Wednesday Morning Senior Adults Bible Study
THE BOOK OF HEBREWS
July 22, 2026

HEBREWS 4

Review of Chapters 1-3

- Jesus is superior to the _____.
- Jesus shared our humanity as flesh and blood so that by his death he broke the power of him who holds the power of death—that is, the _____—and freed those who all their lives were held in slavery by their _____ of death.
- Jesus is worthy of greater honor than _____, who was faithful as a _____ in all God's house—but Christ is faithful as the _____ over God's house.
- 3:12 — Warning: See to it that none of you has a sinful, unbelieving _____ that turns away from the living God.
- 3:13-14 — Encouragement: Encourage one another daily. We have come to share in _____, if we hold our original conviction firmly to the very end.

4:1-13

- What promise of God "still stands", according to verse 1?

God's Rest

Background: ***Genesis 2:1-3*** — What did God do on the seventh day, when his work of creating was done?

The writer's goal in 4:1-13 is to urge us not to miss out on the rest that God has promised his people, a rest that joins him in his own rest.

ABOUT THIS REST…

- Whose rest is it (verses 1, 3, 5, 10)?

- In **John 5:17**, Jesus said, "My Father is always at his work to this very day, and I too am working." And in Judaism at that time, there was agreement that if God ever completely stopped working, the universe would cease to exist! Yet the writer of Hebrews says (recalling Genesis) that God rested from his work (4:4, 4:10). In what sense is God resting from his work? In what sense is he still working today?

• What does it mean for us today to "enter God's rest" (4:10)?

• What is the alternative to entering God's rest (4:11)?

THE GREATER REST…

• **Joshua 21:43-45** comes from the time when Joshua had led Israel into the promised land and they had defeated their enemies and settled there. It states that "The Lord gave them rest on every side, just as he had sworn to their ancestors." Yet **Hebrews 4:8** points out that God, speaking through David (in Psalm 95:11) some 400 years after Joshua, spoke about "another rest". The rest that the people received in the promised land was not enough, nor did it last (because of their sin). What greater rest does God have in store for his people (4:9-10)?

WARNINGS AND ASSURANCE — List the things that caused the Israelites, and could cause us, to miss out on God's rest, and the things that lead to us entering into God's rest:

causes one to <u>not</u> enter rest	*leads to one <u>entering</u> rest*
4:1-2 _____	
	4:3 _____
4:6 _____	
4:7 _____	
4:11 _____	4:11 _____

4:12 — What does the writer teach here about the power of Scripture (including the Old Testament) to confront us about our sin/disobedience?

4:13 — What warning is the writer trying to give his readers here?

<u>4:14-16</u>

4:14 — As in 3:1, Jesus is our great _____ _____. He "has ascended into _____" (recall Acts 1:9-11). He is the _____ of God.

4:14 — Because of Jesus, "let us hold firmly to the _____ we profess."

• 4:15 — Why?

4:16 — Because of Jesus, we may approach God's _____ of _____ with confidence, so that we may receive _____ and find _____ to help us in our time of need.