

HEBREWS

STUDY 05 – HEB 4:1-13

1. Recap – from last week’s study, why were we encouraged to ‘fix our thoughts’ on Jesus?

He is not only the creator, but also sustainer of everything. If we are focussed on Jesus we will not turn away with an unbelieving heart.

- a. What was the danger if we failed to do that?

The danger was that we could fall away and fail to enter into God’s rest (important to pick up on the idea of ‘rest’ here)



Read Hebrews 4:1-13

2. What do you think of when you think of ‘rest’?

Brainstorming question. Will probably be things like sleep, school holidays, the weekend, not having to do any work etc.

3. Examine the different examples of ‘rest’ that this passage speaks about:

- a. verses 3b-4 (read also Genesis 2:1-3)

Speaks of God resting from his acts of creation. Eden therefore is seen to be a place of rest.

- b. verse 6 (read also Numbers 14:20-23)

Speaks of God forbidding those who were disobedient in the desert from entering the rest of the Promised Land.

- c. verses 9-10

Speaks of an eternal, Sabbath-rest (ie heaven) which all Christians can look forward to.

4. How is this ‘Sabbath-rest’ different from the other types of rest spoken about?

This rest is eternal, and we get to enjoy it with God. We will not have to return to any labour after this rest. We see that is the ‘complete’ idea of rest, whereas the others were not seen to be ‘complete’.

5. What encouragements can we take from knowing about this eternal rest?

We can be encouraged that it has always been a part of God’s salvation plan. This gives us certain hope for those who remain faithful. It also means any suffering we experience now is temporary.

6. This passage speaks a fair bit about the power of the Word of God. What does the writer of Hebrews outline as important about the Word of God?

It is only of value if it is combined with faith.

7. What do verses 12-13 tell us about how the message of the gospel opens us up for judgment?

By knowing the message of the gospel we are now without excuse. It has the ability to penetrate to every part of our lives, and radically challenge and transform us.

8. What is the warning given in regards to our judgment?

We must not think that we can hide anything from God's sight (v13). As such we must allow our faith to permeate all aspects of our lives.

9. If the message of the gospel is so powerful, what impact should this have on our lives in regards to:

(Some practical application)

- a. Our own personal times with God?

It is important that we are regularly reading our bibles.

- b. What we would look for in a church / youth group?

We would need to look for a church / youth group that was bible-based, and faithful in what it was teaching.

- c. How we share our faith?

It's super important that we witness not only through our actions, but that we are actually sharing the message of the gospel. We need to be ultimately getting people into the Bible.

- d. How we have fellowship with other Christians?

When we meet together, we should desire to be reading the Bible with one another, and sharing with each other what we have been encouraged by from what we have been reading recently.