

# “Entering Into the Rest of God”

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*Women’s Daytime Retreat*

**Hebrews 4:9** Therefore, a time of rest and worship exists for God's people.

Rest in Body Mark 6:31 “Come with me by yourselves to a quiet place and get some rest.”

Rest in Soul Psalm 94:19 When I worried about many things, your assuring words soothed my soul.

Rest in Spirit Matthew 11:28-30...Come unto me.... I will give you Rest.

**Matthew 11:28-30** “Come to Me, all who are weary (worn-out / exhausted) and heavy-laden (overloaded / weighed down), and I will give you REST (Refreshing). I will ease and relieve and refresh your souls.

This Rest is not rest from our normal activity but a REST OF HEART or a REST OF FAITH in our activity. It is a sense of security and peace that springs from trusting in God. Trusting in God’s PRESENCE, PROMISES, POWER, AND GOODNESS in our everyday life.

## **REST: God Created Man to Enter Into His Rest.**

When we look at the creation in Genesis 1 & 2 we see that God created man on the 6th day and on the 7th day God rested. God rested because He had completed all the work of creation. He did not rest because He was tired or exhausted. He had fully finished all He had set out to do.

It is noteworthy that man was created on the 6th day and not on the 1st day of creation. Even though man was of the greatest importance he did not come first (Genesis 1:27). He was created on the 6th day with purpose in mind. God planned that for man’s first full day he would “Enter Into the Sabbath Rest of God”. Adam and Eve began life entering into “God’s Rest.” Adam had responsibilities and jobs to do like naming the animals, overseeing the garden and ruling over all living things, but God’s rest for Adam had nothing to do with inactivity. It had everything to do with fellowship with God and knowing God as their Source of Full Provision. They walked and talked with God

enjoying His fellowship and trusting in Him for everything! God was the Creator, Sustainer, Life Giver and Provider. Adam and Eve could REST in this.

Unfortunately, the entrance of sin destroyed man's Rest in God. However, the fall of man did not catch God off guard.

Christ was foreordained and destined for the cross from the beginning of time (1 Peter 1:20). God knew that sin would remove us from the RESTING PLACE in which God created us to enter.

But sin is no longer an issue through Christ's sacrifice therefore there still remains the promise of "Entering into God's Rest," and this is through faith in THE FINISHED WORK OF Jesus. (Hebrews 4:9)

The Word says that we who are in Christ are God's New Creation (2 Corinthians 5:17). We who are the New Creation (The New Man) are to enter into Christ "Finished Work" of redemption on the cross. Therefore, in Christ as Adam entered into God's FINISHED WORK OF CREATION, we who are in Christ are to enter into Jesus Christ FINISHED WORK of Calvary. In this blessing we can rest.

Here in lies our Sabbath Rest. It is a rest of faith in all that Christ has done for us. Christ brings us back into the presence and the fellowship of God, as well as God's full provision for all our needs. By faith in Christ complete provision has been made for our redemption (deliverance from the tyranny of Satan) and for all we will ever have need of for life and godliness. (2 Peter 1:3)

**2 Peter 1:3** According as his divine power has given to us all things that pertain to life and godliness, through the knowledge of Him that has called us to glory and virtue. By trusting in Jesus' finished work on the cross we too can enter into the rest that God desires for us. This rest in which He created Adam and Eve can be ours. Jesus is the Sabbath rest for the people of God. This truth needs to go from head knowledge to heart knowledge.

### **The Sabbath Rest for Jews under the Old Covenant:**

The Sabbath rest pointed to God as their Total Source. He was their Source of Deliverance from harsh Egyptian slavery and their ultimate Source of provision for all their needs. They were in covenant with God. They were NO LONGER SLAVES subject to forced cruel slave labor. They were required to trust God and rest in this truth.

### **The Sabbatical year for Jews under the Old Covenant:**

There was also a Sabbatical year where for one whole year the ground was not to be worked. This pointed to dependency upon God and trust in God's provision. This showed that God was their Source. They were to REST knowing that God was the ultimate Source of all Blessings and Provision. (Leviticus 25:1-7) He promised to supply 3 times the harvest in the 6th year if they obeyed and did not work the ground during the Sabbatical year! All they had to do was believe and obey God. They never believed or obeyed and suffered serious consequences.

Children of Israel at large never seemed to believe God, trust God and obey God. They actually teach us what not to do. They teach us how to stay out of the promised Rest of God.

**Romans 15:4** ESV For whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope.

The children of Israel were promised REST. They were promised a land flowing with milk and honey where they would find rest from their enemies. This Land of Canaan was promised to them and it would be their REST. REST from their enemies and the enjoyment of their own blessed land.

This promised land of REST God confirmed to them over and over again. He gave them His Word. All they had to do to enter into this REST was BELIEVE HIM and therefore act accordingly. They were to BELIEVE what He promised and OBEY. They missed out on His Rest and died in the wilderness because of their UNBELIEF.

### **God's Promised Land of Rest to Israel Was Made Clear to Them.**

**Genesis 17:8** I will always keep the promise I have made to you... **I will give** the whole land of Canaan to your family forever, and I will be their God.

**Numbers 13:1** ... The Land **I am giving** to Israel...

**Deuteronomy 6:10-12** "The LORD your God will soon bring you into the land he **swore to give you**... It is a land with large, prosperous cities that you did not build. The houses will be richly stocked with goods you did not produce. You will draw water from wells you did not dig, and you will eat from vineyards and olive trees you did not plant.

They were well aware of His Promised Land of REST filled with milk and honey. **They were promised to have that for which they did not labor for!** God would **fight their battles** and **cause them to win**. God's promise and His grace would freely be given as they **BELIEVED GOD and OBEYED HIM**.

**Joshua 1:12** The Lord your God is giving you rest and is giving you this land.

**They refused to believe God's Promise.** They walked by sight and not by faith. They lived in murmuring, complaining, fear and unthankfulness. (Numbers 13 & 14)

THEY WERE STILL SLAVES IN THEIR MINDSET. They would NOT BELIEVE GOD'S PROMISE. They did not BELIEVE GOD therefore they did not receive.

**Hebrews 3:19** So we see that because of **their unbelief** they were **not able to enter his rest**.

**Hebrews 4:1** ...the word they heard **did not profit them**, because it was **not united by faith** in those who heard.

**Hebrews 4:3** They shall not enter my rest and this He said although His works had been **completed and prepared and waiting** for all who **WOULD BELIEVE** from the foundation of the world. (Psalm 95)

**Their unbelief in GOD'S WORD and HIS PROMISE kept them out.** Unbelief, complaining, murmuring, forgetting His miraculous works, unthankfulness, looking at things in the natural and not looking to God or His promise caused them to **die in the wilderness** and **never enter into a LAND OF REST** that God had desired to give them. (Numbers 14)

God did not keep them out. They kept themselves out through UNBELIEF!

They viewed GOD MORE AS AN ENEMY similar to PHARAOH who was out to abuse them and not bless them.

**Israel's Unbelief Kept Them Out of the Promised Land of Rest.**

- **Ruled by a SPIRIT OF FEAR: This keeps us out of the Rest of God.**

**Isaiah 41:10** “So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”

**Psalms 56:3** “When I am afraid, I will put my trust in you.”

**Exodus 14:10** .... upon leaving Egypt Pharaoh and his army approached...They said to Moses... “Where their no graves in Egypt that you took us to die in the Wilderness? What is this that you have taken us out of Egypt? ...**It would have been better to serve the Egyptians than die in the wilderness.**”

● **Ruled by a SPIRIT OF COMPLAINT: This keeps us out of the Rest of God.**

**Philippians 2:14,15** Do **everything without complaining (murmuring)** or questioning [the providence of God], (or disputing) so that you may prove yourselves to be blameless and guileless, innocent and uncontaminated, children of God...

**1 Corinthians 10:10,11** And do not grumble, as some of them did—and were killed by the destroying angel. These things happened to them **as examples** and were written down **as warnings** for us...

**Exodus 15:23-24** After three days in the wilderness ...They came to Marah... The waters were bitter and could not drink them ... The People **COMPLAINED** to Moses saying, “What are we to drink?”

**Exodus 16:2-3** “The entire assembly of Israel **GRUMBLED AGAINST MOSES AND AARON** ... **“IF ONLY WE HAD DIED BY THE HAND OF THE LORD IN THE LAND OF EGYPT,** as we say there we sat around pots of meat and ate all the food we wanted, but you **have brought us out into this desert to starve this entire assembly to death.**”

**Exodus 17:1,3** The entire Israelite community left the Wilderness of Sin, moving from one place to the next according to the LORD’s command. But the people thirsted there for water, and **grumbled** against Moses. They said, **“Why did you ever bring us out of Egypt to kill us and our children and our livestock with thirst?”**

**Numbers 14:27** ”How long must I **bear with this evil congregation that murmurs against me?** I have heard the complaints of the Israelites that they murmured against me.

**EVERY DIFFICULTY LEAD THEM TO DREAD, DISTRUST, GRUMBLING AND COMPLAINING.** It never occurred to them to face the problem as an opportunity to CALL UPON THE LORD AND TRUST GOD for an answer. Thank God for Moses! They looked at God as one who was against them and not their Covenant Keeping God.

**Jeremiah 29:11** “For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.”

- **Ruled by an UNTHANKFUL SPIRIT: This keeps us out of the Rest of God.**

**1 Thessalonians 5:16-18** Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God’s will for you who belong to Christ Jesus.

**Numbers 11:4-6** Contemptible people among them had a strong craving for other food. The Israelites cried again and said, “Who will feed us meat? 5We remember the free fish we ate in Egypt, along with the cucumbers, melons, leeks, onions, and garlic. But now our appetite is gone; there’s nothing to look at but this manna!”

- **AN EVIL REPORT OF UNBELIEF** Looking only at the natural circumstances without trusting in God’s presence or His help will keep us out of God’s Rest.

**2 Corinthians 5:7** For we walk by faith, not by sight.

The land He commanded them to go in and take He had said **WAS ALREADY THEIRS!** They refused to **Walk by FAITH** but rather **Walked by SIGHT** which led them to **FEAR the situation and lose God’s promised Rest.**

Ten of the spies gave an “Evil Report of Unbelief.” Unbelief in the promises of God is evil!

**Numbers 13:27** We arrived in the land you sent us to see, and it is indeed a magnificent country - a land flowing with milk and honey. **BUT the people living there are powerful...their cities are fortified and very large...etc.**

**Numbers 13:32** The land is full of warriors, the people are powerfully built, and we saw some of the Anakim there, descendants of the ancient race of giants. **We felt like grasshoppers before them, they were so tall!**

**So the majority report of the spies who were leaders was negative and filled with fear. GOD WAS LEFT OUT OF THE EQUATION! No Rest!**

14:1 Then all the people began weeping aloud, and they carried on all night... **We wish we had died in Egypt... Jehovah will kill us there,** and our wives and little ones will become slaves. **Let’s... Return to Egypt ...**

**Numbers 14:11 ... Will they Never “Believe Me,” even after all the miraculous signs I have done among them?**

Of all those twenty years old and over when they left Egypt, only Joshua and Caleb entered the Promised Land.

## **Joshua and Caleb Did Enter God's Rest.**

**Numbers 14:24** But because my servant Caleb **has a different spirit and follows me wholeheartedly**, I will bring him into the land he went to, and his descendants will inherit it.

**Numbers 13:30** Then Caleb silenced the people before Moses and said, "We should go up and **take possession of the land, for we can certainly do it.**"

**Numbers 14:5 Joshua and Caleb said...** "The land we passed through and explored is exceedingly good. 8 If the Lord is pleased with us, he will lead us into that land, a land flowing with milk and honey, and **will give it to us.** 9 Only **do not rebel** against the Lord. And **do not be afraid** of the people of the land, because we will devour them. Their protection is gone, but **the Lord is with us. Do not be afraid of them.**"

**Over 600,000 men died in the wilderness because of their UNBELIEF. Forgetting God's miracles and goodness to them, complaining, a negative mindset, fear of the people in Canaan, fear of the future... just plain unbelief kept them from receiving God's promise of rest.**

**Hebrews 3:12** Watch out, brothers, so that there won't be in any of you an evil, unbelieving heart that departs from the living God.

**Hebrews 4:1** Therefore, while the "**Promise of Entering His Rest still holds and is offered today**" ... **let us be afraid to distrust it ...**

We are to **fear "unbelief"** which will keep us out of God's promises and His REST.

**Hebrews 4:2,3** For indeed we have had **good news preached to us**, just as they also; but **the word they heard did not profit them**, because it was not **united by faith** in **those who heard**. Now we who have **believed enter that rest...**

His ultimate fulfillment of REST is Eternal Salvation in heaven.

His present day REST is not real estate (a promise land) or just one day a week to cease from work, but a real state of heart and mind that is confident and at REST by knowing God, believing God and His Word.

**Hebrews 4:9,10... there is still awaiting a full and complete Sabbath Rest** reserved for the true people of God... for anyone who enters God's rest also rests from their works, just as God did from His.

This is not talking about a one day a week Sabbath Rest.

This Sabbath Rest today describes our relationship with God where we are RESTING in His GRACE which supplies forgiveness, healing, righteousness, provision, deliverance and provision for all we will ever need through FAITH in Jesus Christ.

We cease from our dead works, religious works and duties trying to move God's arm, or hoping to get God to do something for us. We can by FAITH RECEIVE and partake of God's bountiful provision of GRACE upon GRACE which is given to us **through faith in Christ for our every need.**

We can REST IN FAITH that Christ has already provided through the Cross what we will ever need for this life and for godliness. (2 Peter 1:3)

It is Finished! It is Complete! It is accomplished! (John 19:30) We can Rest in Faith!

**Romans 8:31,32** If God is for us, who can be against us? He who did not spare his own Son, but gave Him up for us all—how will He not also, along with Him, graciously give us all things?

We who truly believe in the finished work and provision of Christ do enter into a Sabbath Rest. Actually, Christ becomes our Sabbath Rest. Christ is our Resting Place. His Word and promises become the Resting Place for our soul.

We are to attend to God's Word. We purposefully hold on to it. We don't let it slip from our eyes, from our ears, and keep it in the midst of our heart. WE OBEY it! We walk with God and live according to His Word. (Proverbs 4:20-23) We can rest in Him and His faithfulness for all our needs.

### **I Can Rest Because I Believe.**

I rest because God loves me. ( John 3:16)

I rest because I have been redeemed with the precious blood of Jesus. (1 Peter 1:19)

I rest because I am a child of God through faith in Christ Jesus. (Galatians 3:26)

I rest because I now belong to Jesus Christ. (Romans 14:8)

I rest because He promises the Greater One is living in me. (1 John 4:4)



I rest because I am a temple of the Holy Spirit. (1 Corinthians 6:19)

I rest because He promises, "I will never leave you or abandon you." (Hebrews 13:5)

I rest because He tells me "I am with you" (Psalm 41:10, John 14:16)

I rest because He promises "I am your God" (Isaiah 41:10)

I rest because He promises "Surely I will strengthen you" (Isaiah 41:10)

I rest because He promises "I will help you and I will uphold you" (Isaiah 41:10)

I rest because my steps are ordered by the Lord. (Psalm 37:23)

I rest because I trust in Him and He directs my path. (Proverbs 3:5)

I rest because nothing can separate me from the love of God. (Romans 8:39)

I rest because He promises I am righteous, holy and without blame before God in love. (Ephesians 1:4; 1 Peter 1:16).

I rest because I am made complete in Christ. (Colossians 2:10).

I rest because In Christ I have the Source of all Wisdom, all Righteousness and all Holiness. (1 Corinthians 1:30)

I rest because it is God who is working in me giving me the desire and power to please Him. (Philippians 2:13)

I rest because I am God's workmanship. (Ephesians 2:10)

I rest because I can do all things through Christ Jesus who strengthens me. (Philippians 4:13).

I rest because I am in the Father's hands and nothing can snatch me out of them (John 10:29)

I rest because with God all things are possible. (Matthew 19:26)

I rest because I have abundant life in Christ. (John 10:10)

I rest because The Lord is my Shepherd and I shall not lack. (Psalm 23)

I rest because by His stripes I am healed. (Isaiah 53:5)

I rest because I have been redeemed from the curse of the Law. (Galatians 3:13)

I rest because all things work together for my good because I love the Lord and have been called. (Romans 8:28)

I rest because as I seek first the kingdom and His righteousness all I need will be added to me. (Matthew 6:33)

I rest because I have been blessed with everything pertaining to life and godliness. (2 Peter 1:3)

I rest because I don't have to worry about my life, what I will eat, or about my body, what I will wear. (Matthew 6:25)

I rest because I dwell in the secret place of the Most High and I abide in the shelter of the Almighty's protection. (Psalm 91:1)

I rest because the God of Peace is with me. (Philippians 4:9)

I rest as I truly believe God's Word and apply it to my life. I rest as I obey His Word. I rest as I grow in the knowledge of God. I can rest in God's love of me.

### **Apparent Contradiction: We are to labor to enter God's Rest? Work to Rest?**

**Hebrews 4:11KJB** Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief.

**Hebrews 4:11 HCS** Let us then make every effort to enter that rest, ...

**Hebrews 4:11 NASB** Therefore let us be diligent to enter that rest, ...

Entering Into God's Sabbath Rest today does not automatically happen.

The spiritual rest is ours, but God does not force it upon us. We must take it and enter that rest daily and sometimes moment by moment.

**Be diligent to enter that rest:** This shows us that the rest of faith is not passive. He gives us the means to obtain it through His Word.

**Hebrews 4:12** For the Word of God is Alive and Active..

Let us do what it takes to draw near to God. Let us cling to His Word. Meditate upon His Word. Memorize His Word. Speak His Word. Pray His Word. Have regular times of worship and daily thanksgiving. Israel did not enter because they did not believe His Word!

**Matthew 13: 12** For whoever has, to him more will be given, and he will be richly and abundantly supplied....

- The **measure of heartfelt attention**, meditation, and thought you give to the Word of God will be the measure that comes back to you **and more besides will be given to you...** of virtue and knowledge and rest, etc.

We will need to:

TAKE CAPTIVE EVERY THOUGHT TO THE OBEDIENCE OF CHRIST  
(2 Corinthians 10:5)...

CAST OUR CARES UPON THE LORD (1 Peter 5:7)

ENTER HIS GATES WITH THANKSGIVING (Psalm 100:4)

PRAY AND BE ANXIOUS FOR NOTHING ( Philippians 4: 6,7)

HOLD FAST OUR PROFESSION OF FAITH (Hebrews 10:23)

COME BOLDLY TO THE THRONE OF GRACE ( Hebrews 4:16)  
DRAW NEAR TO GOD ( James 4:8)

It takes diligences, time and effort to come into God's presence with thanksgiving; spending time worshiping God; speaking His promises; using His Word as a sword to defeat fear, worry and anxious thoughts. It takes effort to give up the things of the world to seek God and receive His Rest. It is worth the effort. It takes a spiritual effort when you have lost your job, the Dr.'s report is bad, your child is wayward to take God's Word and allow it to be your anchor in the storm and the foundation you stand on. The Rest is ours for the taking. Draw near and believe God.

SHALOM: May God grant you a full and complete knowledge of His love and His will for you as you diligently seek after Him. May you experience the Rest of God as you come to know Him better and better and trust Him more. May you find your Rest in His precious promises day by day as you closely walk with JESUS moment by moment.

Love in Christ,  
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