

Lesson 7  
Hebrews 4:1-13

Read Hebrews 4:1-13. Glance back over chapter 3 to remember context.

1. When a passage begins with “therefore,” you look back in the text to see what is being referenced. Thinking back to the lecture, homework and/or reading the previous verses; what is the author asking us to remember as he continues on this topic of REST?

2. From verse 2, why did the message of good news not benefit the Israelites who perished in the wilderness? (see also 3:19)

3. From the first part of verse 3, who does enter the “rest” of God?

4. The Israelites who did enter Canaan under Joshua’s leadership still had to fight many battles to take control of their homeland. What kinds of struggles do you have, as you seek to “possess” the rest that you have through faith in Christ?

5. What does it look like in your life when you fully rest in God? In what areas of your life do you long to rest more deeply in what Christ has done for you?

6. List the adjectives and descriptive phrases that the author uses to describe the Word of God in verse 12.

7. Psalm 119 extols the Word of God (also called “precepts” and “law” in addition to “word”) in these verses. From these verses of Ps 119, what does the word do, when it is applied to a Believer’s life?

v. 9

v. 11

v. 28

v. 93

v. 105

v. 130

v. 165

8. Think about a verse of Scripture that the LORD has used in your life to do surgery on your heart. Would you be willing to share that verse & circumstance with your small group to encourage them?