

HEBREWS 4

FIRST DAY: Introduction

Jesus said, *Come to Me, all you who labor and are heavy laden, and I will give you rest* (Matthew 11:28). This rest is the same rest the author of Hebrews explores in chapter 4. It is a rest from works, rituals, burdens, and the daily grind of life. This is the ultimate rest that God promised from creation, and it is found in Jesus alone.

The Israelites who came out of Egypt were unable to enter this rest because of their unbelief and disobedience. This same great rest is available to us because Jesus fulfilled all of God's qualifications that we might enter into His rest. It has been rightly said, *Jesus lived the life we should have lived and died the death we deserved to die.*

Hebrews 4 warns us of the danger of missing His rest, encourages us to be *diligent to enter* into it, and also supplies us with the glorious assurances we have received through faith.

Ask God to help you to enter fully into His glorious rest.

SECOND DAY: Read Hebrews 4:1–3

1. The generation of Israelites that came out of Egypt was not able to enter into all that God had promised them because of their unbelief (Hebrews 3:18–19). However, what still *remains* for believers? Hebrews 4:1a
 - a. Use Matthew 11:28–30 to describe the *rest* God offers.
 - b. Because this promise *remains* available, what should we *fear*? Hebrews 4:1b
2. According to Hebrews 4:2a, *the gospel was preached* to both the Israelites and to us. Why didn't the gospel *profit them*? Hebrews 4:2b
 - a. How is this a warning to you?

b. Use the following verses to highlight the essentiality of *faith*:

(1) Romans 1:17

(2) Ephesians 2:8

(3) Hebrews 11:6

(4) 1 Peter 1:5

3. What assurance is promised to those who have *believed*? Hebrews 4:3a

4. Hebrews 4:3b (NLT) says, *As for the others, God said, “In My anger I took an oath: ‘They will never enter my place of rest,’” even though this rest has been ready since He made the world.* The *others* are those who, like the Israelites, refuse to believe God’s promises. From this verse, remark on the result of their unbelief.

a. Link this with Isaiah 57:20–21 and share your thoughts.

b. Note and comment on how long this *rest has been ready*.

(1) What does this convey to you about God’s eternal plan for mankind?

5. How would you warn someone not to *come short* of the rest that God promises.

THIRD DAY: Read Hebrews 4:4–8

1. The false teachers of that time insisted on works in order to merit salvation. They claimed that this idea of *rest* was a new concept. How does Hebrews 4:4–5 refute their argument?

2. The fact that *rest remains* demonstrates the constancy of God's ultimate plans. Yet according to Hebrews 4:6, why were *those to whom it was first preached* unable to enter? Hebrews 4:6b
 - a. What warning can you derive from this?

b. How does the fact that this promise *remains* speak to you?

3. The Israelites could not enter God's rest because of disobedience. As a result, *God set another time for entering His rest, and that time is today. God announced this through David much later in the words already quoted: "Today when you hear His voice, don't harden your hearts"* (Hebrews 4:7 NLT). What does this convey to you about:

a. God

b. Rest

c. Today

d. Entering

4. Again, the false teachers claimed that if there was a rest, it came when Joshua led the Israelites into Canaan. How does Hebrews 4:8 explain that the Promised Land was not the ultimate *rest*?

5. What misguided notions have you had, or heard, about God's *rest*?
 - a. Share an area of your life *today* in which you need to enter God's *rest*.

FOURTH DAY: Read Hebrews 4:9–11

1. Print Hebrews 4:9.

- a. How does this minister to you?

2. What is true of the person who enters into God's *rest*?
Hebrews 4:10

a. According to Genesis 2:2–3, how did God Himself give us an example of this *rest*?

b. Read the following Scriptures and note what we are to cease from:

(1) Isaiah 55:1–4

(2) John 6:27

(3) Titus 3:5

(a) In response to this, how would you describe the *rest* Christ offers?

3. The author pointed to the need of being *diligent* in order to enter God's rest. What does the word *diligent* convey to you? Hebrews 4:11a

- a. Share how you can be *diligent to enter that rest*.
- b. What catastrophe will being *diligent* help us to avoid?
Hebrews 4:11b

(1) How would you encourage someone to *be diligent*?

FIFTH DAY: Read Hebrews 4:12–16

1. Hebrews 4:12–16 offers assurances of *rest* to believers. According to Hebrews 4:12, one of these assurances is *the word of God*. Use this verse to fill in the blanks below to gain a greater appreciation of this divine assurance:

a. *For the word of God is _____ and _____.*

(1) How does this help you to *rest*?

b. *And _____ than any two-edged _____, piercing even to the _____ of _____ and _____, and of _____ and _____.*

(1) How does this help you to *rest*?

c. *And is a _____ of the _____ and _____ of the heart.*

(1) How does this fact help you to *rest*?

d. Share a reason you can *rest* in God's Word.

2. What cause for *rest* do you find in Hebrews 4:13?
 - a. Link this with 2 Chronicles 16:9a, Psalm 33:13–15, and Matthew 6:6–8 to express why this truth gives the believer cause to *rest*.

3. Use Hebrews 4:14–15 to underscore our assurance of *rest* because of:
 - a. Who Jesus is

 - b. What Jesus has done

 - c. What Jesus does

d. Jesus' righteousness

(1) How does this inspire you to *hold fast our confession*?

4. A part of our assurance of *rest* entails prayer. Use Hebrews 4:16 to comment on:

a. Where we enter

b. How we enter

c. What we obtain

d. What we find

(1) How has prayer been an assurance of *rest* to you?

5. Share which of the assurances from Hebrews 4:12–16 minister to you the most today.

SIXTH DAY: Review

1. How has your study this week spoken to you about:
 - a. Unbelief

 - b. Rest

 - c. Faith

 - d. Diligence

