

2 KINDS OF PEACE

Valerie's definitions:

Peace with God - Eternal Salvation - The result of a person's relationship by faith with the One True God through Jesus, His Son (Romans 5:1).

Peace of God - Sustaining - All through life the fact of God's presence in a believer's life. Prayer (Philippians 4:6-8).

From BibleRef :

Hebrews 4:2(NIV) – For we also have had the good news proclaimed to us, just as they did; but the message they heard was of no value to them, because they did not share the faith of those who obeyed.

Commentary -

A common claim of false teachers in the early church was that Jesus had already returned in His second coming ([2 Thessalonians 2:1–3](#); [2 Timothy 2:17–18](#)). As in verse 1, the writer of Hebrews seeks to dispel the suggestion that his readers have permanently lost out on their opportunity to enter into Christ's "rest."

In this context, the "rest" at stake is a saved believer's spiritual inheritance. The analogy of Israel's failure to immediately enter Canaan was not a metaphor for salvation, but of the consequences of faithlessness. Chapter 3 made a strong point about the need to "hold fast" to faith in God, lest this inheritance be lost. Later verses will give more details on this concept.

Here, the term "good news" is being used in a more general sense than simply that of the gospel. It's worth pointing out that the gospel of Jesus Christ is about **much more** than eternal salvation. It's also good news about freedom from the power of sin. The Bible mentions both the "rest" of salvation

([Matthew 11:28](#)) and the "rest" of submission ([Matthew 11:29–30](#)). It describes the blessing of finding both peace *with* God ([Romans 5:1](#)) and the peace *of* God ([Philippians 4:6–8](#)).

However, in this verse, the writer is reflecting back on the example of Israel, given in chapter 3. Those people had an opportunity to obtain the promised inheritance, but failed, since they didn't unite with others who had faith in God. The "rest" they were meant to obtain was not leisure, but a completion of the work God had assigned to them.

VALERIE's SUGGESTIONS FOR USE:

- Read Hebrews chapter 4
- Write Hebrews chapter 4
- Use BibleRef to gaze on verses to gain more insight
- Look up and write the verses given here
- Prayer of thanksgiving for all we attain through our relationship with Jesus

What does the world have to offer in terms of rest or peace? Will it last? What rest and peace are eternal in nature? Will the rest and peace discussed in Hebrews 4:2 last?

Links from Valerie's website about peace:

<https://valerierumfelt.com/2025/04/25/how-to-keep-a-peaceful-mind/>

<https://valerierumfelt.com/2024/09/22/how-biblical-practices-restore-peace/>

<https://valerierumfelt.com/2023/08/20/get-peace-over-controlling-emotions/>

<https://valerierumfelt.com/2020/11/13/finding-stability-and-peace-through-reading-gods-word-during-crisis/>

SALVATION:

<https://valerierumfelt.com/2025/11/01/why-not-follow-jesus-audio/>

Compiled and written by Valerie Rumfelt

www,[Valerierumfelt.com](https://valerierumfelt.com)

*Use of BibleRef app for explanation of Hebrews 4:2

©Valerie Rumfelt