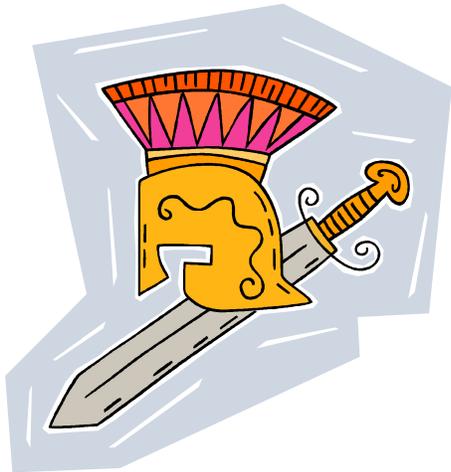


The Possibility of Entering Rest



Hebrews 4:1-13

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.

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.

1. What are the different views on what “rest” is in this passage

2. Read Deuteronomy 3:18-20. 12:8-10 and Hebrews 3:7-11, 3:16-18, 4:3-5, 4:8-11, What view is most likely given the context of Deuteronomy and Hebrews?

3. In Chapter 3, the problem was rebellion. How does rebellion hinder us entering into our inheritance or “rest”?

4. Read Hebrews 4:2. What did those who do not enter into God’s rest lack?

5. In verse 3-4, resting follows what activity? What is the text trying to teach us?

6. In verse 6-8 why do some not enter God’s rest? What does God give them?

7. What does this “day” represent?

8. According to verse 10, why can we not have this rest now?

9. What does the author warn us to be in verse 11?

10. According to verse 11-13, why does he warn us to be diligent?
