

Lesson 4: Study Questions – Hebrews 4:1-16

Heb. 4:1 Therefore, let us fear if, while a promise remains of entering His rest, any one of you may seem to have come short of it.² For indeed we have had good news preached to us, just as they also; but the word they heard did not profit them, because it was not united by faith in those who heard.³ For we who have believed enter that rest, just as He has said,

“ AS I SWORE IN MY WRATH,
THEY SHALL NOT ENTER MY REST,”

although His works were finished from the foundation of the world.

⁴ For He has said somewhere concerning the seventh *day*: “ AND GOD RESTED ON THE SEVENTH DAY FROM ALL HIS WORKS”;⁵ and again in this *passage*, “ THEY SHALL NOT ENTER MY REST.”⁶ Therefore, since it remains for some to enter it, and those who formerly had good news preached to them failed to enter because of disobedience,⁷ He again fixes a certain day, “Today,” saying through David after so long a time just as has been said before,

“ TODAY IF YOU HEAR HIS VOICE,
DO NOT HARDEN YOUR HEARTS.”

⁸ For if Joshua had given them rest, He would not have spoken of another day after that.

⁹ So there remains a Sabbath rest for the people of God.¹⁰ For the one who has entered His rest has himself also rested from his works, as God did from His.¹¹ Therefore let us be diligent to enter that rest, so that no one will fall, through *following* the same example of disobedience.¹² For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart.¹³ And there is no creature hidden from His sight, but all things are open and laid bare to the eyes of Him with whom we have to do.

Heb. 4:14 Therefore, since we have a great high priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession.¹⁵ For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as *we are, yet* without sin.¹⁶ Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.

1. In response to Israel's failure to enter God's rest because of unbelief (3:16-19), what should we fear? (4:1) (D) Explain the meaning of "rest" in Hebrews.
2. Why did the word that they heard, like the good news preached to us, not profit them? (4:2) (A) How has the good news of Jesus profited you?
3. Who enters that rest? (4:3a) (A) When did you enter that rest?
4. What has God sworn? For how long has God's works been finished? (4:3b) (C) Explain why Israel failed to enter God's rest. (ie. Psalm 95)
5. What has God said concerning the seventh day and entering His rest? (4:4-5)
6. What does Jesus promise to give to all who are weary and heavy-laden who come to Him in Matthew 11:28-29? (A) What does this mean to you?
7. Why did those who formerly had good news preached to them fail to enter God's rest? (4:6) (D) Define "disobedience." (A) How does God speak today?
8. What has God fixed? What did God say through David? (4:7)
9. If Joshua had given them rest, of what would God not have spoken? (4:8)
10. What remains for the people of God? (4:9) (D) Using a Bible dictionary, define Sabbath rest.
11. Who rests from his works? (4:10) (A) Since entering God's rest, from what works are you now resting?
12. List 5 attributes of God's Word with a brief description of their meaning. (4:12)
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.
13. Why should we hold fast our confession? How is Jesus described? (4:14)
14. Why is Jesus a high priest who can sympathize with our weaknesses? (4:15)
15. (A) How does knowing that Jesus is a high priest who can sympathize with your weakness because He has been tempted in all things encourage you to turn to Jesus for strength to overcome temptation?
16. What should be our attitude when we draw near to the throne of grace? (4:16a)

**17. Why should we draw near with confidence to the throne of grace? (4:16b)
(C) Define mercy and grace. (A) How have they helped you in a time of need?**

18. What do you learn about God? How could you apply this truth to your life?

Write a prayer response to Heb 4:1-16.