

Sabbath-Rest

Scripture Reading — Hebrews 4:1-11

There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his. — Hebrews 4:9-10

Vacations are often a source of rest for many people. They are something that we long for -after many months of hard work.

Each week we need a time of rest too. Earlier this month we spoke of God's rest on the seventh day when he completed the work of creation. That set a pattern for us that is worth keeping. In the midst of our busy lives each week, it is good to take a day to rest from our work, to take time to worship and honor God, and to give to and share with others, especially people who are in need.

The author of Hebrews points out that the promise to enter God's rest still stands. So, for all of us, this remains something to strive for and long for.

Echoing the warning signs mentioned earlier, Hebrews notes that some of God's people hardened their hearts and refused to trust in God, so they did not enter his rest. Nevertheless, the promise of entering God's rest is still there.

The promise is for *everyone* who believes in the good news of Jesus Christ. Entering God's rest is something we may long for and desire. It is even something we can begin to enjoy in Christ now, and we are promised that it will be complete when Jesus comes again.

This is not a call to stop all of our activity and our work. Instead, it is a call to continue believing in Christ, knowing that through him we will enter God's promised rest and live with him forever.

Prayer

Lord God, help us to find true rest in you. Amen.

Devotion topics: [Rest](#), [Sabbath](#), [Bible](#), [Books of the Bible](#), [Hebrews](#)

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