

17. God's rest occurred after the completion of creation and lasted indefinitely. God never returned to the work of creation, and we may understand that His rest still continues.
18. Believers can share in that rest, in the sense of completion, today. Anyone who responds to God's message with faith and obedience assumes Christ's yoke and enters into a "rest" relationship with God.
19. The idea of "rest" does not mean that we sit around doing nothing. It conveys the idea of our total acceptance by God and the blessing of His presence, leadership, and power in our lives.
20. When God rested on the seventh day, He celebrated the completion of His work of creation, but He did not just take a day off eternally.
21. When we enter into rest with Jesus, we will find God's presence, blessing, and peace but not a cessation from labor.
22. Our rest with God gives us new strength, but it does not introduce us into inactivity. God's salvation produces people who receive divine energy to serve, obey, and work for him.
23. A second quotation appearing in verse 5 shows that unbelievers fail to enter God's rest. This often-repeated quote comes from Psalm 95:11, and it reminds the reader of Israel's failure to enter the rest.
24. The fact the psalmist offered "rest" again shows that the idea of "rest" was not exhausted with the Israelites' occupation of Canaan.
25. Verses 6-10 reinforce truths of the previous verses.
26. First, they emphasize that God intended for someone to enter His rest. No one could frustrate His purposes.
27. Second, since the Jews of the Exodus did not enter this rest, the offer for experiencing rest is still available.
28. Third, this rest far exceeds the physical promise of entrance into the Promised Land. It includes the rest of entering God's presence through Christ and experiencing peace with Him.
29. The writer of Hebrews called his readers to continue to live by faith in Jesus and enjoy the blessings which accompany that faith.
30. Through faith in Jesus, believers today enjoy peace, joy, and fellowship with the living Lord as a part of their rest in Him.
31. This foretaste, which we now enjoy, will become a complete, unclouded experience of bliss at the time of the return of Christ.

1. Chapter 4 verse 1 is a summary of the warning that began in chapter 3 verses 7–19.
2. The passage runs as follows: God's promise still applies to us (3:13–14). Those to whom the promise was first made rebelled and were punished (3:15–19). We need to heed the warning concerning their example (4:1–11).
3. The events of the exodus generation are now applied to the readers' present situation. The true believer in Christ can fail as sadly as Israel failed in the wilderness.
4. God planned the wilderness experience for Israel as a necessary stage on the way to the Promised Land - each step in the process leading to maturity.
5. The Hebrews failed to profit from the wilderness experience - and as a result - were condemned to know nothing better than the wilderness.
6. What the wilderness was to Israel - the world is to us. God has something better for us than the present.
7. As faith was necessary to bring us into an experience of salvation - so faith is needed to bring us into the fullness that there is in Christ. (2 Corinthians 5:7)
8. It is a serious thing not to go on in the Christian life - this thought is seen throughout the entire letter. (Chapter 4:1-3)
9. As was already pointed out in reference to the Israelites, the message they heard (about rest) was of no value to them, because of their lack of faith (cf. Heb. 3:19). That is to say, through unbelief they failed to take advantage of God's offer of rest.
10. It is true that a person truly saved - cannot lose their salvation - but they can certainly lose their reward. (1 Corinthians 3:11-15)
11. The writer's concern was not about their original faith in the past, but their perseverance in it (cf. 3:6, 14).
12. Faith remains the prerequisite for entrance into rest, since it was to those who failed to exercise faith that God declared by oath they would not enter into His rest.
13. This exclusion was definitive despite the fact that this rest had been established as far back as Creation itself.
14. The issue here is not knowledge or work - but faith.
15. God has always desired for man to have rest. (v4-5)
16. Two quotes affirmed that God's rest was real and that Israel failed to enjoy that rest. First, verse 4 quotes Genesis 2:2–3 to show that God's rest was a real event.