



THE LETTER TO THE HEBREWS

(WITH SPECIAL EMPHASIS ON MOSAIC REFERENCES)

HEBREWS 4:1-16

A CONTINUATION OF THE SECOND WORD OF WARNING
— TODAY IF YOU HEAR HIS VOICE, DO NOT HARDEN
YOUR HEARTS

- Review of chapter 3...

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.

- So, what's the “therefore” there for?
- Who is this warning for?
- Does he really mean fear? (Are we supposed to be fearful? Explain.)
- What is the promise that remains for us?
- What does it mean to “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.

- What good news did Israel have preached to them?
- What is our good news?
- What does it mean to profit from the word?
- What does it mean to unite faith with the word?

3 For we who have believed enter that rest, just as He has said,

“AS I SWORE IN MY WRATH,

- What is the requirement for entering God's rest?
- Who wouldn't be entering God's rest?

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.

- What rest is the writer talking about?

- How many “rests” is the writer talking about?

- What does the writer mean that there “remains for some to enter it”?

- Who would these people be?

- Why did they fail to enter?

- Why does the writer now return to David’s psalm? Where is he going with this line of reasoning?

- Why is the writer bringing up Joshua?

- What does he mean, when he says that there remains a Sabbath rest for the people of God?

- Why don’t we celebrate Sabbath?

- What is the Mosaic Law’s explanation for Sabbath? (Exodus 20:9-11)

- What does v. 10 tell us about the rest God has in store for us?

- What does it mean to be diligent?

- What does diligence to enter that rest mean in a practical way?

- What does it mean to fall?
- What does the warning about the possibility of falling mean to the doctrine of “Once saved, always saved”?

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.

- What’s the connection from the earlier part of this chapter and v. 12? (There’s clearly a connection here, because of the word “for”)
- When is the last time that “word” was used in this chapter?
 - What was done by Israel with this word?
 - The word didn’t (v. 2) _____ them.
 - What is the word of God capable of doing for us?
- What does this mean?
 - “living”
 - “active”
 - “sharper than any two-edged sword”
 - “piercing as far as the division of soul and spirit of both joints and marrow”
 - “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.

- What is the warning of v. 13 intended to keep us from doing?
- Is there anything that we can hide from the Lord?

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.

- Again, what is “therefore” there for? (What is the connection between the earlier part of the chapter and this reminder that Jesus is our high priest?)

- What are some of the things that are listed in v. 14 that make Jesus a better high priest?

- What does it mean to 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.

- Could the physical high priest sympathize with our weaknesses?

- Then what makes Jesus a better high priest?

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.

- What does it mean to draw near with **confidence** to the throne of grace?

- Do we need ...?

- Mercy

- Grace

- Help in time of need