

Lesson 5 – Hebrews 4

This lesson, we will look at what it means to “enter into His rest.” The idea is carried on without pause from **Hebrews 3**.

Day 1

1. Pray!
2. Read Hebrews 4. Mark all the key words/phrases you have been marking. Also, mark *high priest* and *faith*. We’ll be looking at the high priest for several chapters, and later in Hebrews, faith is used more extensively. Make sure to mark “*therefore*”.
3. Read the chapter again and highlight or underline what we are told to do.
4. Read Heb. 4: 1-2. “Therefore” – The idea is carried on without pause from Hebrews 3: 16-19. Unbelief kept who from doing what?

So the **promise remains of entering His rest**. We can enter into that rest, how?

But, unbelief will make us what?

According to verse 2, “**for indeed the gospel was preached to what 2 groups?**”

The **word did not profit them**, why?

5. We have talked about the importance of not just hearing God’s word, but heeding it. Here is the reality. You can hear the word and have spiritual experiences, but unless the word of God is **mixed with faith**, it will do no good. This explains why two people can hear the same message and one benefits while the other does not.

In closing, let’s just meditate on the following: Think of the joy Israel had in coming out of Egypt and approaching the Promised Lands – and then think of all the graves dug in the desert. A wonderful promise was available but unattained. They came short because though they heard God’s word, it was not **mixed with faith!**

Day 2

1. Pray!
2. Go back to Heb. 3: 11. From that verse, through the end of chapter 4, list on another sheet of paper, all you learn about rest! Make sure you mark the verse. That is your only assignment for today.

Day 3

1. Pray!

2. In **chapter 3 & 4**, in all but one verse, the Greek transliteration for the word “rest” is *katapausis*. It means “to cease from work.”

The word for “rest” in **Heb. 4:9** is different. Look it up. What does it mean?

3. To understand the concept better, let’s do some cross-referencing and let Scripture interpret Scripture. Read the following and note what you learn:

Gen. 2: 1-3

Exodus 20: 8-11

Exodus 31: 12-17 (What is a sign? Who is the sign in Exodus 31 between?)

Ezekiel 20: 1-24 (Just read and notice how Israel responds to God.)

4. Read **Heb. 4: 11**. Let us therefore... this phrase or idea, appears repeatedly in the Book of Hebrews. A doctrinal truth is presented... in this case, the truth of a remaining rest that is available and should be applied to our lives how?

Be diligent to enter that rest... The rest is there, but does God force it upon us? What must we do?

If we are not diligent to enter that rest, what might happen?

Who is the example of disobedience being referred to here?

5. As you end this lesson, personalize and write out the truth of this verse, in your own words. You might start: I must...

Day 4

1. Pray!

2. Read **Heb. 4: 12-13**.

3. Consider how these verses relate to the **preceding 11** verses. **Verse 12** may be familiar, but does it take on any special meaning in context.

What is the relationship between falling because of disobedience and the Word of God being sharper than a two-edged sword?

How does God know how to judge rightly? (Hint: **verse 13**)

Write out your thoughts and we will discuss in class!

4. Turn to **Psalm 119**. This whole psalm is about the Word of God and what it can do in the life of a believer (hopefully!). Let's just consider a few of the verses.

Verse 9

Verse 11

Verse 24

Verse 28

Verse 93

Verse 105

Verse 165

In closing, it bears constant reminding that as we submit ourselves to the word of God, we do it for far, far more than intellectual knowledge or to learn Bible facts. We do it for the ministry of the Word, because God meets us in His Word and the Holy Spirit works powerfully through the word of God.

Day 5

1. Pray!

2. Read **Hebrews 4: 14-16**.

3. The idea that Jesus is our High Priest was mentioned before (**Hebrews 2: 17** and **Hebrews 3: 1**). But now the idea will be developed more extensively, as the writer calls attention to the specific, unique character of Jesus as our High Priest.

Was any other High Priest called great?

Did any other High Priest pass through the heavens?

Was any other High Priest the Son of God?

4. All these truths about Jesus, our High Priest, should encourage us to do what?

What does that mean?

5. In **verse 15**, we see we have a High Priest who can do what?

How is it possible that He can sympathize with our weaknesses?

6. In **verse 16**, we have an invitation. Write it out below:

7. As you consider **verse 16**, it's insightful to understand boldly does not mean to come proudly, arrogantly, or with presumption. It means:

We may come constantly
We may come without reservation
We can come freely, without fancy words.
We can come with confidence.
We should come with persistence.

8. We find grace to help in time of need. No request is too small. He wants us to trust and live out **Philippians 4: 6**. Look it up and write it out!

