The Rest

 Level 4 Lesson 117

* **Introduction**

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

*Mat 11:29 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.*

*Mat 11:30 For my yoke is easy, and my burden is light.*

Have you ever felt just worn out? Have you ever felt like you were boxed in a corner with no way out? Have you ever felt something very heavy just pushing your spirit down? I suppose most of us have walked in those shoes. But, what should we do to get out of this predicament?

* **Lesson**

First of all, what is “the rest”? The book of Hebrews takes us back to the lesson of the Israelites in the wilderness. They refused to believe God when He tried to lead them to the land of rest. The Book of Hebrews warns us to not let the same thing happen to us.

*Heb 3:7 Wherefore (as the Holy Ghost saith, To day if ye will hear his voice,*

*Heb 3:8 Harden not your hearts, as in the provocation, in the day of temptation in the wilderness:*

*Heb 3:9 When your fathers tempted me, proved me, and saw my works forty years.*

*Heb 3:10 Wherefore I was grieved with that generation, and said, They do alway err in their heart; and they have not known my ways.*

*Heb 3:11 So I sware in my wrath, They shall not enter into my rest.)*

*Heb 3:12 Take heed, brethren, lest there be in any of you an evil heart of unbelief, in departing from the living God.*

*Heb 3:13 But exhort one another daily, while it is called To day; lest any of you be hardened through the deceitfulness of sin.*

*Heb 3:14 For we are made partakers of Christ, if we hold the beginning of our confidence stedfast unto the end;*

*Heb 3:15 While it is said, To day if ye will hear his voice, harden not your hearts, as in the provocation.*

*Heb 3:16 For some, when they had heard, did provoke: howbeit not all that came out of Egypt by Moses.*

*Heb 3:17 But with whom was he grieved forty years? was it not with them that had sinned, whose carcases fell in the wilderness?*

*Heb 3:18 And to whom sware he that they should not enter into his rest, but to them that believed not?*

*Heb 3:19 So we see that they could not enter in because of unbelief.*

When God told them to enter into the Promise Land, they came up with many reasons as to why they could not take the land. We are told that we do not have to struggle with the things of this world. He promises us that He will carry our burdens…but we ignore Him and think that we know better. This type of thinking shows a lack of faith in what God says.

*Heb 4:1 Let us therefore fear, lest, a promise being left us of entering into his rest, any of you should seem to come short of it.*

*Heb 4:2 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.*

*Heb 4:3 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.*

*Heb 4:4 For he spake in a certain place of the seventh day on this wise, And God did rest the seventh day from all his works.*

*Heb 4:5 And in this place again, If they shall enter into my rest.*

*Heb 4:6 Seeing therefore it remaineth that some must enter therein, and they to whom it was first preached entered not in because of unbelief:*

*Heb 4:7 Again, he limiteth a certain day, saying in David, To day, after so long a time; as it is said, To day if ye will hear his voice, harden not your hearts.*

*Heb 4:8 For if Jesus had given them rest, then would he not afterward have spoken of another day.*

*Heb 4:9 There remaineth therefore a rest to the people of God.*

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

*Heb 4:11 Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief.*

On the seventh day God rested from His works.

The Children of Israel were commanded to rest from their works on the seventh day. (Sabbath day)

God wanted to take His children into the Land of Promise to rest from their slavery in Egypt.

The New Testament God has given us a new promise. We can rest from the works of our flesh. We can enter into the rest of the Holy Ghost. Will we miss our rest? Do we believe God when He tells us that He has a better way for us?

*Pro 13:15 Good understanding giveth favour: but the way of transgressors is hard.*

There is no way around it; nothing good can come from going against God. Why would we choose a hard life?

 Isaiah prophesied many years ago:

*Isa 28:9 Whom shall he teach knowledge? and whom shall he make to understand doctrine? them that are weaned from the milk, and drawn from the breasts.*

*Isa 28:10 For precept must be upon precept, precept upon precept; line upon line, line upon line; here a little, and there a little:*

*Isa 28:11 For with stammering lips and another tongue will he speak to this people.*

*Isa 28:12 To whom he said, This is the rest wherewith ye may cause the weary to rest; and this is the refreshing: yet they would not hear.*

When you receive the Holy Ghost speaking in other tongues as the Spirit gives the utterance, you are entering in to the New Testament rest. It is our Sabbath. We are to rest from our sinful works. The Holy Ghost helps us to do that. It is impossible to do so without the Holy Ghost.

*Joh 7:37 In the last day, that great day of the feast, Jesus stood and cried, saying, If any man thirst, let him come unto me, and drink.*

*Joh 7:38 He that believeth on me, as the scripture hath said, out of his belly shall flow rivers of living water.*

*Joh 7:39 (But this spake he of the Spirit, which they that believe on him should receive: for the Holy Ghost was not yet given; because that Jesus was not yet glorified.)*

A true believer will enter the rest of the Holy Ghost with the evidence of speaking with other tongues. That Holy Ghost will flow out of a believer like a river. That is how you know if you are a true believer.

*Rom 8:1 There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.*

No shame, no guilt, and no condemnation are just some of the rewards for entering into the “Rest.”

If we begin to feel less “ rest,” we just need to let the river of the Holy Ghost flow out of us by truly repenting of our sins.