



1



2

**HEBREWS 3: 7- 11**

So, as the Holy Spirit says:  
 "Today, if you hear his voice, do not harden your hearts as you did in the rebellion, during the time of testing in the wilderness, where your ancestors tested and tried me, though for forty years they saw what I did.



3

That is why I was angry with that generation; I said, 'Their hearts are always going astray, and they have not known my ways.'  
 So I declared on oath in my anger, 'They shall never enter my rest.'



4

**HEBREWS 4: 3- 4**

"And yet his works have been finished since the creation of the world. For somewhere he has spoken about the seventh day in these words: "On the seventh day God rested from all his works.



5

**GENESIS 2:2-3**

By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.



6

## PSALM 132:13-14

For the Lord has chosen Zion, he has desired it for his dwelling, saying, "This is my resting place for ever and ever; here I will sit enthroned, for I have desired it.



7

## PSALM 132:13-14

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8

God's rest recognises  
this is God's creation,  
it is complete,  
and God is in control.

9

## HEBREWS 4:6-11

Therefore since it still remains for some to enter that rest, and since those who formerly had the good news proclaimed to them did not go in because of their disobedience, God again set a certain day, calling it "Today."



10

This he did when a long time later he spoke through David, as in the passage already quoted:

"Today, if you hear his voice,  
do not harden your hearts."

For if Joshua had given them rest, God would not have spoken later about another day.



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. Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.



12

**HEBREWS 4:12-13**

For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account.



13

**HEBREWS 3:13**

But encourage one another daily, as long as it is called "Today," so that none of you may be hardened by sin's deceitfulness.



14

"Today, if you hear  
his voice,

15



16