

From Weariness To Rest

December 29, 2013

Hebrews 3:7-4:16

Vol. 3 Number 48

Using This Study

① EXAMINE His Word

What does God SAY? Open your time with prayer. The words God uses to communicate matters, so go back and pay close attention to the details that are emphasized or repeated in the passage.

② EXPLORE His Word

What does God MEAN? Asking questions of the text helps surface how the details relate to the message God wants to communicate.

③ EMBRACE His Word

Why does it MATTER to me? Embrace God by responding to what you discover in His word in faith and obedience.

Guest Speaker:

Dr. Willie J. Bolden

Executive Director of
Community and Church
Relations, DTS-Houston

B.S., Biola University,
1980; M.A., Talbot
Theological Seminary, 1992; D. Min.
Southwestern Theological Seminary, 2006.



A graduate of Biola University, Talbot Seminary, and Southwestern Theological Seminary with a Doctor of Ministry degree in Mission and Evangelism, Willie Bolden is an adjunct professor at Dallas Christian College and Dallas Seminary. After planting two churches in California, Willie came to DeSoto, Texas, to found These Are They Community Church, where he is now senior pastor. Willie and his wife, Loretta, have seven children. He is also the founder of W.J. Bolden Ministries.

1 EXAMINE His Word

What does God SAY? Prayerfully note significant details and terms emphasized in the passage.

Read: Hebrews 3:7-4:16 (NIV)

⁷ So, as the Holy Spirit says:

“Today, if you hear his voice,

⁸ do not harden your hearts
as you did in the rebellion,
during the time of testing in the wilderness,

⁹ where your ancestors tested and tried me,
though for forty years they saw what I did.

¹⁰ That is why I was angry with that
generation; I said, ‘Their hearts are always
going astray, and they have not known my
ways.’

¹¹ So I declared on oath in my anger,
‘They shall never enter my rest.’”

¹² See to it, brothers and sisters, that none of you
has a sinful, unbelieving heart that turns away
from the living God.

¹³ But encourage one another daily, as long as it is
called “Today,” so that none of you may be
hardened by sin’s deceitfulness.

¹⁴ We have come to share in Christ, if indeed we
hold our original conviction firmly to the very
end.

¹⁵ As has just been said:

“Today, if you hear his voice,
do not harden your hearts
as you did in the rebellion.”

¹⁶ Who were they who heard and rebelled? Were
they not all those Moses led out of Egypt?

¹⁷ And with whom was he angry for forty years?
Was it not with those who sinned, whose
bodies perished in the wilderness?

¹⁸ And to whom did God swear that they would
never enter his rest if not to those who
disobeyed?

¹⁹ So we see that they were not able to enter,
because of their unbelief.

A Sabbath-Rest for the People of God

⁴¹ 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 good news proclaimed
to us, just as they did; but the message they
heard was of no value to them, because they
did not share the faith of those who obeyed.

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 works have been finished since
the creation of the world.

⁴ For somewhere he has spoken about the seventh
day in these words: “On the seventh day God
rested from all his works.”

⁵ And again in the passage above he says, “They
shall never enter my rest.”

⁶ Therefore since it still remains for some to enter
that rest, and since those who formerly had
the good news proclaimed to them did not go
in because of their disobedience,

⁷ God again set a certain day, calling it “Today.”
This he did when a long time later he spoke through David, as in the passage already quoted:

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

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 their works, just as God did from his.

¹¹ Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.

¹² For the word of God is alive 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.

¹⁴ Therefore, since we have a great high priest who has ascended into heaven, 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 empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin.

¹⁶ Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

🔍EXPLORE His Word

What does God MEAN?

1. What was the main reason that the Children of Israel wandered in the wilderness?

2. When the writer speaks in 3:12 of “falling away” (turning away), what does he mean?

3. Why does the writer compare the situation of Israel to his present audience?

4. What does the writer mean by the term “Sabbath Rest?”

5. How does the section of 4:12-4:16 relate to entering God’s rest?

6. When the writer of Hebrews speaks of entering God’s rest what does he mean?

③ EMBRACE His Word

Why does this MATTER to me?

Summarize your thoughts on the passage:

Write about what God wants you to KNOW, to FEEL, and to DO...

Sermon Notes
