

**HEBREWS:
CHRIST IN ALL OF SCRIPTURE
AMEN BIBLE STUDY 2017-2018**

**More than a Good Nap!
Hebrews 4:1-10
November 2, 2017**

Thesis: Believing the gospel of Jesus Christ, the rest-giver, results in entering God's rest.

:1-2 **I. The peril of not entering God's rest.**

- A. The same promise still stands for us.
Therefore, while the promise of entering his rest still stands, ...
- B. The same peril still remains for us.
... let us fear lest any of you should seem to have failed to reach it.
- C. The same hindrances still confront us.
For good news came to us just as to them, but the message they heard did not benefit them, because they were not united by faith with those who listened.

:3-10 **II. The promise of entering God's rest.**

- A. The method for entering God's rest.
³ For we who have believed enter that rest, as he has said, "As I swore in my wrath, 'They shall not enter my rest,'"...
- B. The nature of entering God's rest.
...although his works were finished from the foundation of the world. ⁴ For he has somewhere spoken of the seventh day in this way: "And God rested on the seventh day from all his works." ⁵ And again in this passage he said, "They shall not enter my rest." ⁶ Since therefore it remains for some to enter it, and those who formerly received the good news failed to enter because of disobedience, ⁷ again he appoints a certain day, "Today," saying through David so long afterward, in the words already quoted, "Today, if you hear his voice, do not harden your hearts." ⁸ For if Joshua had given them rest, God would not have spoken of another day later on. ⁹ So then, there remains a Sabbath rest for the people of God,...
- C. The results of entering God's rest.
...¹⁰ for whoever has entered God's rest has also rested from his works as God did from his.

Discussion Questions

1. We are told to strive to enter God's rest (3:11, 18; 4:1, 3, 5-6, 9-11).
What seems strange to you about this?

How do you picture such rest?
2. What do you think the promise of entering God's rest means in verse 1?

3. How would you describe the faith that is required to receive God's rest?
4. God rested from all of his work (v. 4), and he offers us a Sabbath rest on the seventh day of the week. What does it mean to rest from your work?
5. How did the Israelites refuse to receive God's rest (vv. 6-8)?

Going Deeper

What would being able to experience God's rest mean to your life right now?