

Hebrews 4

1. God wants His people to have rest. In the Old testament, when God wanted to give His people rest, this meant rest from their enemies. See Exo. 33:14, Deu. 12:8-10, Joshua 1:13, 21:44, 22:4, 23:1, II Sam. 7:1, I Kings 5:4, II Chr. 14:2-6, 20:30. Jesus talked about rest for our souls, Mat.11:28-30. In this chapter it talks about entering God's rest. A) What is meant by "God's rest" in this chapter? B) What can keep us from entering into it? C) What enables us to enter into it? D) Are you entering into God's rest, since "There remains a Sabbath-rest for the people of God" and "Let us make every effort to enter that rest"?
2. Verse 12 talks about God's word. A) How is it described here? B) What does it say it can do? C) How has it affected you?
3. Verse 13 says that nothing we do is hidden from God, and that we must give an account of our life to Him. A) How does this make you feel? B) How does this affect the way you live?
4. How do verses 14-16 provide a balance to verse 13?
5. A) What is Jesus called in this chapter? B) How does what He went through while on earth help us in our weaknesses? C) Have you found this to be true in your life?