

LOOKING UNTO JESUS

Hebrews - Lesson 4

We continue the subject of **rest** as we move on into chapter four of our study of Hebrews. Take a minute to refresh yourself in some of the things we looked at concerning this subject in chapter three. There is something of great importance that the Holy Spirit wants us to glean and the writer's continued reference to the subject is confirmation to us that we need to **heed** what it is God's Word is saying to us.

Read prayerfully through all of Hebrews, chapter four.

- 1) Meditate on **verse 1**. Do you feel you have "**come short**" of entering into God's rest? If so, in what ways is this a struggle for you?

- 2) Many Christians struggle with being able to enter into God's rest. Read **verses 2-3a**. The writer speaks here of these Hebrew Christian's forefathers, who heard the Gospel (Good News – that God had a "rest" for His people) just as He has spoken this Good News (the Gospel) to us. But the good word they heard of God's rest didn't profit them. According to **verse 2**, what was the cause of them not profiting from it?
 - a. And what is the "**key**" according to **verse 3a** to how we enter into it?

- 3) Read **Hebrews 4:3b**. What "**works**" were finished from the foundation of the world? Explain what you think this means. (See 1 Peter 1:18-20 for insight).

4) Read **Hebrews 4:4**, along with **Genesis 2:2**; **John 17:4** & **John 19:30**. From these verses, explain what you believe God's "**Sabbath-rest**" is a picture of to the Believer.

5) In Hebrews 4:5, the writer repeats what he said in Hebrews 3:11, which was a quote from Psalm 95:11. Looking at **Hebrews 4:5-7**, the writer explains that this rest God offered to these Hebrew believer's ancestors is still being offered to them (and to us) now. Write out the plea that the writer records for us in **verse 7b**.

Our God always deals with us in the **present**. He is the same yesterday, today and forever, but He meets us in the **NOW**. The past is no longer in our grasp. The future remains to be seen. God concerns Himself in what we are doing **NOW**.

6) The plea of verse 7b comes from a quote in Psalm 95:7-8. Read **Psalm 95:6-11**. As you look at each verse, answer the questions below.

Verse 6: What **instructions** are given to the readers? Write each one down.

Verse 7: **When** does the writer ask the reader to listen to God's voice?

Verse 8: What does God **warn** the people not to do?

Verse 9: In **what ways** does verse 9 say that the people rebelled against God?

Verse 10: **How** does God **describe** those who rebelled against Him in verse 10?

Verse 11: What was the **final result** of their refusal to trust God?

- 7) Read **Mark 4:3-9**. God's Word is **continually** being sown in our hearts, and the condition of the "**ground**" is not always the same. Of the **four kinds of soil** mentioned here in Mark, which condition do you find your heart in this week?
- 8) Read **Hebrews 4:8 & 9**. Joshua **did** lead the children of Israel into a rest from their wanderings as they entered Canaan, but they were not able to enter into the **true rest** God desired for them. What does verse 9 tell us about this rest? Write out the verse below.
- 9) As God's people, we have a **rest** that is available to us. What is the **result**, stated in **verse 10**, of our entering into this rest?

Matthew Henry states:

It is certain that God, after the creating of the world in six days, entered into His rest; and it is certain that Christ, when he had finished the work of our redemption, entered into His rest; and these were not only examples, but earnest, that believers shall enter into their rest: *He that hath entered into rest hath also ceased from his own works as God did from his, Heb 4:10*. Every true believer hath ceased from his own works of righteousness, and from the burdensome works of the law, as God and Christ have ceased from their works of creation and redemption.

- 10) Do you see evidence of this in your own life?

11) The **KJV** reads **verse 11** as: “Let us **labor** therefore to enter into that rest.” The **ESV** reads: “Let us therefore **strive** to enter that rest.” The **NIV** says, “Let us therefore make **every effort** to enter that rest.” The **NLT** says, “Let us **do our best** to enter that rest.” And the **NKJV** reads, “Let us therefore **be diligent** to enter that rest. Looking at all these translations, explain how we accomplish the instruction of verse 11 to enter a “**rest**” which results in ceasing from our own works (verse 10)? Share your thoughts on how this is accomplished.

12) It is obvious that entering God’s rest is something He wants us to do and to experience. He has provided a rest for us, He’s made this rest available to us, and He wants us to enter into it. Look up **Ephesians 2:8-9**; **2 Timothy 1:9**; and **Titus 3:5**. From these Scriptures, explain in your own words the rest Christ has given to us and how it was accomplished.

13) As we come to **Hebrews 4:12**, we read one of the most quoted verses in this letter. Write down all the characteristics of God’s Word stated in this verse.

14) Looking at these characteristics of God’s Word write down the warnings in **Proverbs 15:11** and **Hebrews 4:13**.

Proverbs 15:11:

Hebrews 4:13:

15) As God's sharp, powerful, living Word shines the light of His Holy Spirit onto our hearts and exposes our inner thoughts and motives, what comfort and encouragement are we given in verses **Hebrews 4:14-15**?

16) What points made in the encouragement of **verses 14 & 15** helps your heart to **come boldly** to the throne of grace mentioned in **verse 16**?

17) Write down what it is that your heart can **confidently expect** to receive at that throne.

a. Do you believe this for the things that are burdening your heart today?

18) What has ministered most to your heart in your study of Hebrews, chapter four?