

Hello. / Let us begin with the fourth lecture on Hebrews. / We learned last time that those who believed entered the land of Canaan, while those who did not believe were not able to enter. / In 3:19, we see that they were not able to enter because of their unbelief. /

In verse 17, those who were not able to enter were those whose bodies fell in the desert. / The promise of God/ was that he would lead the Israelites into the land of Canaan. /

However, many of them were not able to enter, but fell in the desert. / What happened to God's promise that they would enter Canaan? / Did God's plan fail? /

Not at all. / In Exodus 19:5-6, / it says that the Israelites would be God's people if they obeyed him. / We cannot say that all Israelites are God's people. /

What we learn from Hebrews chapter 3 is that those who are saved are believers, and those who are not saved are unbelievers. / The important condition for salvation is whether one believes or not. /

Let us proceed to chapter 4. / The title for this chapter is "A Sabbath Rest." / First point, / the promise of rest. / Verses 1-3. / Second point, / various kinds of rest. / Verses 4-9. / Third point, / joy for those who enter God's rest. / Verse 10. / Fourth, / strive to enter God's rest. / Verses 11-16. /

Here, chapter 4 speaks about Christ who is superior to Joshua. / As we mentioned earlier, / even though God promised to lead the Israelites into the land of Canaan, / the promise was applied only to those who obeyed God's word. /

The gospel has the same principle. / We see in Romans 10:13, / "Everyone who calls on the name of the Lord will be saved." / When we read the word "Everyone," / we may think that every single person on this earth will be saved. /

Yet, in reality, there are many people who do not believe in Jesus. / Then we will make God a liar and God's word to be lies. / It says that everyone will be saved, but there are people who will not be saved. / However, the word "Everyone" here refers to /

“everyone” who is among God’s chosen people. / Thus, only those who believe in Jesus are saved. / If we do not continually believe, love, and obey the gospel, / we cannot have confidence in our salvation. /

We can say that we receive salvation when we continually dwell in faith in the truth. / Let’s go over this again. / We are not saved by our actions. / We are saved by faith. /

In 2 Peter 1:5-12, / there are eight virtues. / Faith, goodness, knowledge, self-control, perseverance, godliness, brotherly kindness, and love. / If we do these things, we will never fall. / Thus, verse 1 of today’s passage says, /

“Let us be careful.” / This means that among those who received the promise of Canaan, those who did not believe would not enter the land. / Those who did not enter Canaan did not believe. /

No matter how wonderful a world is before us, / we cannot enter it if we do not believe. / There are also two meanings to being careful when the verse says, “let us be careful.” / First, there are things that we must keep away. /

In Matthew 10:28, it says that / God can destroy both soul and body in hell. / Next, what we must be careful of is / shown in 1 Peter 1:17. / “Live your lives as strangers here in reverent fear.” /

When we become afraid because of sufferings and persecutions, we will walk down the path of destruction. / However, when we live as strangers and revere God, we will participate in the seat of glory. /

“Since the promise of entering his rest still stands.” / What this means is that there is a promise of salvation for those who believe in Jesus. /

However, it is also written, “let us be careful that none of you be found to have fallen short of it.” / Here, “to have fallen short” / refers to the danger of a false confession of faith. / It refers to a false confession of faith, not a true confession of faith. /

If we want the gospel of God to benefit us, / we must believe. / This is spoken of in verse 2. /  
“The message they heard was of no value to them.” / When we do not believe, the gospel is  
of no value to us. /

The Israelites fell in the desert because they did not believe. / Even the Hebrew Christians /  
faced the danger of unbelief as a result of hardships and persecutions. /

To avoid calling them faithless men who left God, / verse 1 says, “none of you.” /

Those who were not able to enter the land of Canaan, as mentioned in chapter 3, can be seen  
as unbelievers. / This is because in 3:10, / it says, “Their hearts are always going astray, and  
they have not known my ways,”/ and in 3:17, it says that their bodies fell in the desert. / In  
verse 19, they were not able to enter because of their unbelief. /

How could God’s people fail to believe and be led astray in their hearts that they do not know  
God’s ways? / In chapter 4, those who confess that they are Christians /

are called to work out their salvation with fear. / This means, do not only listen to the gospel /  
but be united with faith, so that they could enter God’s rest. / Thus, we see in verse 3, / “Now  
we who have believed enter that rest.” /

This verse quotes Psalm 95:11. / “So I declared an oath in my anger, ‘They shall never enter  
my rest.’” / Unbelievers cannot enter, / but rest from the Lord / was completed before the  
creation of the world. /

Completion of the creation of the world / refers to the Sabbath day, the seventh day of the  
week. / For six days God created,/ and he rested on the seventh day. / God did not rest  
because he was tired. /

God rested to show us an example. / God could have finished creating the universe in one  
day. / God can freely create light, humans, fish, and trees in one day. /

However, God created for six days to show us an example. / God wants us to work for six days and rest one day. / God rested, which also means that / God saw his creation and was satisfied. /

He was satisfied with his power that was evident in all creation. / Thus, we see in verse 4 / that God rested on the seventh day from doing any work. / We also see in verse 5, / “They shall never enter my rest.” /

There is rest of the seventh day, the Sabbath, and there is rest of Canaan. / The seventh day rest is God’s time of rest after he created the universe. / Next, the rest of Canaan / is the time of rest after forty years in the wilderness. /

Thus, we see in 3:18, “And to whom did God swear that they would never enter his rest if not to those who disobeyed?” / Because of the people’s unbelief, they were not able to enter the Canaan land, the rest of Canaan. /

Of course, in some way the rest that was given in Canaan symbolized the heavenly rest. / It was a model, / and the rest of Canaan is an earthly world / and an earthly inheritance. / The land was filled with enemies / and they needed to fight and drive them out. /

Thus, Joshua was not able to give them true rest. / That is why we see in verse 8, / “For if Joshua had given them rest.” / This means that Joshua was not able to give them rest. /

They were not able to enter Canaan because of their unbelief. / It says in verse 6, / “It still remains that some will enter that rest, and those who formerly had the gospel preached to them did not go in, because of their disobedience.” /

The Israelites passed through the wilderness and entered the land of Canaan after they were freed from slavery in Egypt. / This was the gospel they heard. / However, no matter how good the news was, / they did not enter because they did not believe. / Thus, verse 7 says, / “a long time later.” /

It says, “a long time later he spoke through David,” / which refers to the time from when the Israelites fell in the desert to the time when David wrote the Psalms. /

We see in Acts 13:19 / “he overthrew seven nations in Canaan and gave their land to his people as their inheritance,” and it says, “for about forty years.” / Then in verse 20, it says, “After this, God gave them judges until the time of Samuel the prophet.” /

Thus, we can say that the Psalms were written about 450 years after the Israelites fell in the desert. / Thus, the day that is called Today, when a long time later he spoke through David /

is 450 years after the time of Joshua. / This rest is not the rest given in Canaan. / Joshua was not able to give them rest. / Because Joshua could not give rest, there was another rest that remained. /

Thus we see in verse 9, / “There remains, then, a Sabbath-rest for the people of God.” / The meaning of “there remains”/ is that though all things fall away, / the Sabbath rest is unchanging and will remain. /

Even if a shadow is gone, / the reality of that shadow remains for eternity. / When Hebrew believers / left Judaism, / the problem of the Sabbath became a big problem. / How would the Sabbath be a problem when they left Judaism for Christianity? /

They must keep the Sabbath even in Christianity. / It speaks of the reason why believers must keep the Sabbath, / and verse 10 says, / “for anyone who enters God’s rest also rests from his own work, just as God did from his.” /

Jesus Christ entered that rest. / Jesus finished His redemptive work and entered the world of rest. / The rest Jesus gives us / is eternal rest in heaven.

Also, the symbol of eternal rest is the “Lord’s Day.” / We are told to keep the Sabbath Day because / first, / we must remember the creation work of God / and acknowledge the ownership he has over us since he created everything. /

Second, Christ became the model of rest in order to eternally celebrate / His completed ministry. / Jesus was a model of heaven, / which means that we enter eternal rest / when we observe the Lord’s Day on this earth. /

Thus, the seventh day rest did not give true rest, / and rest in Canaan that was centered on Joshua did not give true rest. / Thus, “Today” that was spoken through David indicates that there will be rest. /

The seventh day rest, the Canaan rest, and rest given through David are all shadows of heaven. / Today, the Lord’s Day is the day of rest, / and we must observe the Sabbath, serve God, and enjoy rest in the Lord. / It especially tells us to make every effort to enter in that rest. / Verse 11 says, / “Let us, therefore, make every effort to enter that rest.” / This means that we must continuously strive to make efforts.

Worldly people strive and they work hard. / Some work from early in the morning, / and they work hard all day to make money. / All people throughout the world work hard. / I once visited the northeastern region of China. /

On a polluted street, / many people sold goods to make money. / Some transported goods with their bikes. /

Although the work was tiring, they worked hard. / These people sweat blood and tears to earn money, / and we too must work hard to enter that rest. / To make every effort means to / stand firm in our faith in the truth / and not be shaken. /

There are two reasons for why we must make every effort. / Verse 11 says, “so that no one will fall by following their example of disobedience.” / This means that we must not enter the place of disobedience. /

God promised to give true rest. / We must fix our gaze upon that rest. / This rest refers to the perfect rest in heaven. / We must observe the model of that rest, which is the Lord’s Day. /

In the period of the Old Testament, / people kept the seventh day (Saturday) as a day of rest. / This was observed from creation until Jesus’ resurrection. / The Lord’s Day (Sunday) / was observed from Jesus’ resurrection and will be observed until His Second Coming. / The reason why we observe the first day of the week / is because this is the day Jesus resurrected, /

the day God gave his revelation, / and the day the Holy Spirit came down. / Therefore, we must keep Sundays as the Lord's Day and enjoy rest in the Lord. / The second reason why we must make every effort is / in verse 12. / It says that God's word is effective. /

"For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow." / What effects does God's word have? / It allows us to be born again. /

It revives our dead souls. / God's word works in us when we communicate with God. / God's word is effective, / and we must make every effort to enter into the world of rest. /

We talked about two reasons for why we must strive to enter in that rest. / What are the two reasons? / First, / as mentioned in verse 11, to avoid following an example of disobedience. / Second, / we are called to make every effort because God's word is effective. /

If God's word was ineffective and seemingly dead, / would there be a reason for us to follow God's word? / However, because God's promises are sincere, / we can see results when we believe and follow God's word. /

We see in verse 13, / "Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account." / Everything is laid bare, / which shows how effective God's word is. /

In verse 14, it says that Jesus is our great high priest. / In the Old Testament times, the high priest / entered into the Most Holy Place once a year. / Other priests entered in sanctuary and worshipped God daily. /

No one except the high priest could enter the Most Holy Place. / The tabernacle mentioned in Exodus / symbolized Jesus Christ. / Why was the tabernacle a symbol of Jesus Christ? / Because the Most Holy Place of the tabernacle was a place to meet God. /

Today, where can we sinners meet God? / We do not meet in the tabernacle that is like a shadow, / but we meet God in Jesus Christ, who is the true entity of the shadow. /

We see in verse 14, / “Therefore, since we have a great high priest who has gone through the heavens, Jesus the Son of God.” / We must hold firmly to the faith we profess because we have Jesus. /

Our high priest Jesus / completed redemption and entered God’s kingdom. / Therefore, we must hold firm to the faith we profess. /

Even though the Hebrew believers experienced persecutions and sufferings, / they were not to return to Judaism from Christianity. / This is because we have the true high priest. / It says, “let us hold firmly to the faith we profess.” /

It meant that no one was to leave Jesus even if there were difficulties. / What is our Jesus like? / We see in verse 15, / “For we do not have a high priest who is unable to sympathize with our weaknesses.” / Jesus can sympathize with our weaknesses. /

Jesus can sympathize / because He came down to this earth in human body, / was tempted and suffered just as we did. / Jesus understands our situations and has compassion on us. /

Jesus was tempted as we are, / but Jesus is without sin. / Because Jesus does not have any sins, He can be our true high priest. / We are now approaching eternal rest in heaven. /

The only one who will help us is Jesus our high priest. / When does the Lord help us? / Verse 16 says, / “that we may receive mercy and find grace to help us in our time of need.” /

Our Jesus helps us in our time of need. / The Lord helps us / when we are weak, / when we are tempted, / when we face hardships, / when we face great difficulties, / when we are disheartened, / and in all times. /

Because Jesus helps us at all times, / we must approach the throne of grace with confidence. / There is no set time / in approaching the throne of grace. / We can approach the throne / in the day / or in the nighttime. /

The Lord does not get sleepy, does not sleep, but waits. / He is waiting to help us. / The Lord



knows very well of our situations and concerns. / Our Jesus received great sufferings for us. /

Jesus is even praying for us right now. / Believers in the Old Testament / trusted God in times of difficulty. / Moses / trusted God when he stood before the Red Sea, / and when there was no water. /

When the Amalekites invaded, Moses went up to the mountain and cried out to God. / Moses prayed when the Israelites blamed God. / Daniel prayed with confidence when he was thrown into the lions' den. /

Hananiah, Mishael, and Azariah trusted God and received God's help when they stood before the furnace of fire. / Now we have a high priest who helps us. / We must approach the Lord, the high priest, / with confidence. /

God gives us difficulties / not to make our lives hard. / God refines us to make us people with character that God is pleased with. /

At times, God places some people in sufferings. / Sometimes, God makes people rich, / makes some sick, / and makes some die. /

However, the reason why God allows these to happen / is not to hurt them, / but to display his glory in the midst of sufferings. /

Job believed that God would make him into a man of character, as refined as gold. / Even when Job lost his inheritance / and his ten children, / he did not blame God. /

We can see through this / that God gives, / makes poor, / exalts, / humbles, / saves, / and takes away. / This is also mentioned in 1 Samuel chapter 2. /

Therefore, in times of difficulties, we must approach God our high priest who helps us. / There is a clear way we can ask for help. /

When we hold on to our faith in the midst of sufferings / in this world that is like the wilderness, / we will enter into the place of rest that God has prepared for us. / The Old Testament period had a shadow of God's rest, / but there was no true rest in the shadow. /

Therefore, eternal rest of "Today" was explained once again through David. / The "Sabbath Day" that the Hebrew believers worried about was not made invalid.

Even if they returned to Christianity from Judaism, / just as it says in 4:9, / there remains a Sabbath-rest for the people of God. / It still remains. /

We must look upon that eternal rest / and lean on Jesus who shows compassion on us. / We believers must become those who / remain and participate in eternal rest / with faith. /

With this we will conclude the fourth lecture. / Thank you very much. /