

Session 4

Hebrews 4:1-13 Christ Offers A Better Rest than Canaan

Coming home usually brings to mind thoughts of comfort, good food, a sense of ease, a sense of belonging. It should mean rest. But because of their unbelief, the first generation of Israelites out of Egypt never did enjoy their homecoming rest. Nevertheless, the invitation to soul's rest and spiritual homecoming is still extended in Christ for all who will believe.

Question: In what way was the Exodus a homecoming?

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| A. Overlap: Unbelief leads to denial of “rest” | 3:18-19 |
| 1. Denial of rest results from rebellion | 3:18 |
| 2. Rebellion arises from unbelief | 3:19 |
| B. The Offer of Rest Stands, So Be Warned! | 4:1-5 |
| 1. Believers should behave as believers | 4:1 |
| 2. Israel heard but <i>didn't</i> believe | 4:2 |
| 3. We heard and <i>did</i> believe | 4:3 |
| 4. The distinction is clear, so believers should not behave as rebels | 4:4-5 |
| C. The Ultimate Rest is <i>Still</i> Available in Christ | 4:6-13 |
| 1. The call to rest is perpetual | 4:6-7 |

Question: How many years between Exodus and David?

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| 2. Final rest was not attained even under Joshua | 4:8-10 |
| 3. Therefore submit to the scrutiny of the Word of God | 4:11-13 |