

# PROMISE CHASERS

## NOTES

### PART 3 "THE PROMISE OF REST"

## Focus Scripture

**2 Corinthians 1:18-22 New International Version**

**18** But as surely as God is faithful, our message to you is not “Yes” and “No.” **19** For the Son of God, Jesus Christ, who was preached among you by us—by me and Silas[c] and Timothy—was not “Yes” and “No,” but in him it has always been “Yes.” **20** For no matter how many promises God has made, they are “Yes” in Christ. And so through him the “Amen” is spoken by us to the glory of God. **21** Now it is God who makes both us and you stand firm in Christ. He anointed us, **22** set his seal of ownership on us, and put his Spirit in our hearts as a deposit, guaranteeing what is to come.

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Hebrews 4:4-9 New King James Version

#### The Promise of Rest

4 Therefore, since a promise remains of entering His rest, let us fear lest any of you seem to have come short of it. 2 For indeed the gospel was preached to us as well as to them; but the word which they heard did not profit them, [a]not being mixed with faith in those who heard it.3 For we who have believed do enter that rest, as He has said: “So I swore in My wrath, ‘They shall not enter My rest,’ ” although the works were finished from the foundation of the world. 4 For He has spoken in a certain place of the seventh day in this way: “And God rested on the seventh day from all His works”; 5 and again in this place: “They shall not enter My rest.” 6 Since therefore it remains that some must enter it, and those to whom it was first preached did not enter because of disobedience, 7 again He designates a certain day, saying in David, “Today,” after such a long time, as it has been said: “Today, if you will hear His voice, Do not harden your hearts.” 8 For if [b]Joshua had given them rest, then He would not afterward have spoken of another day. 9 There remains therefore a rest for the people of God. 10 For he who has entered His rest has himself also ceased from his works as God did from His.

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Hebrews 4:9-11 Amplified Bible

9 So there remains a [full and complete] Sabbath rest for the people of God. 10 For the one who has once entered His rest has also rested from [the weariness and pain of] his [human] labors, just as God rested from [those labors uniquely] His own. 11 Let us therefore make every effort to enter that rest [of God, to know and experience it for ourselves], so that no one will fall by following the same example of disobedience [as those who died in the wilderness].

### Point #1

### You have to EXIT TO ENTER...

- Hebrew: The word for “rest” is נַחַח (nuach), Pronounced "NUCH" which conveys the ideas of ceasing from labor, settling down, being quiet, and experiencing inner peace<sup>1</sup>.
- Greek: The word used in the New Testament is κατάπαυσις (katapausis), which refers to a cessation or a stopping of activity. It is often associated with the rest God provides, which can be a physical cessation of work as well as a spiritual state of rest and refreshment<sup>2</sup>.

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**Hebrews 4:9-11 New Living Translation**

**9** So there is a special rest still waiting for the people of God.**10** For all who have entered into God's rest have rested from their labors, just as God did after creating the world.**11** So let us do our best to enter that rest. But if we disobey God, as the people of Israel did, we will fall.

**Hebrews 4:1 New Living Translation:** "God's promise of entering his rest still stands, so we ought to tremble with fear that some of you might fail to experience it."

**Hebrews 4:1 Amplified Bible:** "Therefore, while the promise of entering His rest still remains and is freely offered today, let us fear, in case any one of you may seem to come short of reaching it or think he has come too late."1

**Matthew 11:28-30 The Passion Translation:**

"Are you weary, carrying a heavy burden? Then come to me. I will refresh your life, for I am your oasis. Simply join your life with mine. Learn my ways and you'll discover that I'm gentle, humble, easy to please. You will find refreshment and rest in me. For all that I require of you will be pleasant and easy to bear."

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#### Point #2 THERE ARE LEVELS & LAYERS OF GRACE...

Hebrews 4:1 The Message

"For as long, then, as that promise of resting in him pulls us on to God's goal for us, we need to be careful that we're not disqualified. We received the same promises as those people in the wilderness, but the promises didn't do them a bit of good because they didn't receive the promises with faith."

#### Point #3 WE MUST LEARN TO TAKE "REST" —> "ROOM" BREAKS..

Psalm 62:5-7 New International Version

"Yes, my soul, find rest in God; my hope comes from him. Truly he is my rock and my salvation; he is my fortress, I will not be shaken. My salvation and my honor depend on God; he is my mighty rock, my refuge."

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#### Numbers 20 New Living Translation

##### Moses Strikes the Rock

20 In the first month of the year,<sup>[a]</sup> the whole community of Israel arrived in the wilderness of Zin and camped at Kadesh. While they were there, Miriam died and was buried.

2 There was no water for the people to drink at that place, so they rebelled against Moses and Aaron.<sup>3</sup> The people blamed Moses and said, "If only we had died in the Lord's presence with our brothers!<sup>4</sup> Why have you brought the congregation of the Lord's people into this wilderness to die, along with all our livestock?<sup>5</sup> Why did you make us leave Egypt and bring us here to this terrible place? This land has no grain, no figs, no grapes, no pomegranates, and no water to drink!"

6 Moses and Aaron turned away from the people and went to the entrance of the Tabernacle,<sup>[b]</sup> where they fell face down on the ground. Then the glorious presence of the Lord appeared to them,<sup>7</sup> and the Lord said to Moses,<sup>8</sup> "You and Aaron must take the staff and assemble the entire community. As the people watch, speak to the rock over there, and it will pour out its water. You will provide enough water from the rock to satisfy the whole community and their livestock."

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9 So Moses did as he was told.

He took the staff from the place where it was kept before the Lord.<sup>10</sup> Then he and Aaron summoned the people to come and gather at the rock. "Listen, you rebels!" he shouted. "Must we bring you water from this rock?"<sup>11</sup> Then Moses raised his hand and struck the rock twice with the staff, and water gushed out. So the entire community and their livestock drank their fill.

<sup>12</sup> But the Lord said to Moses and Aaron, "Because you did not trust me enough to demonstrate my holiness to the people of Israel, you will not lead them into the land I am giving them!"<sup>13</sup> This place was known as the waters of Meribah (which means "arguing") because there the people of Israel argued with the Lord, and there he demonstrated his holiness among them.

Matthew 11:28-30

New King James Version

28 Come to Me, all you who labor and are heavy laden, and I will give you rest.<sup>29</sup> Take My yoke upon you and learn from Me, for I am [a]gentle and lowly in heart, and you will find rest for your souls.<sup>30</sup> For My yoke is easy and My burden is light."