

The Soul at Rest: *Let Us Fear*
Hebrews 4:1-6

Hebrews 4 is about the *rest* that comes to the soul through faith in the person and work of Christ. **Rest** is used ten times in Hebrews 4 and means to cease from work, to be at peace, and to relax. The seventh day of Creation, the Sabbath of Israel, and the land of Canaan are all types of Christ. “Is your soul at rest? Is your soul filled with peace and relaxation?” This is an important subject.

“**Let us fear ... lest we come short of rest**” (4:1); “**Let us labor to enter that rest**” (4:11); “**Let us hold fast our profession**” to claim our rest (4:14); “**Let us draw near**” to deepen our rest (4:16).

Why fear? Doesn't the Bible teach us that God does not give us a spirit of fear? Yes it does, but:

I. To have a soul at rest and peace is a great treasure ...

“*Therefore, let us fear, if while a promise remains of entering His rest, (we) come short of it.*”

There is a fear that is unhealthy (*desodemoni*; translated “superstitious” in Acts 17:22), but there is a fear that is healthy (“*The beginning of wisdom is to fear the Lord*” Proverbs 1:7). The fear mentioned in this verse is one of healthy concern, watchfulness, or maybe jealousy. It is an attitude of “I am NOT going to lose this, or mess this up, or blow this opportunity.”

The soul at rest is the best treasure you could ever hope to have in this life for three reasons.

A. You are free ... when you are at rest there is no bondage, no discomfort, no tightness.

Legalism is a noose that strangles the soul. God's grace in Jesus Christ sets you free.

B. You are fulfilled ... when you are at rest you are in need of nothing. You have it all.

“*We've been blessed with every spiritual blessing in the heavens in Christ*” (Eph. 1:4).

C. You are fearless ... there is no anxiety over death, no dread of condemnation, no sense of regret. You are at ease with God, relaxed in Christ, and at peace with yourself.

II. To have a soul at rest and peace comes through great trials ...

Most think that to be at peace or to be at a place of inner rest requires good circumstances.

That is not the case. The example that the writer of Hebrews gives is the nation of Israel.

They were in the midst of very difficult circumstances in Egypt and the Sinai Desert. God told the Hebrews to trust Him. He gave them “good news” (the gospel), but “*the word they heard did not profit them, because it was not united by faith in those who heard*” (Heb. 4:2).

The greatest disobedience you and I can have toward God is to distrust His good word to us.

A refusal to trust causes you to fall short of rest. “*Come to me ... and I will give you rest.*”

Come to me for your right standing ... Come to me for your blessings ... Come to me for your acceptance ... Come to me for your cleansing ... Come to me for your status ... Come to me for your rewards ... Come to me and trust. Cast off self-righteousness like filthy rags.

III. To have a soul at rest and peace becomes a great testimony ...

“*The just shall live by faith*” (Romans 1:17). The unrighteous shall live by sight. The more you look at your circumstances to gauge the love of God, the less you are living by faith.

A soul's rest will only come when you hear the Word of God, and mix the truth with faith.

The wonderful thing about a soul at rest is that you don't measure your contentment based upon anything but the faithfulness of God to be good to sinners who embrace His Son.