

## Christ Is Superior to Joshua (A Better “Rest”)

### Hebrews 3:7-19; 4:1-13

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(The context is a “warning passage” Heb. 3:7-4:13 concerning the danger of apostasy. There were those who made a profession of faith in Christ, but were seriously considering returning to Judaism, Heb. 4:1. This would violate the “rest” they now have in Christ.)

Description	#1 <b>Creative “Rest”</b> (Hb. “shabath”) (Gr. “katapausen” Heb. 4:4)	#2 <b>Mosaic Law “Rest” or 7th day “Rest”</b> (Hb. “shabbathown”) (Gr. “sabbaton” but not used in Hebrews)	#3 <b>Canaan “Rest” “Rest” In The Land</b> (Hb. “nuwach”) (Gr. “katapausin” Heb. 4:5)	#4 <b>Eternal “Rest”</b> (Gr. “katapausis, katapaou” Heb. 4:1-2) (Gr. “sabbatimos” Heb. 4:9)	#5 <b>Millennial “Rest”</b> (Gr. “katapausis, katapaou” Heb. 4:1-2) (Gr. “sabbatimos” Heb. 4:9)
References	Heb. 4:4 Gen. 2:2-3	Heb. 4:4 (but uses Gr. “katapausis”) Ex. 16:23-26; 20:8-11; 31:7; Lev. 23:3; Deut. 5:12-15	Heb. 3:11,18; 4:5,8; Num. 14:28-30; Deut. 12:10; 25:19; Josh. 1:13; 11:23-24; 21:44; 22:4; 23:1; Ps. 95:7-11	Heb. 4:1-3; (the rest of #2 is not for the church; Rom. 14:5 all days same; Gal 4:10 sabbath not ours; Col. 2:16 sabbath canceled)	Heb. 4:1-2 Isa. 30:15; Jer. 6:16; 31:2,25; Ps. 95:7-11
Timing	At creation	At Sinai, part of the giving of the Mosaic Covenant for Israel.	Ready to enter the land of Canaan, which God promised to Israel. (via Joshua 4:8)	“Another day” (Gr. “allos”) is the “today” for the church, (Heb. 4:8)	The “today” for Israel is their future life to come in the Millennial Kingdom, (Heb. 4:7-8; Jer. 31:2)
Participant	God	Israel (not for the church, Gal. 4:10; Eph. 2:14- 18; Col. 2:14,16)	Israel	“People of God” Church (“us” Heb. 4:2) (“we” Heb. 4:3)	“People of God” Israel (“them” Heb. 4:2) (“to whom it was first preached” Heb. 4:6)
Activity	God ceased creating something from nothing, He rested from His creative work.	Physical rest, no work on the 7th day, (Ex. 16:23-29). (Refused to follow, Ex. 16:28)	Obedience in the promised Land, (Deut. 28:1-14). (Refused to enter the land, Deut 1:19-33; Heb. 4:3,5,6)	Enter “His” rest through belief, (Heb. 4:3,11). Cease from our work for salvation and trust in His finished work, (4:10).	Promise remains, (Heb. 4:1). Rest remains, (Heb. 4:8). Enter His rest through belief, (Heb. 4:11).
Insight	No morning and evening on the 7th day indicates a perpetual state of rest. Work, but no creative work from the 7th day onward, (Jn. 5:17).	A special day of “rest” (Hb. “shabbathown”) for Israel as a sign of the covenant and a part of the Mosaic Law’s commands to Israel.	The “rest” in the land was a picture of deliverance from the bondage of Egypt and a “rest” in the Lord’s provision.	It there is a “progressive act” of keeping the Sabbath (Gr. “sabbatimos” 4:9), it is the moment-by-moment rest in the finished work of Christ, entered into by faith, ceasing from your works.	The rest is not a left over perpetual promise of keeping the holy 7th day Sabbath, but rather a promise of entering “His” rest, (Heb. 4:1), the Lord of the Sabbath, (Mt. 11:28)