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GOD'S PROMISED REST

Hebrews 4:1-13

Memorize God's Word for the week: Hebrews 4:12.

Discuss review questions from the previous lesson.

DAY 1: HEBREWS 4:1-2—THE PAST AS A WARNING

1. a. What does the author warn against in Hebrews 3:19–4:2?

b. Why is the author's warning still so important for Christians today (4:1)?

2. Why is it not enough to only *hear* the gospel?

DAY 2: HEBREWS 4:3-6—GOD'S PAST AND PRESENT REST

3. According to John 5:15-21 and Ephesians 1:17-21, what sort of *work* is God continuing to do?

4. Read John 14:23-27. What aspects of God's rest do you find in this passage?

DAY 3: HEBREWS 4:7-9—THE MEANING OF "TODAY"

5. Review Hebrews 4:1-9. Locate and briefly describe the different *rests* in this passage.

6. What is the author suggesting when he says a "*Sabbath rest*" "*remains*" (4:9)?

7. Read Joshua 1:1-3; 13:1 and Judges 1:1; 2:6-13. What does Hebrews 4:8 confirm?

DAY 4: HEBREWS 4:10-11—THE WORK OF RESTING

8. a. According to John 6:28-35, what *work* must those who follow God do? (See also Galatians 3:1-3.)

b. How do you understand that we must “*strive to enter that rest*” (Hebrews 4:10-11)?

9. According to 2 Peter 1:4, what are two results of believing and obeying God’s promises?

DAY 5: HEBREWS 4:12-13—RESPECTING THE WORD OF GOD

10. a. What qualities of God’s Word do you find in 4:12?

b. What does the Word of God do?

11. How could verse 13
a. be a warning?

b. offer comfort?

12. From 4:12-13, what do you learn about God that has an impact on you personally?

DAY 6: PARTICIPATE IN CLASS

APPLY what you have learned. In chapter 4, God’s universal, infinite knowledge is emphasized: “*No creature is hidden from His sight, but all are naked and exposed to the eyes of Him to whom we must give account*” (4:13). How fearful and threatening this would be if God were not perfectly loving and willing to forgive and forget our sins. “*He who confesses [his sins] and forsakes them will obtain mercy*” (Proverbs 28:13).

As believers, we can “bare our souls” to God and know that He will not withdraw His love. It is impossible to hide our sins from God; if we try to do that, we are only deceiving ourselves. How can you make your relationship with God more open and honest today?