

A SERIES OF DEVOTIONS BASED ON THE BOOK OF HEBREWS

ENTER HIS REST

Hebrews 4:1 “Therefore, since the promise of entering His rest still stands, let us be careful that none of you be found to have fallen short of it.”

According to PEW researchers, teenagers say they experience a lot of anxiety and stress which makes their life difficult. Adults, raising children, also express much anxiety in knowing and doing the right things for their children. Older adults often feel left behind as they are no longer able to keep up with modern society due to physical and health limitations. Of course, as they age, they are faced with end-of-life issues. In each of these groups, there is a fear others are moving forward, making progress toward goals while they are not.

The people addressed by the writer to the Hebrews were afraid they were being left behind. They were afraid they would come up short on their journey to find rest in the Messiah. Today’s devotional verse emphasizes the promise of spiritual rest in the Messiah is still available. This was critical for them to hear because they were torn between reverting back to following the O.T. sacrificial worship instead of placing their faith and trust in Jesus who taught that through faith and trust in Him alone would they receive the rest promised through the Messiah.

Jesus looked over the crowd that followed Him, and, “When He saw the crowds, He had compassion on them, because they were harassed and helpless, like sheep without a shepherd.” (Matthew 9:36) Is this not a description of the current situation many find themselves part of? Is this perhaps how you feel, at least occasionally? Just two chapters later in Matthew 11:28, Jesus invited harassed and helpless people, “Come to Me, all you who are weary and burdened, and I will give you rest.” Jesus self-described Himself as the Good Shepherd who cares for His sheep and lays down His life for them. (John 10:14)

The Holy Scriptures encourage you to “trust in the Lord with all your heart and lean not on your own understanding.” (Proverbs 3:5) Peter writes, “Humble yourselves, therefore, under God’s mighty hand, that He may lift you up in due time. Cast all your anxiety on Him because He cares for you.” (1 Peter 5:6-7)

Prayer: Grant me rest Lord Jesus now and for all eternity. In Your holy name.
Amen.

How sweet the name of Jesus sounds In a believer's ear!
It soothes our sorrows, heals our wounds, And drives away our fear.

It makes the wounded spirit whole And calms the heart's unrest,
'Tis manna to the hungry soul And to the weary, rest.

Dear name! The rock on which I build, My shield and hiding place;
My never failing treasury filled With boundless stores of grace.

O Jesus, shepherd, guardian friend, My Prophet, Priest and King,
My Lord, my life, my way, my end, Accept the praise I bring.

How weak the effort of my heart, How cold my warmest thought!
But when I see Thee as Thou art, I'll praise Thee as I ought.

Till then I would Thy love proclaim With ev'ry fleeting breath;
And may the music of Thy name Refresh my soul in death!
(LSB 524)