

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

**Topics:** Anger, Deceit, Disobedience, Faith, Gospel, Hardheartedness, Judgment, Punishment, Rest, Sin

### Open It

1. What is the most powerful sermon you have ever heard?
- \* 2. What situations or circumstances tend to make you feel restless?
3. What different ideas have you heard (from friends, neighbors, or relatives) about how a person is made right with God?
4. What is your favorite Bible verse or story? Why?

### Explore It

5. What important promise is the subject of this passage? (4:1)
- \* 6. How do we know that not everyone will experience God's rest (that is, His salvation)? (4:1-2)
- \* 7. Why didn't the Israelites of the Exodus enter God's rest? (4:2)
8. What must a person do to experience God's rest? (4:3)
9. How long has God been giving us a chance to enter His rest? (4:4)
10. What was the consequence for the Israelites' disobedience? (4:5)
11. Why did some who heard the promise of rest fail to enjoy that promise? (4:6)
12. 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)
13. What rest awaited God's people after Joshua and the Israelites had conquered Canaan? (4:8-9)
14. Entering God's rest has what effect on our work? (4:10)
- \* 15. How should we seek to learn from the Israelites' negative example? (4:11)
16. What is the Word of God? How? (4:12)
17. What is unique about God? (4:13)
18. What sort of future awaits all of us? (4:13)

### Get It

- \* 19. What does it mean to enter God's rest?
- \* 20. How is enjoying God's salvation a reality in your life?
21. How does disobedience or unbelief keep us from enjoying God's rest?
22. What prevents you from enjoying God's rest (or salvation)?
23. What does God's rest have to do with one trying earn salvation with good works?
24. How does the fact that God sees and knows everything about you (actions, words, thoughts, motives, feelings, and attitudes) motivate you to live a holy life?
25. What has the Word of God revealed about your own thoughts and attitudes of the heart?

### Apply It

- \* 26. What one area of your life do you need to turn over to God today?
27. What steps can you take this week to learn from the negative examples of others?