he that shall endure unto the end, the same shall be saved.”

WHAT NT REST IS NOT

Scripturally, rest is NOT:

- abandoning God’s commandments,
- lawlessness,
- living however one wants,
- or merely emotional peace.

Many claim “grace” while continuing in sin.

But Hebrews warns repeatedly:

- do not harden your heart,
- do not fall through unbelief,
- do not rebel like Israel.

THE SABBATH CONNECTION

Hebrews 4 intentionally connects this rest to the Sabbath pattern.

YAH rested on the seventh day:

- not because He was tired,
- but because His work was complete and ordered.

Likewise saints:

- cease from rebellion,
- come into covenant order,
- and trust in YAH's completed plan.

The weekly Sabbath itself remains a shadow and memorial of that greater Kingdom rest.

CONCLUSION

New Testament saints are supposed to rest in:

- faith toward YAH,
- obedience through the Spirit,
- freedom from sin,
- trust in Messiah,
- and the hope of the coming Kingdom.

The rest is entered:

- by faith,
- through obedience,
- with endurance,
- while walking in holiness.

Israel failed to enter because of unbelief and disobedience.

Hebrews warns New Testament believers not to repeat the same rebellion.