

**For Note-Takers: Underline any words or phrases which stand out to you. Circle words or phrases that you have a question about.**

1. Jesus taught that in order to enter into God’s final Sabbath rest and inherit eternal life, we must love God with all our heart, soul, strength, and mind and love our neighbor as ourselves. Salvation is through faith alone in what Jesus has done in His life, death, and resurrection, but the fruit of that salvation will be authentic love for God and for our neighbor. It is through the work of the Holy Spirit in our hearts that we will produce that fruit and enter Heaven where we find our ultimate Sabbath rest in Christ.
  2. The Holy Spirit, through King David, says that if “today” we hear Christ’s voice, we must not harden our hearts like Israel did after they left Egypt. Israel put God to the test, though they had seen His wondrous works for forty years. Israel had every reason to trust God because of His faithfulness, but they provoked God’s displeasure again and again through their disobedience and lack of faith in Him. Their hearts went astray, and they did not know His ways. After God had showed much patience when their hearts rebelled against Him, God swore in His wrath that they would not enter His final Sabbath rest.
  3. The Holy Spirit gives us a strong warning that if there is in any of us an evil, unbelieving heart, then we could fall away from our profession of faith in Christ. We must encourage each other every day, “today”, to not allow ourselves to be hardened by the deceitfulness of sin. Because if we are holding onto the confidence in Christ that we professed from the beginning, then we are truly sharing in His promise. We must hear Christ’s voice “today” and not harden our hearts like Israel did when they rebelled against God.
  4. The people of Israel who heard God’s promise of the Sabbath rest and rebelled against Him were the same people that God had brought from Egypt so that they might receive it. They continued to provoke God through their disobedience for forty years. The ones whom God said would not enter His Sabbath rest were the ones who sinned in their hearts. They did not enter His rest because they did not believe in God’s faithfulness. Because of their unbelief, they did not trust Him and obey His commands. Thus, God swore that they would not receive His promise and they all died without ever entering His Sabbath rest.
  5. God’s promise of a Sabbath rest for the people of God still stands, but we should fear the possibility of failing to reach God’s rest like Israel failed. They failed to reach the promised Sabbath rest even though they received the same message of good news that we have received now. They did not receive these promises because they did not unite through faith with those who heard this message and believed. God has finished preparing His Sabbath rest at the foundation of the world. Though it was already prepared for Israel, in His wrath God swore that they would not enter it because of their unbelief.
  6. God’s Word tells us He rested on the seventh day from all His works. Thus, we know that God’s rest is already prepared for His people. Yet some who said they are His people have failed to enter the rest that God prepared. God’s judgment is that they will never enter it. These people received the good news of His promise, but were not able to enter His promise because of their disobedience. But through King David, in Psalm 95, God appointed a new day to enter His Sabbath rest, “today”. If we hear Christ’s voice in His Word, then “today” we should not harden our hearts like the people of Israel did.
  7. Even after the generation who had disobeyed God died in the desert under His judgment, the people of Israel did not receive His ultimate promise of a Sabbath rest. Joshua did lead Israel into the promised land, but there remains a physical and spiritual Sabbath rest for the people of God. Whoever finally enters their rest in Christ will rest as God Himself rests. The promise of a Sabbath rest in Heaven remains unfulfilled for His people. The promise of eternal life and an end to disobedience and sin has yet to come. We must strive, through faith in Christ and obedience to His Word, to enter this Sabbath rest, not falling into God’s wrath because of disobedience like the people of Israel did.
- “The Father, through His Spirit, appoints a certain day, “Today,” saying in the words already quoted, “Today, if you hear Christ’s voice, do not harden your hearts.”**
- (Paraphrase of Hebrews 4:7)**
8. We strive together to enter God’s rest through obedience by the power of His Word. His Word is a living force through the power of the Holy Spirit that is active in our hearts as we hear, read, and study it. The Word of God is able to cut away our sin as a heavy

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two-edged sword would and pierce our hearts with conviction. As we meditate on and understand His Word with our thoughts, the Spirit gives us discernment of the deeper intentions of our hearts. Nothing in our hearts is hidden from the Spirit as His Word causes us to be naked and exposed to the eyes of Christ. Through His Word, Christ will hold us all accountable for everything in our hearts and lives.

9. God’s Word is given to us for the profit of our souls. There is only one way we can be complete and equipped to do every good work that we need to do. This way is to be taught the Word, reproved by the Word, corrected by the Word, and trained in the righteousness of the Word. That is why the pastor is charged to preach by the Spirit, in the presence of the Father, and of Christ Jesus. Christ is the judge of the living and the dead and the One who will appear and establish His Kingdom. The pastor must be ready always to reprove, rebuke, and encourage from the Bible with great patience as they teach the truth.
10. The Holy Spirit warned of a time when people in the church at large would reject sound teaching. Their itching ears would set themselves up with teachers that had teachings that were not from God’s Word. They would desire to listen to anything other than the truth. They would prefer myths, or stories that are not God’s truth from His Word, over the truth in the Bible. These people are like those in Israel who tested God and failed to believe His Word. They reject His promises and His Gospel. They do not believe what He says and obey it. God. In His wrath, He will not allow them to enter His Sabbath rest.

**“There remains a Sabbath rest for the people of God. Let us strive to obey God and enter that rest, so that no one may fall into the same type of disobedience as Israel did when they did not believe His Word.**

**(Paraphrase of Hebrews 4:9,11)**

11. The people of God have a high priest, Jesus, the Son of God, who provides the forgiveness of our sin that we need in Him. That is what a high priest does. Jesus enters the presence of the Father to advocate His righteousness for our sake. He has experienced our

weaknesses, being tempted as we are, but He is without sin. Jesus is the Lord of the Sabbath, God in human flesh, who provides for us mercy and grace in our time of need. If we cling to His mercy and grace which comes from His throne, then we hold fast our confession of faith and do not fall into disobedience. His Sabbath rest is “today” if we will not harden our hearts.

#### **Application #1**

Two weeks ago, we saw from the Old Testament that God rested on the seventh day to create a Sabbath rest for His people. The true purpose of that Sabbath rest was so that His people could rest in His provision on the Sabbath day. Those who rejected God’s provision sinned and faced terrible judgment.

#### **Application #2**

We saw last week from the Gospels that Jesus lived on the Sabbath day and we saw that it is not a day for providing for yourself, but instead a day to obey God by loving Him and others. Christians work with Christ to provide mercy and love to others on the Sabbath day and every day.

#### **Application #3**

This week we learned that we are to believe His Word, and through the power of His Word, strive to obey Him “today”. For “today” is the day to enter God’s Sabbath rest.

#### **Application #4**

Obedience to God’s Word is summed up in loving Him with all our heart, soul, mind, and strength and loving our neighbors the way we do ourselves. This is achieved through faith, or trust, in Jesus Christ as we see His Gospel work in the Word of God.

#### **Application #5**

In conclusion, the Sabbath day, “today”, is for the purpose of receiving God’s provision in Christ and working to provide for others in Christ, in obedience to His Law.

**Luke 10:25-28**

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<sup>25</sup> And behold, a lawyer stood up to put him to the test, saying, “Teacher, what shall I do to inherit eternal life?” <sup>26</sup> He said to him, “What is written in the Law? How do you read it?” <sup>27</sup> And he answered, “You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and your neighbor as yourself.” <sup>28</sup> And he said to him, “You have answered correctly; do this, and you will live.”

### **Hebrews 3:7-11**

(Quoted from Psalm 95:7-11)

<sup>7</sup> Therefore, as the Holy Spirit says, “Today, if you hear his voice, <sup>8</sup> do not harden your hearts as in the rebellion, on the day of testing in the wilderness, <sup>9</sup> where your fathers put me to the test and saw my works for forty years. <sup>10</sup> Therefore I was provoked with that generation, and said, ‘They always go astray in their heart; they have not known my ways.’ <sup>11</sup> As I swore in my wrath, ‘They shall not enter my rest.’”

### **Hebrews 3:12-15**

<sup>12</sup> Take care, brothers, lest there be in any of you an evil, unbelieving heart, leading you to fall away from the living God. <sup>13</sup> But exhort one another every day, as long as it is called “today,” that none of you may be hardened by the deceitfulness of sin. <sup>14</sup> For we have come to share in Christ, if indeed we hold our original confidence firm to the end. <sup>15</sup> As it is said, “Today, if you hear his voice, do not harden your hearts as in the rebellion.”

### **Hebrews 3:16-19**

<sup>16</sup> For who were those who heard and yet rebelled? Was it not all those who left Egypt led by Moses? <sup>17</sup> And with whom was he provoked for forty years? Was it not with those who sinned, whose bodies fell in the wilderness? <sup>18</sup> And to whom did he swear that they would not enter his rest, but to those who were disobedient? <sup>19</sup> So we see that they were unable to enter because of unbelief.

### **Hebrews 4:1-3**

<sup>4</sup> Therefore, while the promise of entering his rest still stands, let us fear lest any of you should seem to have failed to reach it. <sup>2</sup> For good news came to us just as to them, but the message they heard did not benefit them, because they were not united by faith with those who listened. <sup>3</sup> For we who have believed enter that rest, as he has said, “As I swore in my wrath, ‘They shall not enter my rest,’” although his works were finished from the foundation of the world.

### **Hebrews 4:4-7**

<sup>4</sup> For he has somewhere spoken of the seventh day in this way: “And God rested on the seventh day from all his works.” <sup>5</sup> And again in this passage he said, “They shall not enter my rest.” <sup>6</sup> Since therefore it remains for some to enter it, and those who formerly received the good news failed to enter because of disobedience, <sup>7</sup> again he appoints a certain day, “Today,” saying through David so long afterward, in the words already quoted, “Today, if you hear his voice, do not harden your hearts.”

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word; be ready in season and out of season; reprove, rebuke, and exhort, with complete patience and teaching.

### **Hebrews 4:8-11**

<sup>8</sup> For if Joshua had given them rest, God would not have spoken of another day later on. <sup>9</sup> So then, there remains a Sabbath rest for the people of God, <sup>10</sup> for whoever has entered God’s rest has also rested from his works as God did from his.

<sup>11</sup> Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience.

### **Hebrews 4:12-13**

<sup>12</sup> For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. <sup>13</sup> And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account.

### **2 Timothy 3:16-4:2**

<sup>16</sup> All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, <sup>17</sup> that the man of God may be complete, equipped for every good work. **4** I charge you in the presence of God and of Christ Jesus, who is to judge the living and the dead, and by his appearing and his kingdom: <sup>2</sup> preach the

**“All the Bible is God’s Words spoken from His own mouth, but the time is coming when people will not listen to His Words, but instead ask for teachers who will teach what their own evil hearts desire to hear.”**

**(Paraphrase of 2 Timothy 3:16,4:3)**

### **2 Timothy 4:3-4**

<sup>3</sup> For the time is coming when people will not endure sound teaching, but having itching ears they will accumulate for themselves teachers to suit their own passions, <sup>4</sup> and will turn away from listening to the truth and wander off into myths.

### **Hebrews 4:14-16**

<sup>14</sup> Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. <sup>15</sup> For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. <sup>16</sup> Let us

Pastor Richard Schwartz  
“A Sabbath Day ‘Today’ for the People of God”  
Genesis 2:2-3 and Hebrews 3:7-4:16

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then with confidence draw near to the throne of grace, that we  
may receive mercy and find grace to help in time of need.