



~ Thought For The Day ~

~gathering from the 4 winds~

“come just as you are”

Refresh, Restore, Rebuild = Healing



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Prayer

God Father; in Jesus' name I ask it, Thank You, God, that Your Word is alive and full of power. It is sharper than any two-edged sword; it divides soul and spirit; and it judges the thoughts and purposes of the heart. Thank You, Jesus, for immediately hearing my cry and running to my aid when I am tempted and tried. Help me, Lord, never to harden my heart to Your voice, but to keep it soft and responsive when You speak. Keep us and protect us and bless us with our needs met, and bless us with our daily bread in Jesus' name.
Amen.

Worship Music

[Count Your Blessings-Amy Grant & CeCe Winans](#)

[No One-CeCe Winans](#)

[Because Of You-CeCe Winans](#)

[Holy Spirit Come Fill This Place-CeCe Winans](#)

Scripture

Hebrews 4 (2005)

Hebrews 4: 1-16 (AMP)

¹ **THEREFORE, WHILE** the promise of entering His rest still holds *and* is offered [today], let us be afraid [to distrust it], lest any of you should think he has come too late *and* has come short of [reaching] it.

² For indeed we have had the glad tidings [Gospel of God] proclaimed to us just as truly as they [the Israelites of old did when the good news of deliverance from bondage came to them]; but the message they heard did not benefit them, because it was not mixed with faith (with the leaning of the entire personality on God in absolute trust and confidence in His power, wisdom, and goodness) by those who heard it; *neither were they united in faith with the ones [Joshua and Caleb] who heard (did believe).*

³ For we who have believed (adhered to and trusted in and relied on God) do enter that rest, in accordance with His declaration that those [who did not believe] should not enter when He said, As I swore in My wrath, They shall not enter My rest; and this He said although [His] works had been completed *and* prepared [and waiting for all who would believe] from the foundation of the world.

⁴ For in a certain place He has said this about the seventh day: And God rested on the seventh day from all His works.

⁵ And [they forfeited their part in it, for] in this [passage] He said, They shall not enter My rest.

⁶ Seeing then that the promise remains over [from past times] for some to enter that rest, and that those who formerly were given the good news about it *and* the opportunity, failed to appropriate it *and* did not enter because of disobedience,

⁷ Again He sets a definite day, [a new] Today, [and gives another opportunity of securing that rest] saying through David after so long a time in the words already quoted, Today, if you would hear His voice *and* when you hear it, do not harden your hearts.

⁸ [This mention of a rest was not a reference to their entering into Canaan.] For if Joshua had given them rest, He [God] would not speak afterward about another day.

⁹ So then, there is still awaiting a full *and* complete Sabbath-rest reserved for the [true] people of God;

¹⁰ For he who has once entered [God's] rest also has ceased from [the weariness and pain] of human labors, just as God rested from those labors peculiarly His own.

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¹¹ Let us therefore be zealous *and* exert ourselves *and* strive diligently to enter that rest [of God, to know and experience it for ourselves], that no one may fall *or* perish by the same kind of unbelief *and* disobedience [into which those in the wilderness fell].

¹² For the Word that God speaks is alive and full of power [making it active, operative, energizing, and effective]; it is sharper than any two-edged sword, penetrating to the dividing line of the breath of life (soul) and [the immortal] spirit, and of joints and marrow [of the deepest parts of our nature], exposing *and* sifting *and* analyzing *and* judging the very thoughts and purposes of the heart.

¹³ And not a creature exists that is concealed from His sight, but all things are open *and* exposed, naked *and* defenseless to the eyes of Him with Whom we have to do.

¹⁴ Inasmuch then as we have a great High Priest Who has [already] ascended *and* passed through the heavens, Jesus the Son of God, let us hold fast our confession [of faith in Him].

¹⁵ For we do not have a High Priest Who is unable to understand *and* sympathize *and* have a shared feeling with our weaknesses *and* infirmities *and* liability to the assaults of temptation, but One Who has been tempted in every respect as we are, yet without sinning.

¹⁶ Let us then fearlessly *and* confidently *and* boldly draw near to the throne of grace (the throne of God's unmerited favor to us sinners), that we may receive mercy [for our failures] and find grace to help in good time for every need [appropriate help and well-timed help, coming just when we need it].



Hebrews 4:1–11. A Sabbath-Rest for God's People

who entered the Promised Land under Joshua found an earthly haven, a land of liberty and plenty. An earthly picture of the heavenly homeland in the eternal beyond. (This kind of picture is also called a "type.") However, this rest cannot ultimately refer to the rest in Canaan given to the Israelites. This temporary, earthly rest, given to Joshua and the Israelites, was symbolic of the eternal spiritual rest we have through salvation in Christ Jesus. Those who believe in Christ enter salvation-rest by their faith in the person and work of Jesus. The rest that God invites us to enjoy is His rest. His work has been done since the seventh day of creation (see v. 4 ; Genesis 2:2). When a person is born again into the salvation of Christ, he no longer needs to work to gain his salvation through his own efforts but can rest in the finished work of Christ on the cross. Christians must make every effort to enter into this salvation-rest lest they cause others to follow their disobedience (see Numbers 13–14).

Hebrews 4:12–13. The Power of God's Word

ourselves scarcely know our own motives and desires. But God's Word, living and active, has the power to penetrate into the innermost depths of the human heart and to distinguish, separate, and view every motive and desire and purpose, and assess them at their true value. The Israelites in the wilderness missed the Promised Land because they disregarded God's Word (3:17 ; 4:11). Our best hope of reaching our Promised Land lies in obedience to God's Word. If only our churches could realize what power they would gain by giving God's Word its proper place in the services!

Hebrews 4:14–16. Christ Our High Priest

begins the main theme of the letter: a comparison of Christ and the Levitical priesthood, which continues into chapter 10 (Halley's Bible Handbook; Henry Halley; 2000; history & commentaries; page 857)

VV 1-4 When we enter into the rest God has for us, we are able to relax and stop worrying. We have more time to set our minds on Him and to rejoice and praise Him. VV5-8 The children of Israel had one day to make the choice to enter into the rest God had for them. When they tried to go in the next day by their own strength, it was too late. VV 9-10 After God created the world, He "rested" (ceased) from His acts of creation, but His work in the world was not finished. When man fell short of God's ideal, it was necessary that God do a work of redemption, bringing unrighteous man into fellowship with a righteous God. Jesus came to finish the work of redemption on the Cross (John 4:34; 19:30; Isaiah 53:6-10; 2 Corinthians 5:21). We do not need to struggle and labor to increase our righteousness, because God is satisfied with the righteousness of Christ that He has given to us. When we learn to rest and trust in what Jesus has done for us on the Cross, we glory in Him and have no chance to boast about our own righteousness. We have to work at staying in the place of rest in God because Satan will attack and try to destroy our rest. V 11 The children of Israel are the example of unbelief, for they were not allowed into God's rest because of their unbelief. God's Word helps us to know ourselves and to recognize our motivations (John 15:7; Psalm 119:9; 139:1-6; Matthew 6: 1-8). V 13 The New Testament emphasis is on attitude more than actions. Our righteousness depends on our attitude toward Christ. V 14 "Profession" here means confession. " Passed into the heavens" refers to the resurrection of Jesus and His ascension into heaven. V 15 Since Jesus was a man, He has mercy on us, knowing the temptations that we face. He was tempted by Satan beyond anything man has ever experienced (Matthew 4:1-11).

(New Testament Study Guide; Chuck Smith; 2005; commentaries; pages 150-151)

Hebrews 4:3 teaches that those who did not listen to God's Word or obey His instructions did not enter into the place of rest He offered them. So when you feel frustrated or upset, or if you lose your peace and your joy, ask yourself, "Am I believing God's Word?" The only way we will ever be free from struggling is to believe the Word and obey whatever Jesus puts in our hearts to do. Believing God's Word delivers us from struggling so that we can rest in the promises of God. Are you in need of God's rest? Adhere to Him, trust in Him and rely on Him and experience the rest He has prepared for you.

Hebrews 4:3 teaches that those who believe God enter into His rest. Experiencing His rest is one way you can tell whether you are really *in* faith, or whether you are just trying to *have* faith. When you truly enter into the realm of faith, you enter into the rest of God. Rest is freedom from excessive reasoning, struggle, fear, inner turmoil, worry, and frustration, which develop because of our working to do what only God can do. Being in God's rest is not necessarily resting from physical activity, but resting in confidence in the midst of everything that goes on in life. It is a rest of the soul where the mind, will, and emotions are at peace. You can rest in God because you know He will take care of you and meet your needs. You do not know when or how, and you really do not care because you are enjoying the life you have right now while God works on your problem. God wants us to live at peace and in His rest. But in order for us to do that, we need to "believe that God exists and that He is the rewarder of those who earnestly and diligently seek Him [out]" (Hebrews 11:6). If you are worn out, I urge you to enter into God's rest. I encourage you to quit trying to control everyone and everything around you and simply allow God to do for you what only He can do. No matter what you face, God wants to help you and give you rest.

Jesus understands our human frailty because He was tempted in every way that we are, yet without sinning (see Hebrews 4:15). How freeing it is to have our High Priest—Who is both sinless and understanding—intercede for us. Hebrews 4:15 states that Jesus experienced every emotion and suffered every feeling you and I do, but He did it without sin. Why did He not sin? Because He did not give in to His wrong feelings. He knew the Scripture in every area of life because He spent years studying it before He began His ministry. You and I will never be able to say no to our feelings if we do not have within us a strong knowledge of God's Word. Jesus had the same feelings we do, but He never sinned by giving in to them. When I am hurt by someone and I feel angry or upset, it is such a comfort to me to lift my face and hands and voice to the Lord and say, "Jesus, I am so glad that You understand what I am feeling right now and that You do not condemn me for feeling this way. I do not want to give vent to my emotions. Help me, Lord, to get over them. Help me to forgive those who have wronged me and not slight them, avoid them, or seek to pay them back for the harm done me." Why not bow your head and thank the Lord for understanding you too? Pray with me: "Thank You, God, for understanding me and not condemning me. Thank You for not giving up on me. I ask for Your help, that I may become more understanding like You are."

When you and I pray, we need to make sure we approach God as believers, not as beggars. Remember, according to Hebrews 4:16, we are to come boldly to God's throne: not beggarly, but boldly; not belligerently, but boldly.

Be sure to keep the balance. Stay respectful, but be bold. Approach God with confidence and recognize your need for grace. Believe that He delights in your prayers and is ready to answer any request that is in accordance with

(Amplified Bible; The Everyday Life Bible; 2005; Joyce Meyers; Scripture, notes, commentaries; pages 2035 -2038)

(Word 9; Bible Software; KJV; Amp; Sermons of Historical pastors; Scripture; concordance; reference materials; 2008)

Psa 119:105
Thy word [is] a lamp unto
my feet, and a light unto my path.



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