

HEBREWS



Valley Life Community Church
October 2025

Prayer



**This chapter contains
one of the most
important passages in
all the bible.**



HEBREWS

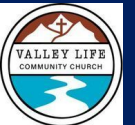
Chapter 4



Valley Life Community Church
October 2025

A Sabbath-Rest for the People of God

¹Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it. ²For we also have had the good news proclaimed to us, just as they did; but the message they heard was of no value to them, because they did not share the faith of those who obeyed.



³Now we who have believed enter that rest, just as God has said,

“So I declared on oath in my anger,

‘They shall never enter my rest.’”

And yet his works have been finished since the creation of the world.



⁴For somewhere he has spoken about the seventh day in these words: “On the seventh day God rested from all his works.” ⁵And again in the passage above he says, “They shall never enter my rest.”



⁶Therefore since it still remains for some to enter that rest, and since those who formerly had the good news proclaimed to them did not go in because of their disobedience,



⁷God again set a certain day, calling it “Today.” This he did when a long time later he spoke through David, as in the passage already quoted:

“Today, if you hear his voice,
do not harden your hearts.”

⁸For if Joshua had given them rest, God would not have spoken later about another day.



⁹There remains, then, a Sabbath-rest for the people of God; ¹⁰for anyone who enters God's rest also rests from their works, just as God did from his. ¹¹Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.



¹²For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. ¹³Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account.



Jesus the Great High Priest

¹⁴Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess.



¹⁵For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. ¹⁶Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

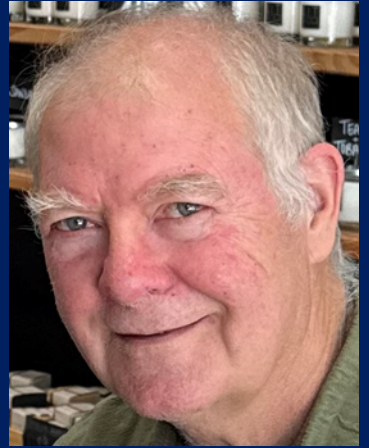




**KEEP
CALM
AND
START
DIGGING!**

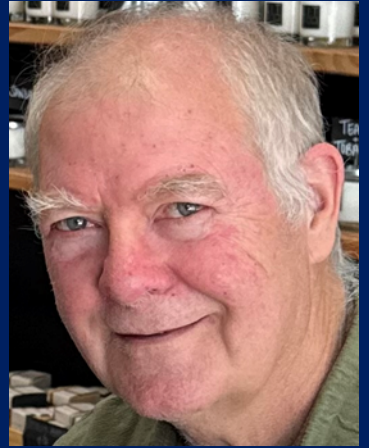


In this chapter, there are three separate topics we will discuss in our bible study today.

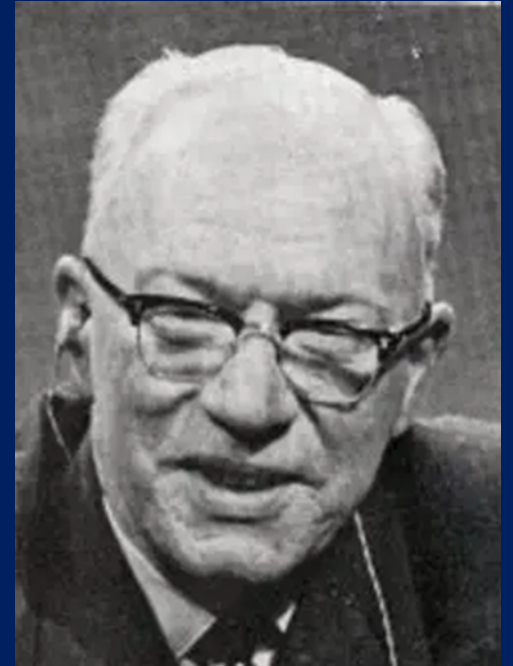


1. A Sabbath-Rest for the People of God

vs 1-11

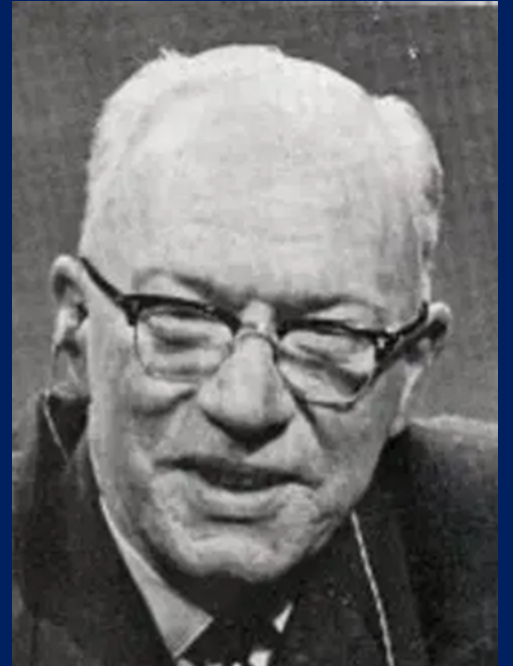


In a complicated passage like this it is better to try to grasp the broad lines of the thought before we look at any of the details. The writer is really using the word rest (katapausis, G2663) in three different senses. (i) He is using it as we would use **the peace of God**. It is the greatest thing in the world to enter into the peace of God. (ii) He is using it, as he used it in Hebrews 3:12, to mean **The Promised Land** To the children of Israel who had wandered so long in the desert the Promised Land was indeed the rest of God.

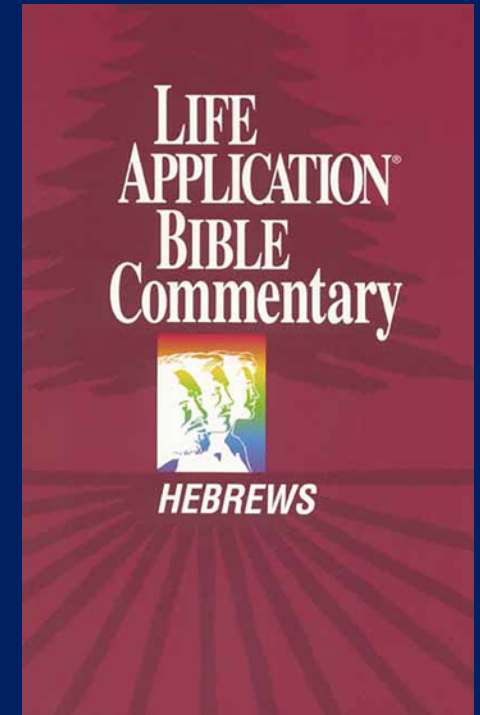


(iii) He is using it of the **rest of God after the sixth day of creation**, when all God's work was completed. This way of using a word in two or three different ways, of teasing at it until the last drop of meaning was extracted from it, was typical of cultured, academic thought in the days when the writer to the Hebrews wrote his letter.

Hebrews 4:1-11



People have always attempted to earn their way into heaven. Some have been zealous in religious efforts of all kinds to earn approval from their gods. Others have thought that they could comprehend the ultimate reality through philosophy. In our day, many people piece together a religious faith with parts of a variety of religious viewpoints. These verses state that only those who believe the word of God will enter God's rest and receive his approval

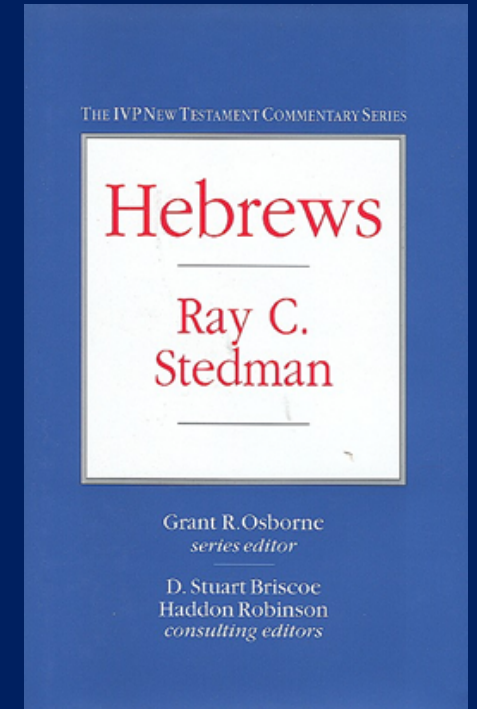


⁸For it is by grace you have been saved,
through faith—and this is not from
yourselves, it is the gift of God— ⁹not
by works, so that no one can boast.

Ephesians 2:8-9



The writer will declare in 11-6 that “without faith it is impossible to please God”. Without a personal response to the promise of salvation, no one may be saved. Declared many times scripture, this fact invalidates completely the teaching of universalism that everyone is already saved by virtue of Christ’s death and that God will reveal that to them at the end, no matter how they lived. This teaching ignores the need for repentance: turning from ungrateful rebellion to a thankful acceptance of God's provision.



"**Harden not your hearts.**" There is no need; they are hard enough already. "**Harden not your hearts.**" There is no excuse, for why should you resist love? "**Harden not your hearts**" There can be no good in it. A man is the less a man in proportion to his loss of tenderness. "**Harden not your hearts.**" You cannot soften them, but you can harden them. "**Harden not your hearts,**" for this will be your ruin. It is suicide of soul.

Hebrews 4:7

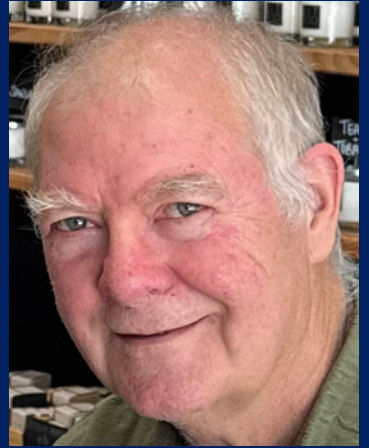


**Charles
Spurgeon**



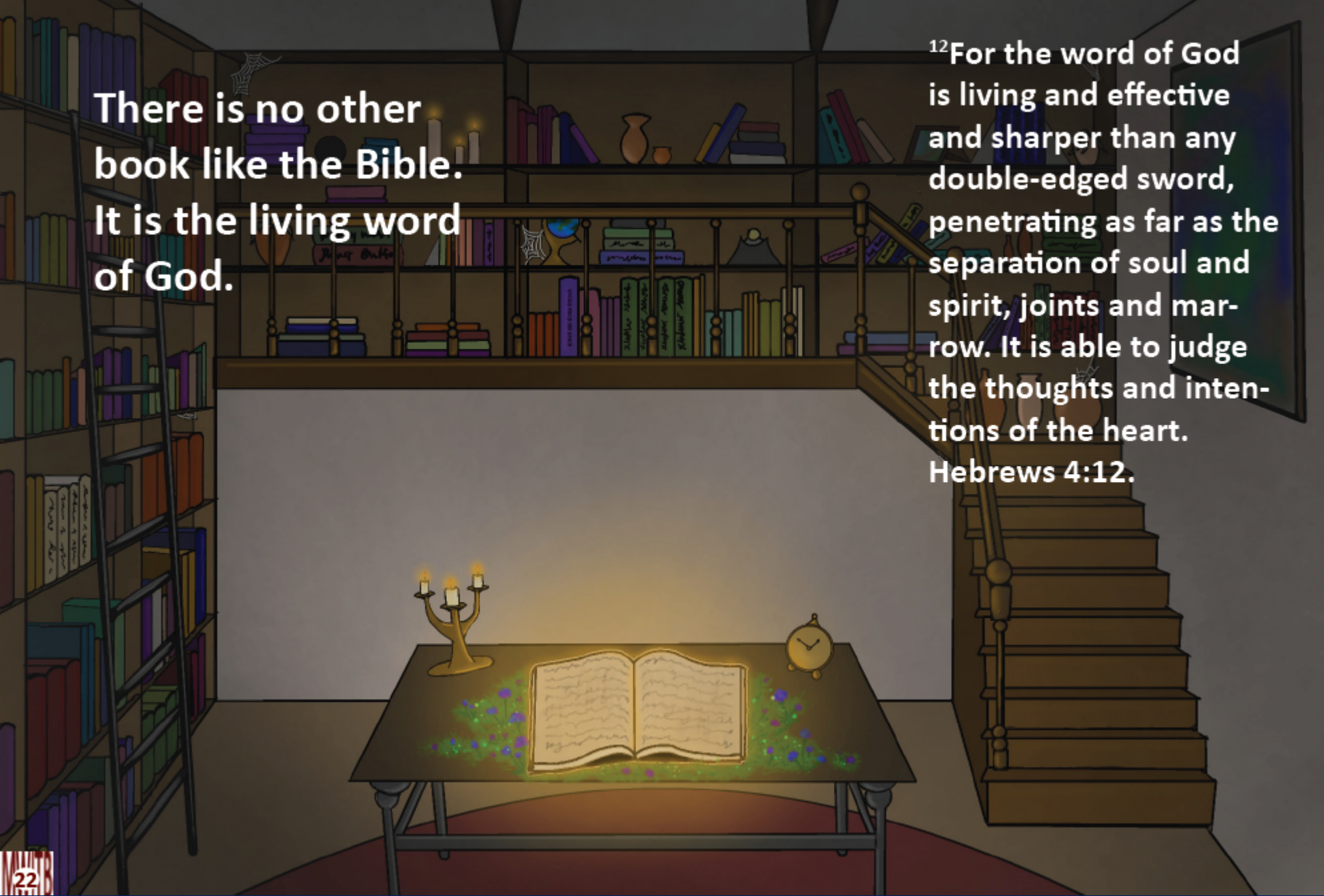
2. The Word of God

v 12-13



¹²For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.





There is no other
book like the Bible.
It is the living word
of God.

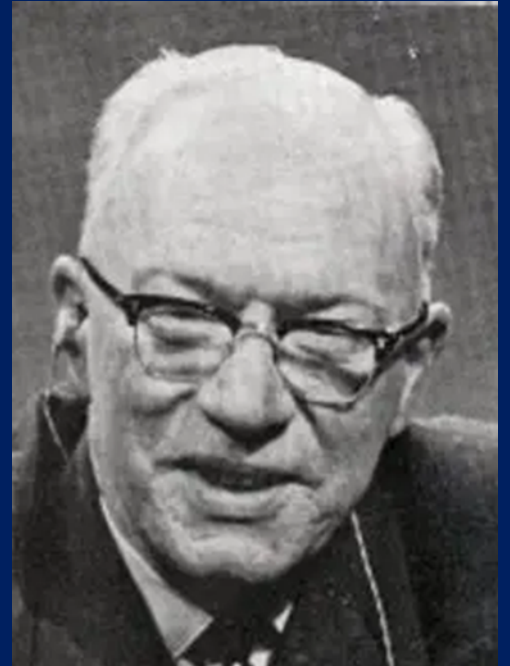
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the thoughts and inten-
tions of the heart.
Hebrews 4:12.



Paige Oppelt
Age: 13
Goodwin, SD

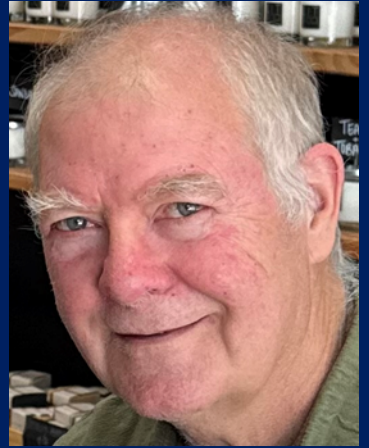


A word, however great, is of no avail **unless it becomes integrated into the person who hears it**. There are many different kinds of hearing in this world. There is indifferent hearing, disinterested hearing, critical hearing, sceptical hearing, cynical hearing. **The hearing that matters is the hearing that listens eagerly, believes and acts**. The promises of God are not merely beautiful pieces of literature; they are promises on which a man is meant to stake his life and dominate his action.



3. Jesus the Great High Priest

v 14-16



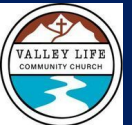
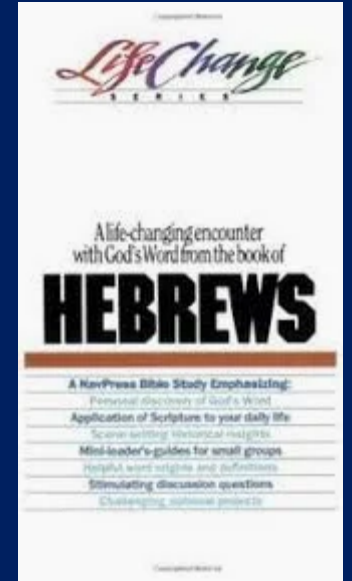
¹⁵For we do not have a high priest who is unable to empathize with our weaknesses, but **we have one who has been tempted in every way, just as we are —yet he did not sin.**



Question 1

What truth from chapter 4 would you like to take to heart today?

pg 64





"That's all Folks!"