

Hebrews Part One

Lesson #15, Chapter 4:1-5

Read 3:12-19 and 4:1-5 before beginning this lesson. As you get started on this lesson, you may feel I've asked a lot of questions that may elicit a "No, duh!" kind of response. That was purposely done. I wanted to ask questions to keep our eyes in the text because Chapter 4 has so much depth to it. Never fear, by the time we're done going through the Chapter in these next few lessons you will see exactly what the author of Hebrews is communicating.

1. In Hebrews 4:1 we are told to *fear*. What is it that we are told to fear?
2. What is the danger of *not* being afraid? See 3:19 and 4:1.
3. In 4:1 the author mentions *while a promise remains of entering His rest*. What is the promise he is talking about? See 4:1.
4. What kind of rest is the author talking about in 4:1? Is he speaking about an earthly rest or a spiritual rest?
5. Explain what it means to come short of something.
6. When is the time to act upon that promise of rest (vs. 1)?
7. Will there ever be a time when God's rest will not be available to mankind? See Luke 16:27-31; Jn. 5:26-29; Acts 17:30-31; Heb. 9:27.

8. The author urges his readers to action so that none of them *should seem* to have come short of God's rest. What does that tell you about the visibility of your Christian life? See also 2 Cor. 13:5 and Gal. 5:19.

9. Who had the good news preached to them (vs. 2)?

10. What is the *good news*? See Acts 8:12; 13:32-39; Rom. 10:11-15.

11. According to vs. 2 what was the result of hearing the good news preached? Why did that happen (vs. 2)?

12. How does the Word profit us when it is united with faith? See Acts 20:32; Eph. 2:8-9; Col. 1:5-6; 1 Thess. 1:2-10; 2:13; 2 Tim. 3:14-17; Heb. 4:12; James 1:18; 1 Pet. 1:22-25; 2:2.

13. God has always intended His Word to *profit* us. Write down an area in your life that needs the benefit of the Word. How can you apply the Word of God to that area of your life?

14. The author mentions *rest* twice in verse 3. Are these *rests* the same or are they different? Explain what kind of *rest* each one is.

15. According to vs. 3 how do we enter *the rest* of God?

16. What contrast is the author making about those who enter God's rest in vs. 3?
17. In vs. 3 why did God swear they should not enter? Who is the *they* who do not enter?
18. What example does the author use to make his point about God's rest in vss. 3-5?
19. What do we know about creation according to Gen. 2:1-2; Ex. 20:11; 31:17; Heb. 4:4?
20. In order to understand the author's example of creation we need to remember that the key to this passage lies in vss. 2-3. List the crucial phrases from those two verses.
21. Taking into account Heb. 3:11-19 and 4:1-5 answer the following question: What does God finishing His works from the foundation of the world have to do with entering His rest? See also Gen. 2:2-3; Ex. 20:8-11; and Ezek. 20:12.
22. The Hebrews were in great danger. They were tempted to believe the lie that they could please God by their own efforts, rather than living by faith through the grace and mercy of Jesus Christ. We need to heed these same warnings and consider our own lives. Is there any area in your life where you are trying to please God by your own efforts? What do you need to remember so that you won't fall prey to that deception?

Remember, the author of Hebrews is explaining the excellence and grandeur of salvation by faith in Jesus Christ, who alone is able to redeem men from their sin. The Hebrews were listening to the dangerous heresy that Jesus Christ's blood shed on their behalf was not enough to satisfy the wrath of God, and that they needed to go back to offering sacrifices to atone for their sin. They were entering back into "works" and refusing to enter the "rest" that God offered through Jesus Christ. Just as God rested from His works, so we through faith in Jesus Christ, can rest from our "works" of trying to please God, and through faith and trust in the perfect work of Christ enter into God's rest.