

# Delightful Discoveries in Prayer

Prayer Lessons in Creation

From material by Glenn & Ethyl Coon

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

## Lesson 13: Entering into His Rest

"Safely through another week  
God has brought us on our way;  
Let us now a blessing seek,  
Waiting in His courts today;  
Day of all the week the best,  
Emblem of eternal rest."

"There remaineth therefore a rest to the people of God. For he that is entered into his rest, he also hath ceased from his own works, as God did from his. Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief." Hebrews 4:9 to 11.

Nine times in all, the word "rest" appears in the 4th chapter of Hebrews. It is interesting to see the original words from which the word "rest" comes, as it appears in our English translation of Hebrews, chapter 4. There are three original words, although two come from the same root.

The word "rest" appearing in verses 1, 3, 5, 10, and 11; comes from the original Greek word "katapausis," "A place of resting down." The word "rest" found in verse 7, comes from a similar word, "To rest down, or thoroughly cease." But the word "rest" found in Hebrews 4:9, comes from the original word "sabbatismos"; "A Sabbath rest."

So we have a 7th day in verse 4, and we have a Sabbath rest in verse 9. It is a Sabbath rest. It does remain. It is for the people of God. It appears the Lord wants us to mix His promises with faith, and find a resting place in Him. He wants us to thoroughly cease from our own works, and enter into His Sabbath rest every seventh day.

The only way for a person to be able to truly keep the 7th day, is to find a "resting place" in Jesus. There is no Sabbath rest, except as we rest in Him.

But some may question, "If the only way to find true Sabbath rest is by finding Christ as a resting place, how do you explain the fact that the Jewish nation in Christ's day were all Sabbathkeepers, yet they rejected Christ?"

Simply stated, the answer is this: They did not truly keep the Sabbath! They were Sabbath assenters; that is, they assented to the day being the right day to keep. They even argued in detail, and at great length, about what should be done, and what should not be done on the Sabbath day. They went so far as to condemn Jesus Himself, claiming that He broke the Sabbath day. Jesus made plain to them that He was keeping the Sabbath, but it was they themselves who were breaking it.

Jesus said to them, "None of you keepeth the law." He was telling them that if they were so very strict and particular about keeping the law, as they professed to be, "Why go ye about to kill me?" John 7:19. They were 'legalists'; they argued at great length over minute details, but they did not have the Spirit of

## Prayer Lessons in Creation

Christ. "The letter killeth, but the spirit giveth life." 2 Corinthians 3:6. "Now if any man have not the Spirit of Christ, he is none of his." Romans 8:9.

No one is a Sabbath keeper, in the true sense of the word, until that one has come to the Lord and found a resting place where he can lay his burden down. Paul said, "the law is spiritual: but I am carnal." Romans 7:14. And then he added, "sold under sin."

A carnal man, an unholy man, can not keep a holy day. The Creator must first change his heart. The Sabbath is the sign that God can sanctify us. Not until a person has been made holy, can he keep a holy day. "The carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be." Romans 8:7.

This is the significance of the text in Hebrews 4:9: "There remaineth therefore a rest [margin, Or keeping of a Sabbath] to the people of God." Only those who are "people of God" can keep God's holy day "in spirit and in truth."

Jesus told the Jews who were hounding His steps, "None of you keepeth the law. Why go ye about to kill me?" Jesus stated in the Sermon on the Mount that the hateful thought is actually breaking the sixth commandment. It is murder! So the thought of malice breaks God's law. I believe from this, that every person should be careful to do all within his power, before each Friday evening rolls around, to settle all misunderstandings; that is, if it is at all possible. This is one of the necessary preparations in order to truly keep God's day. Unless he has found a resting place for his animosities; unless he brings his burden of sin to Jesus, he is, at best, only a Sabbath assenter, or a Sabbath arguer; he is not a Sabbath keeper.

The way to be a true Sabbath-keeper is to find a resting place in Jesus, our Creator and Redeemer, relaxing completely in the Lord. He made something out of nothing at creation's dawn. He is "the same yesterday, and to day, and for ever." Hebrews 13:8. He can make something out of our nothingness today!

"I heard the voice of Jesus say,  
"Come unto Me and rest;  
Lay down, thou weary one, lay down  
Thy head upon my breast."

"I came to Jesus as I was  
Weary, and worn, and sad;  
I found in Him a resting place,  
And He has made me glad."

## Review Questions

Note: Be free to pencil check lightly answers to the following, which you think are correct.

1. "There remaineth therefore a rest to:" (a) people who follow others' religious teaching, \_\_\_\_ (b) people who find it embarrassing to turn from what they have been taught all their lives, \_\_\_\_ (c) the people of God. \_\_\_\_ . Heb. 4:9.
2. "For he that is entered into his rest, he also hath ceased from:" (a) walking in the light God sends \_\_\_\_, (b) from listening to messages from the Bible which show he has been in error \_\_\_\_, (c) "his own works, as God did from his." \_\_\_\_ . Heb. 4:10.

## Prayer Lessons in Creation

3. "Let us labour therefore to enter into that rest, lest any man fall after the same example of:" (a) praising God that He answers prayer \_\_\_\_\_, (b) telling how he must have been right all the while, or God would not have been so near to him \_\_\_\_\_, (c) unbelief \_\_\_\_\_. Heb. 4:11.
4. "The word preached did not profit them, not being mixed with:" (a) emotion \_\_\_\_\_, (b) tears \_\_\_\_\_, (c) faith \_\_\_\_\_. Heb. 4:2.
5. "God did rest the:" (a) sixth \_\_\_\_\_, (b) first \_\_\_\_\_, (c) seventh \_\_\_\_\_ "day from all his works." Heb. 4:4.
6. Jesus said that those who wanted to kill Him were not keepers of the law. True \_\_\_\_\_. False \_\_\_\_\_. John 7:19.
7. "The carnal mind ... is not subject to the law of God." True \_\_\_\_\_. False \_\_\_\_\_. Rom. 8:7.

Answers found on answer sheet.