

**Lenten Devotional Reflection**  
**14 March 2020 (Lent Day Sixteen)**

**Scripture: Hebrews 4:1-13 Revised Standard Version (NRSV)**

<sup>1</sup>Therefore, while the promise of entering his rest is still open, let us take care that none of you should seem to have failed to reach it. <sup>2</sup>For indeed the good news came to us just as to them; but the message they heard did not benefit them, because they were not united by faith with those who listened. <sup>3</sup>For we who have believed enter that rest, just as God has said, “As in my anger I swore, ‘They shall not enter my rest,’” though his works were finished at the foundation of the world.

<sup>4</sup>For in one place it speaks about the seventh day as follows, “And God rested on the seventh day from all his works.” <sup>5</sup>And again in this place it says, “They shall not enter my rest.” <sup>6</sup>Since therefore it remains open for some to enter it, and those who formerly received the good news failed to enter because of disobedience, <sup>7</sup>again he sets a certain day—“today”—saying through David much later, in the words already quoted, “Today, if you hear his voice, do not harden your hearts.”

<sup>8</sup>For if Joshua had given them rest, God would not speak later about another day. <sup>9</sup>So then, a sabbath rest still remains for the people of God; <sup>10</sup>for those who enter God’s rest also cease from their labours as God did from his. <sup>11</sup>Let us therefore make every effort to enter that rest, so that no one may fall through such disobedience as theirs.

<sup>12</sup>Indeed, the word of God is living and active, sharper than any two-edged sword, piercing until it divides soul from spirit, joints from marrow; it is able to judge the thoughts and intentions of the heart. <sup>13</sup>And before him no creature is hidden, but all are naked and laid bare to the eyes of the one to whom we must render an account.

**Message: Let us make every effort to enter that rest**

Moses went up to Mount Sinai to receive the laws from God. Before God finished speaking with Moses, God left him with a crucial message. According to Exodus 31:13, it said, “You shall keep my Sabbaths, for this is a sign between me and you throughout your generations, give in order that you may know that I, the Lord, sanctify you.” Keeping Sabbaths is a sign of sanctification for God’s people. Just as going to church every Sunday to worship God, it is a basic sign for Christians. Besides, we also have to find true rest in Him with this sign.

What do we mean by “enter that rest”? The “rest” here is not about “resting in peace”. The rest after we have walked through our life journey is about leaving the world with all the tasks and duties on earth done. However, the “rest” we mean here is God’s

promise to give us rest, even we are still living in this world. Such rest keeps us from drowning in our stubbornness and own wills, and let us rest completely in God's steadfast love and faithfulness.

There is a dramatic scene mentioned in Mark 4:35-41. Trusting in God during windstorms is a lesson which disciples must learn about. At that time, Jesus asked His disciples to go across to the other side of Galilee Sea. He then fell asleep in the stern. A great windstorm arose, and the boat was being swamped. The fear and anxiety were surging like waves in the disciples' hearts. They woke Jesus up and said, "Teacher, do you not care that we are perishing?" Jesus stood up and said, "Peace! Be still!" Then the wind ceased.

We also go through different windstorms in our lives: persecution, financial crisis, illness, disappointment, loneliness etc. Jesus did not guarantee no windstorm would occur, but He promised not to leave us nor forsake us (Hebrews 13:5). He will keep us in windstorms, and keep us in quietness and trust, so that we may enter the rest that God has promised.

### **Reflection**

1. God do not cease His protection and plan for His people, even when people has stopped working in Sabbath!
2. Do we still remember God's steadfast love and faithfulness in face of hardships?

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