

A Sabbath-Rest for the People of God Hebrews 4:1–13

1. Read Hebrews 4:1, 2. For review, read again Heb. 3:16–19 together with this week’s passage. What idea is being completed by the “therefore” that begins chapter 4?
2. Explain the phrase “the promise of entering his rest still stands.”
3. What is the gospel that we have heard, or, to put it another way, what do we have to believe to enter God’s rest?
4. Who is the “they” in verse 2? What was the “gospel” they had preached to them? (See Heb. 3:7, 8; Ex. 19:3–6; 23:20–33.)
5. Why was the message they heard of no value to them? How can the message we hear be of no value to us?
6. Looking again at Hebrews 4:1–13. How many times does the word “rest” appear in verses 1–13? Whose rest is this?
7. When did God rest? (vss. 3 and 4)
8. What form does the disobedience take that is mentioned in verses 2, 6 and 11?
9. When is the “Today” that is spoken of in verse 7? What does this mean for us?
10. Read Hebrews 4:8–13; skim Hebrews 11.
Joshua had led his people into Canaan, the promised land, the land of rest, but later, in David’s time, God promised an even better rest. When was this better rest to come? (2 Thess. 1:6, 7; Rev. 21:3, 4)
11. What is the difference between Joshua’s rest and God’s rest? (vss. 8–10)

12. Describe a “Sabbath-rest.” (Lev. 23:3) What do our Sunday worship services have to do with the Sabbath-rest?

13. Keeping Heb. 4:2, 9 and 10 in mind, skim Heb. 11. Why could all these people enter into God’s rest?

14. Read Hebrews 4:8–13; Isaiah 30:15; Jeremiah 6:16. How can we enter into God’s rest? What prevents us from entering? (4:2, 6, 11)

15. What rest do we have as believers here on earth? (vs. 10) (See also Isaiah 30:15 and Jeremiah 6:16.)

16. What does the author mean by “make every effort to enter that rest?” (vs. 11) Verse 10 speaks of resting from our own work, but verse 11 speaks of making every effort. Is this a contradiction?

17. Read Hebrews 4:11–13. What are the two possible interpretations of “word of God” in verse 12? (See Psalm 119:11, 105; John 1:1, 14; Rev. 19:13)

18. In verse 12, what words are used to describe the word of God? How does this description fit...

A. the word, meaning the Bible?

B. the word, meaning Jesus Christ?