

⁷ Therefore, as the Holy Spirit says, “Today, if you hear his voice, ⁸ do not harden your hearts as in the rebellion, on the day of testing in the wilderness, ⁹ where your fathers put me to the test and saw my works for forty years. ¹⁰ Therefore I was provoked with that generation, and said, ‘They always go astray in their heart; they have not known my ways.’ ¹¹ As I swore in my wrath, ‘They shall not enter my **rest**.’”

¹² Take care, brothers, lest there be in any of you an evil, unbelieving heart, leading you to fall away from the living God. ¹³ But exhort one another every day, as long as it is called “today”, that none of you may be hardened by the deceitfulness of sin. ¹⁴ For we share in Christ, if indeed we hold our original confidence firm to the end. ¹⁵ As it is said, “Today, if you hear his voice, do not harden your hearts as in the rebellion.”

¹⁶ For who were those who heard and yet rebelled? Was it not all those who left Egypt led by Moses? ¹⁷ And with whom was he provoked for forty years? Was it not with those who sinned, whose bodies fell in the wilderness? ¹⁸ And to whom did he swear that they would not enter his **rest**, but to those who were disobedient? ¹⁹ So we see that they were unable to enter because of unbelief.

⁴ Therefore, while the promise of entering his **rest** still stands, let us fear lest any of you should seem to have failed to reach it. ² For good news came to us just as to them, but the message they heard did not benefit them, because they were not united by faith with those who listened. ³ For we who have believed enter that **rest**, as he has said, “As I swore in my wrath, ‘They shall not enter my **rest**’”, although his works were finished from the foundation of the world. ⁴ For he has somewhere spoken of the seventh day in this way: “And God **rested** on the seventh day from all his works.” ⁵ And again in this passage he said, “They shall not enter my **rest**.”

⁶ Since therefore it remains for some to enter it, and those who formerly received the good news failed to enter because of disobedience, ⁷ again he appoints a certain day, “Today”, saying through David so long afterwards, in the words already quoted, “Today, if you hear his voice, do not harden your hearts.”

⁸ For if Joshua had given them **rest**, God would not have spoken of another day later on. ⁹ So then, there remains a Sabbath **rest** for the people of God, ¹⁰ for whoever has entered God's **rest** has also **rested** from his works as God did from his. ¹¹ Let us therefore strive to enter that **rest**, so that no one may fall by the same sort of disobedience.

Working Life

‘Rest at work’

Hebrews 3:7-4:11

1. Entering God's rest by resting from our works

- God's rest is the goal
 - the creation pattern ¹
 - the conquest picture ²
 - the consummation perfection ³
- our resting is the way in
 - trusting in Christ ⁴
 - not trusting in works

2. Remembering God's rest by resting from our work

- OT Sabbath
 - Sabbath day ⁵
 - Sabbath year ⁶
- NT time off
 - not under Law ⁷
 - still need time off
 - time to rest ⁸
 - time to listen ⁹
 - time to meet ¹⁰

¹ Hebrews 3:7-4:11; Genesis 2:1-3

² Exodus 33:14; Joshua 21:44; 1 Chronicles 22:9

³ Revelation 21:1-4; 14:11

⁴ Matthew 11:28

⁵ Exodus 20:8; 23:12; Deuteronomy 5:17

⁶ Leviticus 25:3; Ezekiel 20:12

⁷ Romans 7:6; Matthew 5:17; Colossians 2:17; Galatians 4:9-10;

⁸ John 4:6; Mark 6:31; Ecclesiastes 5:12

⁹ Luke 10:38-42

¹⁰ Hebrews 10:24; 3:13; Acts 20:7; 1 Corinthians 16:2

Next Week:

Series: Working Life

Talk: Witness at work (Colossians 3:22-4:6)

Speaker: Marcus Nodder