

Rest

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Introduction

The Greek Noun

The Greek noun *katapausis*, translated “rest,” refers to either “a state of cessation of work or activity, rest” or “a place of rest.” This word occurs 9x in the NT (Acts 7:49; Heb 3:11, 18; 4:1, 3 [2x], 5, 10, 11).

Thomas defines *katapausis* as from *katapauō* [to cause to cease, to rest], meaning “rest” [2663]. BDAG say it refers to “(1) a state of cessation of work or activity, rest; (2) a place of rest, abstract for concrete.” This Greek word occurs 9x in the NT (Acts 7:49; Heb 3:11, 18; 4:1, 3 [2x], 5, 10, 11).

*Acts 7:49 ... 49 ‘Heaven is My throne, And earth is the footstool of My feet; What kind of house will you build for Me?’ says the Lord, ‘Or what place is there for My *repose? (NASB95)*

*Hebrews 3:11 ... 11 As I swore in My wrath, ‘They shall not enter My *rest.’ ” (NASB95)*

*Hebrews 3:18 ... 18 And to whom did He swear that they would not enter His *rest, but to those who were disobedient? (NASB95)*

*Hebrews 4:1 ... 1 Therefore, let us fear if, while a promise remains of entering His *rest, any one of you may seem to have come short of it. (NASB95)*

*Hebrews 4:3 ... 3 For we who have believed enter that *rest, just as He has said, “As I swore in My wrath, They shall not enter My *rest,” although His works were finished from the foundation of the world. (NASB95)*

*Hebrews 4:5 ... 5 and again in this passage, “They shall not enter My *rest.” (NASB95)*

*Hebrews 4:10 ... 10 For the one who has entered His *rest has himself also rested from his works, as God did from His. (NASB95)*

*Hebrews 4:11 ... 11 Therefore let us be diligent to enter that *rest, so that no one will fall, through following the same example of disobedience. (NASB95)*

The Greek Verb

The Greek verb *katapauō* means “to cause to cease, stop, bring to an end; to cause persons to be at rest, cause to rest; to cease some activity, stop, rest.” This word occurs 4x in the NT (Acts 14:18; Heb. 4:4, 8, 10).

Thomas defines *katapauō* as a compound of *kata* [down, against, according to] and *pauō* [to make to cease, hinder], meaning “to cause to cease, to rest” [2664]. BDAG say it means “(1) to cause to cease, stop, bring to an end; (2) to cause persons to be at rest, cause to rest; (a) by bringing to a place of rest; (b) by causing to give up something they have begun to do with the result that they are quiet restrain, dissuade someone from something; (c) by simply causing rest; (3) to cease some activity, stop, rest.” This word occurs 4x in the NT (Acts 14:18; Heb. 4:4, 8, 10).

*Acts 14:18 ... 18 Even saying these things, with difficulty they ***restrained** the crowds from offering sacrifice to them. (NASB95)*

*Hebrews 4:4 ... 4 For He has said somewhere concerning the seventh day: “And God ***rested** on the seventh day from all His works”; (NASB95)*

*Hebrews 4:8 ... 8 For if Joshua had ***given** them ***rest**, He would not have spoken of another day after that. (NASB95)*

*Hebrews 4:10 ... 10 For the one who has entered His rest has himself also ***rested** from his works, as God did from His. (NASB95)*

Old Testament Usage

In the Old Testament, Canaan was viewed as a place of rest (Deut. 12:8-12). Received by God’s promise, it would be retained through continued faithfulness (Josh. 21:43-45; 22:1-6; 23:1-16; 24:14-28).

*Deuteronomy 12:8-12 ... 8 “You shall not do at all what we are doing here today, every man doing whatever is right in his own eyes; 9 **for you have not as yet come to the resting place and the inheritance which the Lord your God is giving you.** 10 “**When you cross the Jordan and live in the land which the Lord your God is giving you to inherit, and He gives you rest from all your enemies around you so that you live in security,** 11 then it shall come about that the place in which the Lord your God will choose for His name to dwell, there you shall bring all that I command you: your burnt offerings and your sacrifices, your tithes and the contribution of your hand, and all your choice votive offerings which you will vow to the Lord. 12 “And you shall rejoice before the Lord your God, you and your sons and daughters, your male and female servants, and the Levite who is within your gates, since he has no portion or inheritance with you. (NASB95)*

*Joshua 21:43-45 ... 43 So the Lord gave Israel all the land which He had sworn to give to their fathers, and they possessed it and lived in it. 44 **And the Lord gave them rest on***

every side, according to all that He had sworn to their fathers, and no one of all their enemies stood before them; the Lord gave all their enemies into their hand. 45 Not one of the good promises which the Lord had made to the house of Israel failed; all came to pass. (NASB95)

Joshua 22:1-6 ... 1 Then Joshua summoned the Reubenites and the Gadites and the half-tribe of Manasseh, 2 and said to them, "You have kept all that Moses the servant of the Lord commanded you, and have listened to my voice in all that I commanded you. 3 "You have not forsaken your brothers these many days to this day, but have kept the charge of the commandment of the Lord your God. 4 "And now the Lord your God has given rest to your brothers, as He spoke to them; therefore turn now and go to your tents, to the land of your possession, which Moses the servant of the Lord gave you beyond the Jordan. 5 "Only be very careful to observe the commandment and the law which Moses the servant of the Lord commanded you, to love the Lord your God and walk in all His ways and keep His commandments and hold fast to Him and serve Him with all your heart and with all your soul." 6 So Joshua blessed them and sent them away, and they went to their tents. (NASB95)

Joshua 23:1-16 ... 1 Now it came about after many days, when the Lord had given rest to Israel from all their enemies on every side, and Joshua was old, advanced in years, 2 that Joshua called for all Israel, for their elders and their heads and their judges and their officers, and said to them, "I am old, advanced in years. 3 "And you have seen all that the Lord your God has done to all these nations because of you, for the Lord your God is He who has been fighting for you. 4 "See, I have apportioned to you these nations which remain as an inheritance for your tribes, with all the nations which I have cut off, from the Jordan even to the Great Sea toward the setting of the sun. 5 "The Lord your God, He will thrust them out from before you and drive them from before you; and you will possess their land, just as the Lord your God promised you. 6 "Be very firm, then, to keep and do all that is written in the book of the law of Moses, so that you may not turn aside from it to the right hand or to the left, 7 so that you will not associate with these nations, these which remain among you, or mention the name of their gods, or make anyone swear by them, or serve them, or bow down to them. 8 "But you are to cling to the Lord your God, as you have done to this day. 9 "For the Lord has driven out great and strong nations from before you; and as for you, no man has stood before you to this day. 10 "One of your men puts to flight a thousand, for the Lord your God is He who fights for you, just as He promised you. 11 "So take diligent heed to yourselves to love the Lord your God. 12 "For if you ever go back and cling to the rest of these nations, these which remain among you, and intermarry with them, so that you associate with them and they with you, 13 know with certainty that the Lord your God will not continue to drive these nations out from before you; but they will be a snare and a trap to you, and a whip on your sides and thorns in your eyes, until you perish from off this good land which the Lord your God has given you. 14 "Now behold, today I am going the way of all the earth, and you know in all your hearts and in all your souls that not one word of all the good words which the Lord your God spoke concerning you has failed; all have been fulfilled for you, not one of them has failed. 15 "It shall come about that just as all the good words which the Lord your God spoke to you have come upon you, so the Lord will bring upon you all the threats, until He has destroyed you

from off this good land which the Lord your God has given you. 16 “When you transgress the covenant of the Lord your God, which He commanded you, and go and serve other gods and bow down to them, then the anger of the Lord will burn against you, and you will perish quickly from off the good land which He has given you.” (NASB95)

Joshua 24:14-28 ... 14 “Now, therefore, fear the Lord and serve Him in sincerity and truth; and put away the gods which your fathers served beyond the River and in Egypt, and serve the Lord. 15 “If it is disagreeable in your sight to serve the Lord, choose for yourselves today whom you will serve: whether the gods which your fathers served which were beyond the River, or the gods of the Amorites in whose land you are living; but as for me and my house, we will serve the Lord.” 16 The people answered and said, “Far be it from us that we should forsake the Lord to serve other gods; 17 for the Lord our God is He who brought us and our fathers up out of the land of Egypt, from the house of bondage, and who did these great signs in our sight and preserved us through all the way in which we went and among all the peoples through whose midst we passed. 18 “The Lord drove out from before us all the peoples, even the Amorites who lived in the land. We also will serve the Lord, for He is our God.” 19 Then Joshua said to the people, “You will not be able to serve the Lord, for He is a holy God. He is a jealous God; He will not forgive your transgression or your sins. 20 “If you forsake the Lord and serve foreign gods, then He will turn and do you harm and consume you after He has done good to you.” 21 The people said to Joshua, “No, but we will serve the Lord.” 22 Joshua said to the people, “You are witnesses against yourselves that you have chosen for yourselves the Lord, to serve Him.” And they said, “We are witnesses.” 23 “Now therefore, put away the foreign gods which are in your midst, and incline your hearts to the Lord, the God of Israel.” 24 The people said to Joshua, “We will serve the Lord our God and we will obey His voice.” 25 So Joshua made a covenant with the people that day, and made for them a statute and an ordinance in Shechem. 26 And Joshua wrote these words in the book of the law of God; and he took a large stone and set it up there under the oak that was by the sanctuary of the Lord. 27 Joshua said to all the people, “Behold, this stone shall be for a witness against us, for it has heard all the words of the Lord which He spoke to us; thus it shall be for a witness against you, so that you do not deny your God.” 28 Then Joshua dismissed the people, each to his inheritance. (NASB95)

New Testament Usage

In the New Testament, earth is counted as a place of work (John 4:34-38; 9:4-5; 1 Cor. 15:58; Col. 4:2-6), and heaven is a land of rest – from anxiety (2 Thess. 1:3-12; Rev. 6:9-11) and labors (Heb. 4:8-11; Rev. 14:11-13).

John 4:34-38 ... 34 Jesus said to them, “My food is to do the will of Him who sent Me and to accomplish His work. 35 “Do you not say, ‘There are yet four months, and then comes the harvest’? Behold, I say to you, lift up your eyes and look on the fields, that they are white for harvest. 36 “Already he who reaps is receiving wages and is gathering fruit for life eternal; so that he who sows and he who reaps may rejoice together. 37 “For in

this case the saying is true, 'One sows and another reaps.' 38 *"I sent you to reap that for which you have not labored; others have labored and you have entered into their labor."* (NASB95)

John 9:4-5 ... 4 "We must work the works of Him who sent Me as long as it is day; night is coming when no one can work. 5 "While I am in the world, I am the Light of the world." (NASB95)

1 Corinthians 15:58 ... 58 Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your toil is not in vain in the Lord. (NASB95)

*Colossians 4:2-6 ... 2 Devote yourselves to prayer, keeping alert in it with an attitude of thanksgiving; 3 praying at the same time for us as well, that God will open up to us a door for the word, so that we may speak forth the mystery of Christ, for which I have also been imprisoned; 4 that I may make it clear in the way I ought to speak. 5 Conduct yourselves with wisdom toward outsiders, **making the most of the opportunity.** 6 Let your speech always be with grace, as though seasoned with salt, so that you will know how you should respond to each person.* (NASB95)

*2 Thessalonians 1:7 ... 7 **And to you who are troubled rest with us, when the Lord Jesus shall be revealed from heaven with his mighty angels,*** (KJV)

*2 Thessalonians 1:3-12 ... 3 We ought always to give thanks to God for you, brethren, as is only fitting, because your faith is greatly enlarged, and the love of each one of you toward one another grows ever greater; 4 therefore, we ourselves speak proudly of you among the churches of God for your perseverance and faith in the midst of all your persecutions and afflictions which you endure. 5 This is a plain indication of God's righteous judgment so that you will be considered worthy of the kingdom of God, for which indeed you are suffering. 6 For after all it is only just for God to repay with affliction those who afflict you, 7 **and to give relief to you who are afflicted and to us as well when the Lord Jesus will be revealed from heaven with His mighty angels in flaming fire,** 8 **dealing out retribution to those who do not know God and to those who do not obey the gospel of our Lord Jesus.** 9 These will pay the penalty of eternal destruction, away from the presence of the Lord and from the glory of His power, 10 when He comes to be glorified in His saints on that day, and to be marveled at among all who have believed—for our testimony to you was believed. 11 To this end also we pray for you always, that our God will count you worthy of your calling, and fulfill every desire for goodness and the work of faith with power, 12 so that the name of our Lord Jesus will be glorified in you, and you in Him, according to the grace of our God and the Lord Jesus Christ.* (NASB95)

*Revelation 6:9-11 ... 9 When the Lamb broke the fifth seal, I saw underneath the altar the souls of those who had been slain because of the word of God, and because of the testimony which they had maintained; 10 and they cried out with a loud voice, saying, "How long, O Lord, holy and true, will You refrain from judging and avenging our blood on those who dwell on the earth?" 11 **And there was given to each of them a white robe;***

and they were told that they should rest for a little while longer, until the number of their fellow servants and their brethren who were to be killed even as they had been, would be completed also. (NASB95)

*Hebrews 4:8-11 ... 8 For if Joshua had given them rest, He would not have spoken of another day after that. 9 **So there remains a Sabbath rest for the people of God.** 10 For the one who has entered His rest has himself also rested from his works, as God did from His. 11 Therefore let us be diligent to enter that rest, so that no one will fall, through following the same example of disobedience. (NASB95)*

*Revelation 14:11-13 ... 11 “And the smoke of their torment goes up forever and ever; they have no rest day and night, those who worship the beast and his image, and whoever receives the mark of his name.” 12 Here is the perseverance of the saints who keep the commandments of God and their faith in Jesus. 13 **And I heard a voice from heaven, saying, “Write, ‘Blessed are the dead who die in the Lord from now on!’ ” “Yes,” says the Spirit, “so that they may rest from their labors, for their deeds follow with them.” (NASB95)***

Conclusion

The Lord’s invitation is extended: “Come to Me, all who are weary and heavy-laden, and I will give you rest...” (Matthew 11:28-30).

*Matthew 11:28-30 ... 28 “Come to Me, all who are weary and heavy-laden, and **I will give you rest.** 29 “Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. 30 “For My yoke is easy and My burden is light.” (NASB95)*

However, be warned: such hope can be lost through disobedience and rebellion (Ps. 95:6-11; Heb. 3:12-4:11; Rev. 14:11).

*Psalms 95:6-11 ... 6 Come, let us worship and bow down, Let us kneel before the Lord our Maker. 7 For He is our God, And we are the people of His pasture and the sheep of His hand. Today, if you would hear His voice, 8 Do not harden your hearts, as at Meribah, As in the day of Massah in the wilderness, 9 “When your fathers tested Me, They tried Me, though they had seen My work. 10 “For forty years I loathed that generation, And said they are a people who err in their heart, And they do not know My ways. 11 **“Therefore I swore in My anger, Truly they shall not enter into My rest.” (NASB95)***

Hebrews 3:12-4:11 ... 12 Take care, brethren, that there not be in any one of you an evil, unbelieving heart that falls away from the living God. 13 But encourage one another day after day, as long as it is still called “Today,” so that none of you will be hardened by the deceitfulness of sin. 14 For we have become partakers of Christ, if we hold fast the beginning of our assurance firm until the end, 15 while it is said, “Today if you hear His voice, Do not harden your hearts, as when they provoked Me.” 16 For who provoked Him when they had heard? Indeed, did not all those who came out of Egypt led by Moses? 17 And with whom was He angry for forty years? Was it not with those who

sinned, whose bodies fell in the wilderness? 18 And to whom did He swear that they would not enter His rest, but to those who were disobedient? 19 So we see that they were not able to enter because of unbelief. 1 Therefore, let us fear if, while a promise remains of entering His rest, any one of you may seem to have come short of it. 2 For indeed we have had good news preached to us, just as they also; but the word they heard did not profit them, because it was not united by faith in those who heard. 3 For we who have believed enter that rest, just as He has said, "As I swore in My wrath, They shall not enter My rest," although His works were finished from the foundation of the world. 4 For He has said somewhere concerning the seventh day: "And God rested on the seventh day from all His works"; 5 and again in this passage, "They shall not enter My rest." 6 Therefore, since it remains for some to enter it, and those who formerly had good news preached to them failed to enter because of disobedience, 7 He again fixes a certain day, "Today," saying through David after so long a time just as has been said before, "Today if you hear His voice, Do not harden your hearts." 8 For if Joshua had given them rest, He would not have spoken of another day after that. 9 So there remains a Sabbath rest for the people of God. 10 For the one who has entered His rest has himself also rested from his works, as God did from His. 11 Therefore let us be diligent to enter that rest, so that no one will fall, through following the same example of disobedience. (NASB95)

Revelation 14:11 ... 11 "And the smoke of their torment goes up forever and ever; **they have no rest day and night**, those who worship the beast and his image, and whoever receives the mark of his name." (NASB95)