



*NOTE: Our lesson questions are based on the NIV 2011 edition. Our preference is your first time through the questions, you answer without consulting commentaries - delight in what the Holy Spirit will reveal to you.*

## **LESSON 7**

### **HEBREWS 4:1-11**

1. How did last week's study of **Hebrews 3:7-19** strengthen you or test your convictions and what truth, verse or insight from that lesson will you remember?
  
  
  
  
  
  
  
  
  
  
2. Pray before reading **Hebrews 4:1-11** and ask the Holy Spirit to speak clearly through His Word. As you contemplate these verses about entering into God's rest, note what you see and experience in the noisy chaotic stressful world around you and discuss the ways you and others attempt to escape the noise and chaos, seeking rest.
  
  
  
  
  
  
  
  
  
  
3. a) What is the promise and the caution given in **VI**? How does the caution relate to **Hebrews 3:16-19**, which referenced the Israelites' failure to enter the Promised Land?
  
  
  
  
  
  
  
  
  
  
- b) The promise of God's rest that "still stands" is the rest of salvation through Jesus. Describe the eternal rest that was secured by Jesus. See **Ephesians 2:8-9**.

4. a) From **Hebrews 4:2-3**, what are the prerequisites of entering into God's rest and what is true about those who do not?
- b) What do the following verses say about God's redemptive work being "finished since the creation of the world"?
- **Ephesians 1:4-5**
  
  - **1 Peter 1:20-21**
  
  - **Revelation 13:8**
5. Read **Hebrews 4:4** with **Genesis 2:2-3**. What happened on the seventh day of creation and why do you think the writer goes back to the creation account?
6. The reality is the disobedient, unbelieving Israelites never entered into God's rest. What hope do you find in **Hebrews 4:5-7**. This hope was also spoken of by David in **Psalms 95**.
7. NOTE: Joshua (the leader succeeding Moses) was given the role of leading the Israelites into the Promised Land following the wilderness years.
- a) What can you conclude about the limitations of what Joshua accomplished and the present invitation to enter God's rest which remains for God's people from **Hebrews 4:8-11**?

- b) **CHALLENGE:** God established a Sabbath rest for His people from the time of creation. Read **Genesis 2:2-3** and **Exodus 31:12-17**. Comment on the meaning and seriousness of the Sabbath rest from God's perspective. How does this impact your attitude toward His rest?
- c) How is the reader coached and what is the warning given in **Hebrews 4:11**? What does this mean for you as you live out your faith in Him?

## 9. CONSIDER JESUS: THE BETTER REST

For a follower of Jesus, our rest is in a person; it's in Jesus. We can cease from working to earn acceptance by God and rest securely on what Jesus has done. Just as God rested on the seventh day because His work was finished, we can enter into His rest because Jesus finished His work on the cross.

Read the words of Jesus in **Matthew 11:28-30**. Reflect on what Jesus offers to His followers and how we access it. What can you do today to enter into the better rest for your soul promised by Jesus?

**MEMORY VERSE**

*"There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from His." Hebrews 4:9-10*

**NAME**

**PRAYER REQUEST**