

# Lesson 3

## The Source of Rest

Hebrews 3:1-4:13

Remember that Hebrews is a letter of encouragement to believers, sprinkled with warnings to those who were in danger of drifting away from the truth about Jesus without responding to Him in saving faith. Even those who have already received salvation from Christ, may be in danger of falling away from Him in some ways – not from His salvation but from the abundant life that Christ intends for believers (John 10:10).

*“Come to Me, all who are weary and heavy-laden, and I will give you rest.”*

*Matthew 11:28*

Ask the Lord, who promises to give us help, to show you His will for you in response to His Word this week.

### Jesus’ Superiority to Moses

The author of Hebrews now compares Jesus to Moses, who was extremely important in the heritage of the Jews to whom the author was writing.

Read Hebrews 3:1-6.

1. What do you learn about Moses’ character in the following verses?
  - ❖ Exodus 2:11-15 (If you aren’t familiar with the story of Moses’ birth and upbringing, take some time to also read through Exodus 2:1-10.)
  - ❖ Exodus 3:1-10
  - ❖ Exodus 4:10-16
  - ❖ Exodus 33:11a
  - ❖ Exodus 33:17-23

- ❖ Numbers 12:3
  - ❖ Numbers 20:8-12
2. Reflecting on what you know about Jesus and Moses and what you learn in Hebrews 3:2-6, in what ways do you think Jesus and Moses are similar? In what ways is Jesus better than Moses?
  3. Read Ephesians 2:19-22 and 1 Peter 2:4-5. What do you learn about God's house?

### God's Rest

After Moses led the Israelites out of Egypt, they spent forty years in the Wilderness before Joshua led them into the Promised Land. During that time, the Israelites tested and tried the Lord with their lack of trust and belief in Him. The author of Hebrews uses those Israelites as an example for the recipients of his letter.

Read Hebrews 3:7-19.

4. In Hebrews 3:7-11, the author is again quoting from the Old Testament scriptures to emphasize his point. Read Psalm 95:7b-11.
  - ❖ In Numbers 14:20-24, where were the Israelites physically not allowed to enter?
  - ❖ How do the author of Hebrews and the psalmist describe God's response to the disobedient and unbelieving generation of Israelites in the Wilderness (Hebrews 3:11 and Psalm 95:11)?
  - ❖ What parallel do you see between rest and the Promised Land in these verses?
5. From Hebrews 3:12-17, how does the author encourage us to avoid missing God's rest?
6. In Hebrews 3:15, he repeats the admonition from Psalm 95:7-8, "Today, if you would hear His voice, do not harden your hearts." What do you think it means to harden your heart?

7. The author of Hebrews repeats the word “today” three times in the third chapter of Hebrews (verses 7, 13 and 15). Take time today to write a short prayer asking the Holy Spirit to reveal any places in your heart that have become hardened.
  
8. Return to Psalm 95 and read the beginning, verses 1-7. How can we respond appropriately to God rather than testing and trying Him with grumbling and complaining?
  
9. How does Psalm 95:1-7 relate to Philippians 4:6-7? Can we still be honest with God about our concerns? How should we approach Him with those concerns?
  
10. As Hebrews 3 closes, we gain more insight into the plight of the wandering Israelites. From Hebrews 3:18-19 why did they not get to enter God’s rest?
  
11. What do you think is the relationship between obedience and belief according to Romans 1:5? See Romans 1:1-6 for context.
  
12. Mark 9:14-29 tells the story of a man who struggled with unbelief.
  - ❖ How does the man respond to his unbelief?
  
  - ❖ What is Jesus’ response to the man’s plea?
  
  - ❖ What do you think we should do when we struggle to believe?

In Hebrews 4, the author elaborates on the concept of rest.

Read Hebrews 4:1-13.

13. What are the author’s admonitions regarding rest in Hebrews 4:1 and 11?

14. Hebrews 4:4 reminds us that God rested from His work of creation. According to Genesis 2:2, why did God rest?
  
15. What were Jesus' final words on the cross in John 19:30?
  
16. What do you learn about our works from Romans 4:4-5, Ephesians 2:8-9 and 2 Timothy 1:9?
  
17. Looking at the previous questions and Hebrews 4:10, why do you think those who enter His rest are able to rest from our works?
  
18. According to Hebrews 4:3, who enters the rest that the Israelites in the Wilderness were not allowed to enter?
  
19. How does Jesus tell us to find rest in Matthew 11:28-30?
  
20. According to Exodus 33:14, where do we receive rest?
  
21. From Hebrews 4:12, how is the Word of God described?
  
22. How well does God know us according to Hebrews 4:13 and 1 Samuel 16:7?

23. How does the Lord's intimate knowledge of your heart encourage you to find rest in Him?

**Prepare for Life Question:**

Jesus knows our hearts completely and perfectly. He sees our burdens, our fears, our secrets and our longings. Because of Jesus' completed work on the cross, we can come to Him and find rest in His presence for our weary and burdened souls.

24. Take some time this week to come before Him and rest in His Presence, knowing you are perfectly known, perfectly loved and that your salvation has been perfectly provided.

**Lecture Notes:**  
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