

Hebrews



Focus: Each day this week, read through **Psalm 23** with the idea of “entering His rest” in mind.

FEED: Hebrews chapter four can be confusing. The wording in the NIV is difficult to understand though it is very accurate. The New Living Translation (NLT) also accurately translates this passage, but is written in a form that is a little easier for us to understand. For our study this week, please use this translation (provided below) to help you answer the questions. Go ahead and read it in your translation too.

1. The passage below is double spaced so you can underline and highlight words and phrases that stand out to you. Read it (**Hebrews 4**) slowly marking it with your notes and questions. Remember to actively listen while you read.

¹God’s promise of entering his place of rest still stands, so we ought to tremble with fear that some of you might fail to get there. ²For this Good News—that God has prepared a place of rest—has been announced to us just as it was to them. But it did them no good because they didn’t believe what God told them. ³For only we who believe can enter his place of rest. As for those who didn’t believe, God said, “In my anger I made a vow: ‘They will never enter my place of rest,’” even though his place of rest has been ready since he made the world. ⁴We know it is ready because the Scriptures mention the seventh day, saying, “On the seventh day God rested from all his work.” ⁵But in the other passage God said, “They will never enter my place of rest.” ⁶So God’s rest is there for people to enter. But those who formerly heard the Good News failed to enter because they disobeyed God. ⁷So God set another time for entering his place of rest, and that time is today. God announced this through David a long time later in the words already quoted: “Today you must listen to his voice. Don’t harden your hearts against him.” ⁸This new place of rest was not the land of Canaan, where Joshua led them. It is had been, god would not have spoke later about another day of rest. ⁹So there is a special rest still waiting for the people of God. ¹⁰For all who enter into God’s rest will find rest from their labors just as God rested after creating the world. ¹¹Let us do our best to enter the place of rest. For anyone who disobeys God, as the people of Israel did, will fall.

¹²For the word of God is full of living power. It is sharper than the sharpest knife, cutting deep into our innermost thoughts and desires. It exposes us for what we really are. ¹³Nothing in all creation can hide from him. Everything is naked and exposed before his eyes. This is the God to whom we must explain all that we have done.

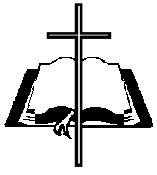
¹⁴That is why we have a High Priest who has gone to heaven, Jesus the Son of God. Let us cling to him and never stop trusting him. ¹⁵This High Priest of our understands our weaknesses, for he faced all of the same temptations we do, yet he did not sin. ¹⁶So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it.

©1996 Holy Bible, New Living Translation. Used by permission of Tyndale House Publishers, Inc., Wheaton, Illinois 60189.

FILL: Ask God to give you new insight to this chapter as you study this week. Highlight anything that stands out to you.

FOLLOW: Keep working on the passage we are memorizing. Review **Hebrews 12:1**, and begin memorizing **verse 2**. Pray that God will help you to apply these verses every day.





Hebrews



Focus: Continue reading through **Psalm 23** with the idea of “entering His rest” in mind.

FEED: Read **Hebrews 4:1-3** (remember to use NLT provided on Day 1)

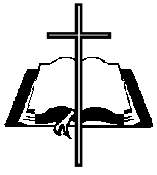
1. Because the children of Israel refused to listen to God and disobeyed Him, they were not allowed to enter into His rest. Does His promise of a place of rest still stand? _____
 - a. What do we need to do? How do we enter this place of rest? _____
 - b. Why did the message of the Good News do them no good (**verse 2**)? Was there anything wrong with the message? What is the problem? _____
 - c. Does the same problem exist today? _____
 - d. Can those that do not believe the Good News (which is Jesus is the Messiah, now raised from the dead) enter into God’s rest? (see also **Hebrews 3:19**) _____
2. Read **Hebrews 4:3-6**. What is the writer making very clear for us? _____
 - a. What is the ticket for entering God’s rest? _____
 - b. It says they did not enter this rest because of their disobedience. What was the sin according to **Hebrews 3:19**? _____
 - c. Have you ever considered “unbelief” to be a *sin* rather than a *choice*? Share your thoughts: (what’s the difference?) _____
3. All through Scripture we see God responding to faith in people. Jesus healed because He saw faith. God parted the Red Sea because Moses had faith in His provision and He spared Isaac because Abraham trusted in God. What does **Ephesians 2:8-9** say? _____

What is Paul’s comment on the plight of the Israelites in **Romans 9:30-32**? _____
4. It broke God’s heart to respond to His people according to their sin. Read what Jesus says in **Luke 13:34**. What did He want to do? _____
 - a. For hundreds of years God responded with compassion to the children of Israel. What does **Nehemiah 9:28-31** say? _____
 - b. In fact, this is the love that motivated Him to send His only begotten Son to this world. What does **John 6:28-29** say? What does God want? _____

FILL: Does it seem too easy to you? Later on in the study we will see how unbelief is a sin. God asks that we believe Him, believe His word. Do you? Have you entered into His rest? This rest is for now and for all eternity. Will you thank Him for all He has done?

FOLLOW: Do you know someone who says they don’t believe? Will you begin praying for that person? Write their name in your journal and ask God to use you to show that person His love. Keep memorizing **Hebrews 12:2**.





Hebrews



Focus: Continue reading through **Psalm 23** with the idea of “entering His rest” in mind.

FEED/FILL:

1. **Hebrews 4:7-11** confirms again the promise of God’s rest. The writer is making it clear to his Jewish readers that this place of rest is not somewhere in the past. Canaan was the name for the physical promised land that their ancestors were waiting for, but this rest spoken of here is special in that it is spiritual and eternal. Again, how do we enter that place of rest? __

2. This place of rest is for all eternity, but it begins in our souls the moment we turn to Jesus, exchanging our yoke for His. Remind yourself of **Matthew 11:28**.

3. David found that rest through faith in God. He expresses his experience in **Psalm 23**. This psalm has become very familiar, but when is the last time you really listened to the words and applied them to your personal life? As we learn about what it means to enter the rest of God, let’s use this psalm to guide us. We are going to break it down verse by verse, asking ourselves questions about each thought. There are a couple to start with, and then you have the space to write your own. Make it personal for you:

The Lord is my Shepherd; I have everything that I need.

• *Lord, you are my Shepherd, not my Dictator...why should I fear your lead? What do I think I need that I don’t have?*

He lets me rest in green meadows; he leads me beside peaceful streams.

• *Lord, I feel stressed, am I missing the meadows and streams You want to provide?*

He renews my strength. He guides me along right paths, bringing honor to his name.

• *Lord, will you renew my strength? Is this the right path for me? How can I bring honor to your name today?*

Even when I walk through the dark valley of death, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me.

• *Lord, is this a faith issue for me?*

You prepare a feast for me in the presence of my enemies. You welcome me as a guest anointing my head with oil. My cup overflows with blessings.

• *Lord, am I missing your presence and your blessings because I am so focused on what others think?*

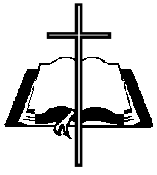
Surely your goodness and unfailing love will pursue me all the days of my life, and I will live in the house of the Lord forever.

• *Lord, do I fully grasp what your love means to me? You pursued me?!*

5. Now, go back through this psalm, making it your psalm of praise. Write it in if you have room; Example from verse one: *I praise you Lord for being my Shepherd and providing EVERYTHING I need.*

FOLLOW: You may want to write this out in your journal, or on a separate piece of paper to hang somewhere to remind you of this wonderful psalm full of comfort and rest. Keep learning Hebrews 12:1-2.





Hebrews



Focus: Continue reading through **Psalm 23** with the idea of “entering His rest” in mind.

FEED:

1. Let’s read about God’s amazing Word from **Hebrews 4:12-13**. How is it described here (in the NLT)? _____

 - a. How is it described in the translation you normally use (not the NLT)? _____

 - b. How is the Living Word of God (the Bible) different from all other books? _____

 - c. What is it able to do? _____

 - d. Have you experienced this personally? Can you share a time God’s word cut through to your heart? _____

2. Is anyone able to hide from God? What does His word say? (**verse 13**) _____

 How does this verse strike you? _____

3. It is normal that these words would expose some fear in us, for we are human and sinful. Standing before a perfect God is a scary thought and it should cause us to evaluate. But, God does not leave us to live in fear. Look at the beginning of **verse 14**. It starts with “That is why”, or “therefore”. Then what does it say? Have we been left alone to face this judgment?

 - a. What has our High Priest done for us? _____

 - b. In what ways is our High Priest unique? _____

 - c. Why is He able to understand our weaknesses? _____

 - d. How do you feel about the fact that Jesus Himself faced all the same temptations you do? _____

 - e. Do we need to fear going to Him? _____
 - f. According to **verse 16**, what will we receive when we take our weaknesses to the throne of grace? _____

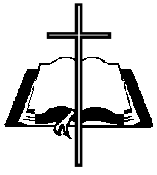
 - g. What do we usually want to do when we are tempted to sin? _____

 - h. Can we talk to God about that temptation? _____

FILL: We fall way short when we are exposed by God’s living word, but God’s desire is that this inadequacy would draw us to our understanding Saviour, not to a life of sin. He CAN help us when we are tempted! He understands the pains of this life! He is waiting on a throne of grace for us to come. What keeps you from going there often? Will you talk to God about it? Ask the Holy Spirit to remind you of this truth the next time you are tempted to sin. Take a few moments and just meditate on **Hebrews 4:12-16**. What is God’s word saying to you? **Proverbs 30:5** says, “ Every word of God is flawless; he is a shield to those who take refuge in him.”

FOLLOW: Record anything you want to remember in your journal. Keep learning **Hebrews 12:1-2** by heart. Praise God for being the Shepherd of our restless souls!





Hebrews

*Embracing the Supremacy
and Sufficiency of Christ*

LESSON 4, DAY 5



Read **Hebrews 4** aloud. Skim over your lesson days.

1. Write a summary statement (no more than 1-3 sentences) of what you feel are the main points of this passage.

2. Can you pick a verse or two that seems to stand out to you? _____

3. Why did you pick this verse/these verses? _____

4. What is one truth you want to always remember from your study this week? _____

5. What lesson do you believe God would want you to apply from what you've heard from His word?

6. Any other thoughts/comments? _____

Conclude this day in prayer discussing what you've written above with the Lord.

Write out your memory verse below:

