

As chapter three concluded, the author of Hebrews used the Exodus story to establish a parallel to the way God operates and provides for His people now. He gives His instruction and establishes His promises throughout time and our part is to simply take Him at His Word, walking in trust that He will do what He has said. When we neglect to believe Him, that's when we tend to fall into sin and trouble.

Hebrews 4:1-13

A Rest for God's People

I. COMPARING OUR STORIES

MY EXPERIENCE...

YOUR EXPERIENCE...

There is a fine line between belief and trust. We can believe ideas of all kinds, but trusting those ideas carries much more weight. When we trust someone or something it conveys an element of action. Trust is more like faith in that it's a belief moved to action involving a submission of the will or heart.

II. CONSIDERING OUR STRUGGLES

WHAT is something that you believe but may not trust?

WHY is believing an idea easier than trusting it?

HOW does belief and trust affect your walk with the Lord?

WHEN it comes to your walk with the Lord, what has been the greatest testing of your faith?

Hebrews 4:1-13

A Rest for God's People

Read Hebrews 4:1-13

OBSERVATION

What still stands, according to vs. 1, and what command follows?

According to vs. 2, what came to the author *and* those he references?

What did *they* not receive and why (vs. 2)?

What do you observe as the focus of the text in vs. 3-5?

What remains, according to vs. 6, and why did some not attain it? (vs. 6)

Who does the author reference in vs. 8, and what was *he* unable to provide for the people of God?

According to vs. 9 what still remains for the people of God?

What is the imperative in vs. 11?

INTERPRETATION

What promise is the author referencing in vs. 1? (See the previous chapter for insight).

What does “good news” mean in vs. 2, and what role did faith play in benefiting from it?

Read Joshua 21:43-45. What promise was delivered to Joshua and those who trusted in God's plan?

According to Hebrews 4:4-5, what did God rest from (or in)? What parallel is the author of Hebrews attempting to make in this reference?

According to Hebrews 4:1, what are we to fear?

How were those in the Exodus story (Numbers 13-14) disobedient? What did they not believe about God? See Exodus 17:7 for insight.

What does vs. 11 mean that we are to “strive” to enter *that* rest? What was different about God's rest at the completion of creation and the rest Joshua led Israel into at Canaan?

Why does the author of Hebrews end this section with an emphasis on God's Word in attaining His rest? Consider Romans 10:17 for insight.

APPLICATION

How can you “strive” to enter His rest and not labor in your own strength? How will you rest in His promises and fear disbelief?