



“There remaineth therefore a rest to the people of God.” Hebrews 4:9

Have we entered into God’s rest? What is the meaning of rest in chapter four of Hebrews. How do you define rest? The Oxford dictionary defines it as ceasing work or movement in order to relax, refresh oneself, or recover strength. When a person becomes weary from work, household tasks, finances, taking care of others and projects, then it’s time to stop all activity. Somehow, we become obsessed, and so busy that we forgot the meaning of resting. I have been accused of this myself, so stopping to refocus can help us find the reason for not entering His rest.

Entering His rest is abiding in the vine. Who is the vine? The vine is Jesus. Let us look at the following verse.

Come unto me, all ye that labor and are heavy laden, and I will give you rest. Matthew 11:28

Jesus said to come unto him and He will give you rest. Rest from your labor, rest from your burden, rest from what ails you, and even rest for you soul. Jesus is the one who will give us rest. Jesus ministry as the High Priest will give us rest and service to all who need His help. Jesus is meek and lowly in heart, and we shall find rest unto our souls, [see Matthew 11:29]. The son of man is Lord even of the sabbath day, [Matthew 12:8]. Wow! Who would have thought that He is Lord of the sabbath day. The sabbath day is a day of rest. Resting from work and remembering The Lord and worshipping Him. This is important to do in order to stay connected with God.



Staying connected with God gives us His peace and rest. Let's look at the tenth verse of Hebrews chapter four.

For he that is entered into his rest, he also hath
ceased from his own works, as God did from his.
Hebrews 4:10

Have you ceased from your own works like God? Who would have thought that God had to rest from his own works. However, this verse is given as an example of being at rest and do nothing. Just think about the gardeners who work at creating an oasis or place to rest and never taking that rest to sit and enjoy it. How about that rest stop when traveling on vacation? Some of us truly need that rest stop. That rest is to be a blessing for all of us and not just the few of us. Some of us find it hard to rest and be at peace. Rest gives us time to restore and revive the body, mind, and soul from various tasks. It is taking a break from normal activities such as having a pizza night and giving mom a break from cooking.

Failure to enter His rest is due to unbelief, a hardened heart, and disobedience to His will. Let us not fall short of entering His rest. Let us not just hear or listen to the word only but believe in it. Just listening to it will not profit us if we do not believe in the word.

For unto us was the gospel preached, as well as
unto them: but the word preached did not profit
them, not being mixed with faith in them that
heard it. For we which have believed do enter into



rest, as he said, As I have sworn in my wrath, if they shall enter into my rest: although the works were finished from the foundation of the world.

Hebrews 4:2-3

Faith must be active when reading the word of God. This means one must believe in order to enter into God's rest. We do not have to work for our salvation or healing, yet healing is seldom sought after even though it is provided for under the blood of Christ. I have heard God's voice to rest and let him do the work in regard to a difficult situation or healing. We must get to that place of rest where we cease from our works and let God do the work in Jesus' name. We need to put to rest our work and let God do the work in our own hearts. All things are naked and opened unto the eyes of the Lord, [see Hebrew 4:13].

We have nothing to lose but our own self-will. Let us labor to enter His rest unless we fall into unbelief. Christ is our perfect work of redemption and therefore we either believe it or not. If Jesus is our profession, then let us believe the word and enter into His rest. Let us enter our physical, social, and spiritual rest in the Lord. Our physical rest by believing He will heal us. Our social rest for He will give us rest from all our enemies. And our spiritual rest which is the promised rest here on earth and in heaven as children of God.

You can enter the sabbath day every day by taking time out to read His word and pray. This is how we stay connected in the vine and learn about Jesus.

“Take my yoke upon you and learn of me; for I am meek and lowly in heart: and ye shall find rest



unto your souls.” Matthew 11:29

We have an high priest who is touched with the feeling of our infirmities and was tempted like us but without sin [see Hebrews 4:15]. We can boldly come in prayer and lay our petitions before Him. Keep your fellowship open with the Lord and you will be resting in the grace of the Lord.

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