

Lesson 4

Hebrews 4:1-13 Receiving God's Blessings

1. How many times do you find “rest or rested” in vs. 1-5? List verses.
1 Therefore, let us be on our guard while the promise of entering into his rest remains, that none of you seem to have failed. 2 For in fact we have received the good news just as they did. But the word that they heard did not profit them, for they were not united in faith with those who listened. 3 For we who believed enter into [that] rest, just as he has said: “As I swore in my wrath, ‘They shall not enter into my rest,’” and yet his works were accomplished at the foundation of the world. 4 For he has spoken somewhere about the seventh day in this manner, “And God rested on the seventh day from all his works”; 5 and again, in the previously mentioned place, “They shall not enter into my rest.”

2. How many times, and where, does “today” occur?

3. Find three terms for God’s word in Heb. 4:1-2.

4. From verses 1-5, what needs to happen when God’s word is given for it to do its work?

5. What is said about rest in these verses:
 - A. Exodus 33:14
The LORD answered: I myself will go along, to give you rest.

 - B. Isaiah 28:12
To whom he said: “This is the resting place, give rest to the weary; And this is the place of repose”—but they refused to hear.

 - C. Psalm 55:6
7 I say, “If only I had wings like a dove that I might fly away and find rest.

 - D. Matthew 11:29
Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for your selves.

6. After reading Romans 5:1-2 and 8:37, then 1John 5:4, what would spiritual rest mean to you?

Romans 5:1-2

1 Paul, a slave of Christ Jesus, called to be an apostle and set apart for the gospel of God, 2 which he promised previously through his prophets in the holy scriptures,

Romans 8:37

No, in all these things we conquer overwhelmingly through him who loved us

1John 5:4

4 For whoever is begotten by God conquers the world. And the victory that conquers the world is our faith.

7. *Challenge Question:* What is this rest promised by God: The Promised Land? Sunday off? Heaven? God's presence? How do verses 3-10 support your answer?

3

For we who believed enter into [that] rest, just as he has said: "As I swore in my wrath, 'They shall not enter into my rest,'" and yet his works were accomplished at the foundation of the world. 4 For he has spoken somewhere about the seventh day in this manner, "And God rested on the seventh day from all his works"; 5 and again, in the previously mentioned place, "They shall not enter into my rest." 6 Therefore, since it remains that some will enter into it, and those who formerly received the good news did not enter because of disobedience, 7 he once more set a day, "today," when long afterwards he spoke through David, as already quoted: "Oh, that today you would hear his voice: 'Harden not your hearts.'" 8 Now if Joshua had given them rest, he would not have spoken afterwards of another day. 9 Therefore, a sabbath rest still remains for the people of God. 10 And whoever enters into God's rest, rests from his own works as God did from his.

8. What actions can we take in response to the "Let us" in:

A. Heb. 4:1

1 Therefore, let us be on our guard while the promise of entering into his rest remains, that none of you seem to have failed.

B. Heb. 4:11

11 Therefore, let us strive to enter into that rest, so that no one may fall after the same example of disobedience.

9. How can God's word show you the condition of your heart? What does it mean that God's word is living and active, that it penetrates? What does it judge?

10. What evidence do you have that the word of God is living and active in you Bible Study group?