- 4:1 "Let us (holy brethren, 3:1) therefore fear lest, a promise being left us of entering into his rest, any of you should seem to come short of it."
  - John 14:27 Jesus said, "My peace I give unto you."
    - o The Lord's peace is available even when you're going through troubles and trials.
  - **Philippians 4:7** "*The peace of God*" will keep your hearts and minds through Christ Jesus when you pray.
    - The Lord can promise you peace because He sees the end from the beginning and knows where your life is headed.
    - But if you occupy your thoughts with your troubles instead of bringing them to the Lord, you will not "enter into his rest" (vs 1) and enjoy "His peace" which is "the peace of God." You will "come short of it."
      - Trust the Lord with your life and one day you will see that the trials you faced were for your good. (Rom. 8:28)
        - We lose our rest when we lose our trust in the Lord.
  - Mark 4:35-41 Jesus told His disciples to go with him in a ship to the other side of the sea.
    - They believed Jesus would make it to the other side, so they joined Him.
    - o A storm caused them to lose their faith in Jesus and therefore lose their peace.
      - Jesus didn't take their peace, the storm (bad circumstances) took it.
      - Jesus had peace. He knew they would make it to the other side, which they did (5:1).
      - The disciples lost faith, lost rest, but still made it safely to the other side.
        - Faith would have made their journey much more enjoyable even though they faced a terrible storm.
    - Jesus is going to take us to heaven. That is our "other side."
      - We will face trials, troubles, and heartaches along the way.
      - If we hold fast to our faith, we can have peace while we're on earth until we get to heaven even through our storms of life.
      - Whether or not you maintain your faith, you will reach heaven.
        - What kind of journey do you want to have?
- **4:2** The gospel is to be preached to believers and to unbelievers: "us" and "them." It only benefits those who believe.
  - The word of God is powerful. It can save anybody who uses the faith God gave them (Rom 12:3) and places it in the word.

- o If a person rejects the word, the problem is with them (not the word, not God, not the preacher). The ground is bad (parable of the sower, Lk. 8:5).
- 4:3 "For we which have believed do enter into rest..."
  - This is not only a promise that we (believers) are going to get to heaven, but that we can enter that rest today (on the journey home) if we don't lose our faith.
    - o Jesus wants you to enjoy today the peace that you're going to enjoy in heaven.
    - This is part of the "earnest of the Spirit" (2 Cor. 1:22).

"...as he said, (Psalm 95:11)...the works were finished from the foundation of the world."

- God's work was finished before time.
- Man benefits IN time from God's finished work.
  - God didn't decide before time who would enter His rest and who wouldn't.
    - "We which have believed (in time) do enter rest."
    - The Calvinist tries to force it to say that we enter rest before the foundation of the world. That means that God decided who goes to heaven.
      - Why is God angry if the unbelievers had no choice?
- 4:4 "<sup>4</sup> For he spake in a certain place (Genesis 2:2) of the seventh day on this wise, And GOD did rest the seventh day from all his works."
- 4:5 "5 And in this place again, (Psalm 95:11) If they shall enter into my rest."
  - Note that God's rest doesn't mean that God doesn't do anything anymore. God is still actively at work in this world and in our lives.
  - Passive (lazy) people want to use God's rest as an excuse to not do anything (witness, pray, study the bible, etc.).
    - God wants us to be ready to witness in season and out of season (2 Tim 4:2) and to pray without ceasing (1 Thess. 5:17).
  - This passage shows that it is possible to rest and work at the same time.
    - o When you love what you're doing, you can do it in peace. That's rest.
    - o "Rest" means that you are doing plenty without it being a burden.
    - When you do things for people you love, you are able to enjoy whatever you are doing for them.