

STUDYING THE BOOK OF HEBREWS
IN SMALL GROUP DISCUSSIONS

Lesson 6 - A Sabbath-Rest for the People of God - Hebrews 4:1-13

Read the following verses in the New International Version or a translation of your choice. Then discuss the questions that follow. Questions should be studied by each individual before your discussion group meets.

Materials may be copied and used for Bible study purposes. Not to be sold.

HEB 4:1 Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it. [2] For we also have had the gospel preached to us, just as they did; but the message they heard was of no value to them, because those who heard did not combine it with faith.* [3] Now we who have believed enter that rest, just as God has said,

"So I declared on oath in my anger,
`They shall never enter my rest.' "

And yet his work has been finished since the creation of the world. [4] For somewhere he has spoken about the seventh day in these words: "And on the seventh day God rested from all his work." [5] And again in the passage above he says, "They shall never enter my rest."

HEB 4:6 It still remains that some will enter that rest, and those who formerly had the gospel preached to them did not go in, because of their disobedience. [7] Therefore God again set a certain day, calling it Today, when a long time later he spoke through David, as was said before:

"Today, if you hear his voice,
do not harden your hearts."

HEB 4:8 For if Joshua had given them rest, God would not have spoken later about another day. [9] There remains, then, a Sabbath-rest for the people of God; [10] for anyone who enters God's rest also rests from his own work, just as God did from his. [11] Let us, therefore, make every effort to enter that rest, so that no one will fall by following their example of disobedience.

HEB 4:12 For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. [13] Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account.

DISCUSSION QUESTIONS

Lesson 6 - A Sabbath-Rest for the People of God - Hebrews 4:1-13

65. What important promise is the subject of this passage? (4:1)
66. How do we know that not everyone will experience God's rest (that is, His salvation)? (4:1-2)
67. Why didn't the Israelites of the Exodus enter God's rest? (4:2)
68. What must a person do to experience God's rest? (4:3)
69. How long has God been giving us a chance to enter His rest? (4:4)
70. What was the consequence for the Israelites' disobedience? (4:5)
71. Why did some who heard the promise of rest fail to enjoy that promise? (4:6)
72. How did the author show that the rest God promised the Israelites involved more than mere physical rest in the land of Canaan? (4:8)
73. What rest awaited God's people after Joshua and the Israelites had conquered Canaan? (4:8-9)
74. Entering God's rest has what effect on our work? (4:10)
75. How should we seek to learn from the Israelites' negative example? (4:11)
76. What is the Word of God? How? (4:12)
77. What is unique about God? (4:13)
78. What sort of future awaits all of us? (4:13)

Lesson 7 - Jesus the Great High Priest - Hebrews 4:14-16

HEB 4:14 Therefore, since we have a great high priest who has gone through the heavens, Jesus the Son of God, let us hold firmly to the faith we profess. [15] For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are--yet was without sin. [16] Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

DISCUSSION QUESTIONS

Lesson 7 - Jesus the Great High Priest - Hebrews 4:14-16

79. To what important spiritual leader did the author of Hebrews compare Jesus? (4:14)
80. In what way is Jesus the ultimate high priest? (4:15)
81. In what ways was Jesus tempted? (4:15)
82. How is Jesus able to sympathize with us? (4:15)
83. Because of Jesus' superior high priesthood, how can forgiven sinners approach God? (4:16)
84. How does Christ respond to those who approach Him in faith? (4:15-16) Why?