

The Promise of Rest

Hebrews 4:1–13

The writer of Hebrews gives us the promise of rest and tells us how to enter into it.

1. What Is the Promised Rest?

2. How Do We Get the Promised Rest?

ECC Group Questions

The Promise of Rest

Hebrews 4:1–13

1. What is your favorite way to spend a day off?

Read Hebrews 4:1–13

2. What do you think the promise of entering God’s rest means? (Verse 1)
3. What was the rest that God promised to Israel?
What is the rest that God promises to us?
4. How are the exhortations in verses 1 and 11 similar?
What is the proper response to these exhortations?
5. What does it mean to “strive to enter that rest”?
What is God’s part in this? What is our part?
Read Philippians 2:12–13. What does it mean to “continue to work out your salvation with fear and trembling, for it is God who works in you”?
How does that compare with Hebrews 4:11?
6. What keeps people from experiencing the rest that God has promised?
How do you experience God’s rest today?
How does the promise of a future rest encourage you today?
7. What do verses 12–13 tell you about the Word of God?
What does it mean that God’s Word is living? Active?
How does God’s Word “discern the thoughts and intentions of the heart”?
What is the role of God’s Word in your life today?
8. How would you explain God’s rest to a non-Christian?
How might the idea of rest resonate with people today?

Memory Verse: Hebrews 4:12

For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and marrow, and discerning the thoughts and intentions of the heart. (ESV)