

# The Promises of God

## *Promise of Peace and Rest*

**“Come to me, all you who are weary and burdened, and I will give you rest.**

**Take my yoke on you and learn from me, because I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy to bear, and my load is not hard to carry.””**

**(Matthew 11:28-30)**

**<http://tinyurl.com/GodOfPromises>**

### **Promise of Rest and Peace**

#### **Core Theme**

- God promises rest in Himself.
- This rest is physical, spiritual, and eternal.
- Christ is the full and final source of this rest.

#### **Hebrews 4:1-11 : How the ancient Israelites missed the promised rest...**

“Therefore we must be wary that, while the promise of entering his rest remains open, none of you may seem to have come short of it. For we had good news proclaimed to us just as they did. But the message they heard did them no good, since they did not join in with those who heard it in faith. For we who have believed enter that rest, as he has said, **“As I swore in my anger, ‘They will never enter my rest!’”** And yet God’s works were accomplished from the foundation of the world. For he has spoken somewhere about the seventh day in this way: **“And God rested on the seventh day from all his works,”** but to repeat the text cited earlier: **“They will never enter my rest!”** Therefore it remains for some to enter it, yet those to whom it was previously proclaimed did not enter because of disobedience. So God again ordains a certain day, “Today,” speaking through David after so long a time, as in the words quoted before, **“Oh, that today you would listen as he speaks! Do not harden your hearts.”** For if Joshua had given them rest, God would not have spoken

afterward about another day. Consequently a Sabbath rest remains for the people of God. For the one who enters God's rest has also rested from his works, just as God did from his own works. Thus we must make every effort to enter that rest, so that no one may fall by following the same pattern of disobedience." (**Hebrews 4:1-11**)

**The previous verses demonstrate that God's rest is still available.** This verse says that diligence is necessary in order **to enter that rest**. We must **be diligent** to make sure that our only hope is Christ the Lord. We must diligently resist any temptation merely to profess faith in Him and then to renounce Him in the heat of suffering and persecution. The Israelites were careless. **They treated God's promises lightly.** They hankered for Egypt, the land of their bondage. They were not diligent in appropriating God's promises by faith. As a result, they never reached Canaan. We should be warned by their example.

# Jesus gives both Peace and Rest

## Peace & Rest – two sides of one promise

Jesus Promises Peace – John 14:27

- *“Peace I leave with you; my peace I give to you... Do not let your hearts be distressed.”*

Jesus Promises Rest – Matthew 11:28–29

- *“Come to me... and I will give you rest... and you will find rest for your souls.”*

### Peace and Rest - How They Connect

- The Bible links **peace** and **rest** as two sides of one promise.
- Peace speaks to our **relationship with God**.
- Rest speaks to our **state with God**.
- Both come together in Christ.
- A Gift: God brings the soul out of chaos and into His order.

### Jesus gives...

- Jesus gives **peace** to the troubled.
- Jesus gives **rest** to the weary.
- Both come from Him because both are rooted in **His presence**.
- **Peace is Christ ruling the heart. Rest is Christ calming the heart.**

### Rest and Peace: How They Connect

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*God brings the soul out of chaos and into His order.*

*Peace is Christ ruling the heart. Rest is Christ calming the heart.*

### **What is God's rest?**

It is God's peace, presence, and completed work shared with His people through Christ.

### **Why do we struggle to rest?**

We trust ourselves.

We fear loss.  
We carry guilt.  
We believe rest must be earned.

**How do we enter God's promised rest?**

By faith in Christ.  
By obedience to His voice.  
By trusting His finished work.  
By laying down our burdens and pride.

## Rest is the fruit of peace with God

### Before there can be rest, there must be peace

#### Peace with God is the result of being made right with Him.

- **Romans 5:1** - “Therefore, since we have been declared righteous by faith, we have peace with God through our Lord Jesus Christ.”
  - Peace with God ends hostility.
  - It removes guilt.
  - It removes fear of judgment.
  - Once guilt is gone, rest becomes possible.

#### Rest is the inner stillness that comes from knowing you are no longer an enemy.

- **Hebrews 4:3** - “For we who have believed enter that rest, as he has said, “**As I swore in my anger, ‘They will never enter my rest!’**” And yet God’s works were accomplished from the foundation of the world.”
  - Hebrews says we enter God’s rest **by faith (Hebrews 4:3)**.
  - This is the same **faith that brings peace (Romans 5:1)**.
  - So, the two promises share the same doorway.

### Rest is tied to obedience

- Israel failed to enter God’s deeper rest because they hardened their hearts.
- **Hebrews 4:7** - “Today, if you hear his voice, do not harden your hearts.”
- Rest comes from trust.
- No trust, no rest.

### Rest requires faith

- **Hebrews 4:2** - “The message they heard did them no good, since they did not join in with those who heard it in faith.”
- Faith brings us into God’s rest.
- Unbelief shuts the door.

### Rest comes through Christ’s finished work

- **Hebrews 4:3** - “We who have believed enter that rest.”
- The early church taught this clearly.

- Christ fulfills the Sabbath by giving us peace with God.

### **Rest grows as we follow the Shepherd**

- Psalm 23 is not passive.
- It is a walk with God.
- Rest is found on His path.

# Peace and Rest

## Peace = Relationship; Rest = Experience

### Peace describes the relationship; rest describes the experience

- The Old Testament word *shalom* means more than calm feelings.
- It means wholeness, completeness, and right relationship.
- Rest is what a person feels when they live inside that shalom.

### David shows this link clearly...

- **Psalm 4:8** - *"I will lie down and sleep peacefully, for you, LORD, make me safe and secure."*
  - Peace → produces → rest.
  - Because God secures him, David rests.

### This pattern repeats over and over...

- **Psalm 23:2** - *"He takes me to lush pastures, he leads me to refreshing water."*
  - God leads with peace.
  - His people rest because He leads.

# Sabbath Realities

## A picture of peace and rest at the same time

### Rest

- Israel stopped from work.

### Peace

- Israel trusted God to provide even when they weren't working.
  - So, Sabbath wasn't just "take a day off."
  - It was a weekly reminder that God is enough.

**Hebrews 4:9–10** – *"Consequently, a Sabbath rest remains for the people of God. For the one who enters God's rest has also rested from his works."*

Early Christians taught that Christ is the true Sabbath.

- He is our peace (**Ephesians 2:14**).
- And He is our rest (**Matthew 11:28**).

**So, Christ fulfills both promises.**

# The Protecting Power of Peace

## Peace guards the Heart; Rest settles the Soul

**Philippians 4:7** - *"And the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus."*

- Peace guards.
- Rest settles.

**Hebrews 4:16** - *"Therefore, let us confidently approach the throne of grace."*

- Peace removes fear.
- Rest removes striving.
- When God's peace stands watch over your heart, your soul can rest.
- Hebrews 4 connects rest with confidence, not anxiety.

## The Healing Power of Peace

Peace heals relationships; Rest heals the inner person

**Colossians 3:15** - “Let the peace of Christ be in control in your heart.”

- **Peace** shapes how we treat others.
  - It ends hostility (**Ephesians 2:13–22**).
  - It creates unity in the church (**Ephesians 4:1-7**).
- **Rest** shapes how we stand before God.
  - It teaches us to trust.
  - It frees us from works-based righteousness.
- **Peace moves outward.**
- **Rest moves inward.**
- **Both come from God's presence.**

### Ephesians 2:13-22

**13** But now in Christ Jesus you who used to be far away have been brought near by the blood of Christ. **14** For he is our peace, the one who made both groups into one and who destroyed the middle wall of partition, the hostility, **15** when he nullified in his flesh the law of commandments in decrees. He did this to create in himself one new man out of two, thus making peace, **16** and to reconcile them both in one body to God through the cross, by which the hostility has been killed. **17** And he came and preached peace to you who were far off and peace to those who were near, **18** so that through him we both have access in one Spirit to the Father. **19** So then you are no longer foreigners and noncitizens, but you are fellow citizens with the saints and members of God's household, **20** because you have been built on the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. **21** In him the whole building, being joined together, grows into a holy temple in the Lord, **22** in whom you also are being built together into a dwelling place of God in the Spirit.

### Ephesians 4:1-7

**1** I, therefore, the prisoner for the Lord, urge you to live worthily of the calling

with which you have been called, **2** with all humility and gentleness, with patience, putting up with one another in love, **3** making every effort to keep the unity of the Spirit in the bond of peace. **4** There is one body and one Spirit, just as you too were called to the one hope of your calling, **5** one Lord, one faith, one baptism, **6** one God and Father of all, who is over all and through all and in all. **7** But to each one of us grace was given according to the measure of Christ's gift.

## Final Peace; Final Rest Both come together at the end...

**Revelation 14:13** - “They can **rest** from their hard work.”

**Revelation 21:4** - “He will wipe away every tear... there will be no more death or mourning or crying or pain.”

- Rest from labor.
- Peace from suffering.
- Both are permanent.

### **Summary**

- **Peace** is reconciliation with God.
- **Rest** is the experience of that reconciliation.
- **Peace** ends the war within us.
- **Rest** ends the striving within us.
- **Peace** is the foundation.
- **Rest** is the result.
- Both are fulfilled in Christ.
- Both begin now.
- Both are complete in eternity.