

Background Information

What hinders you from entering His rest? The challenge remains today, as it did to all Israel whom God led from the promised land. Enter into God's rest through faith and trusting His Power and plan for your life. The example of **rest** by God at creation set the requirement of rest that He desires for His people in order that they may live lives pleasing to Him, full of worship and adoration.

A common Jewish exegetical technique is to link texts by a shared Greek or Hebrew key word. Therefore, the author give the reader scriptures from psalm 95 to expound his point about rest.

Believers are exhorted to "be diligent" to enter God's rest, indicating continuous effort, which seems like an oxymoron. God has given the believer His Son, His Spirit and His Word to aid you in entering into His rest. Come boldly to the throne of grace, and find the help that you need.



LOOKING FOR GOLD - WHAT DOES IT SAY?

The first step in mining for gold is getting the lay of the land. **Carefully observe the text** looking to see where you might dig to find hidden treasure. **Mark your text** looking for repeated words, contrasts or similarities. Look for answers to, Who? What? When? Where? Why or How?

Setting the scene: You may want to begin your reading with Gen. 2:15-17, Ps. 95:8-11, Is. 58,

Hebrews 4:1-10

1 Therefore, since a promise remains of entering His rest, let us fear lest any of you seem to have come short of it. 2 For indeed the gospel was preached to us as well as to them; but the word which they heard did not profit them, not being mixed with faith in those who heard it. 3 For we who have believed do enter that rest, as He has said: "So I swore in My wrath, 'They shall not enter My rest,'" although the works were finished from the foundation of the world. 4 For He has spoken in a certain place of the seventh day in this way: "And God rested on the seventh day from all His works"; 5 and again in this place: "They shall not enter My rest." 6 Since therefore it remains that some must enter it, and those to whom it was first preached did not enter because of disobedience, 7 again He designates a certain day, saying in David, "Today," after such a long time, as it has been said: "Today, if you will hear His voice, Do not harden your hearts." 8 For if Joshua had given them rest, then He would not afterward have spoken of another day. 9 There remains therefore a rest for the people of God. 10 For he who has entered His rest has himself also ceased from his works as God did from His.



Digging Deeper

Dig deeper using other resources such as a dictionary, concordance, maps & cross-references. Notate where you found it to share with the group. Look for commands to obey or questions to be answered. What does God want you to know about Himself?

Hebrews 4:11-13

11 Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience. 12 For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart. 13 And there is no creature hidden from His sight, but all things are naked and open to the eyes of Him to whom we must give account.



Hebrews 4:14-16

14 Seeing then that 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 was in all points tempted as we are, yet without sin. 16 Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.



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BOILING IT DOWN – WHAT DOES IT MEAN?



What **lesson** can I draw from my observations?

State each lesson in a simple sentence (aim for 10 words or less).

Hebrews 4:1-10_

Hebrews 4:11-13

Hebrews 4:14-16



REFINED AS GOLD - HOW CAN I APPLY IT?

How should it change me? Ask yourself, "What **course of action** do I need to take to apply each lesson?" (aim for 10 words or less)

Hebrews 4:1-10_

Hebrews 4:11-13

Hebrews 4:14-16

CHALLENGE: Use cross-references to find correlating scripture that backs up a main point of the chapter. Summarize your findings in your own words.



STORING UP YOUR TREASURE . . .

FOR DISCUSSION:

What is God's rest?

How do we enter into His Rest? v. 11&12

What words or phrases are repeated? Repeated words help us discover the main point.

CHECKING FOR CLARITY: See if you can boil down the meaning of **each section** into one or two words. This helps you fully understand what the author is trying to convey. (It's fun to alliterate if you want to try) Did you catch the vision?

Hebrews 4:1-10 _____

Hebrews 4:11-16 _____

Hebrews 4:14-16 _____

BARS OF GOLD: State the main **point** of the passage in the form of a title.

FLEX YOUR MUSCLES: Can you discover an O.T. example of this N.T. truth?



HIDE YOUR TREASURE IN YOUR HEART

For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart. Heb 4:12-13

Radiating His Truth . . .

You have a great High Priest who can give you the mercy and the grace you need just when you need them He lives to intercede for you and to help you do His will.

Warren Wiersbe

