

May 10, 2020

Finding Rest Hebrews 4 Pastor Kirk Gambrell

Vol. 10 Num. 19

Using This Study

❶ 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.

❷ EXPLORE His Word

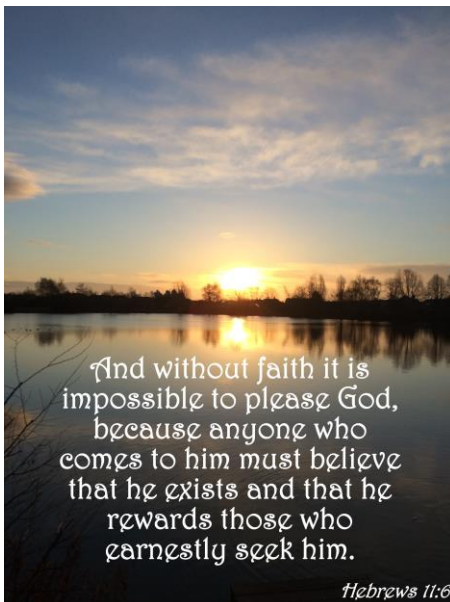
What does God MEAN? Asking questions of the text helps surface how the details relate to the message God wants to communicate.

❸ EMBRACE His Word

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



In Hebrews chapter 4 the author gives another warning about unbelief. The consequence of unbelief is that we cannot enter into the rest that the Lord has for us. As a solution he points us to the Word. The author describes the Word as sharper than any two edged sword. It lays bare our true intentions and the condition of our heart. The chapter then closes by encouraging us to confess because we have a great High Priest that understands our temptation. It is clear that it is belief that leads to rest in the Lord and that grace is available for those that seek Him. Join us this week as we take comfort in the rest that the Lord has to offer.



The Believer's Rest

4 Therefore, let us fear if, while a promise remains of entering His rest, any one of you may seem to have come short of it. **2** For indeed we have had good news preached to us, just as they also; but the word they heard did not profit them, because it was not united by faith in those who heard. **3** For we who have believed enter that rest, just as He has said,

“AS I SWORE IN MY WRATH,

THEY SHALL NOT ENTER MY REST,”

although His works were finished from the

foundation of the world. **4** For He has

said somewhere concerning the seventh *day*: “AND

GOD RESTED ON THE SEVENTH DAY FROM ALL HIS

WORKS”; **5** and again in this *passage*, “THEY SHALL

NOT ENTER MY REST.” **6** Therefore, since it remains

for some to enter it, and those who formerly had

good news preached to them failed to enter because

of disobedience, **7** He again fixes a certain day,

“Today,” saying through David after so long a time

just as has been said before,

“TODAY IF YOU HEAR HIS VOICE,

DO NOT HARDEN YOUR HEARTS.”

8 For if Joshua had given them rest, He would not have spoken of another day after that. **9** So there remains a Sabbath rest for the people of God. **10** For the one who has entered His rest has himself also rested from his works, as God did from His. **11** Therefore let us be diligent to enter that rest, so that no one will fall, through *following* the same example of disobedience. **12** For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart. **13** And there is no creature hidden from His sight, but all things are open and laid bare to the eyes of Him with whom we have to do.

14 Therefore, since we have a great high priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. **15** For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as *we are*, yet without sin. **16** Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.

o EXAMINE His Word (Observation) (For personal preparation)

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

1. Who is involved in the text? Author, audience, main characters.
2. Where and when is this taking place? Geography and timeline.
3. What actions are carried out or commanded? Look for the verbs.
4. Is there anything repeated?
5. What is emphasized?
6. Is there anything in these passages that is related to other areas of scripture?
7. Are there things to be noted that are alike or unlike such as similes and metaphors?

2 EXPLORE His Word (Interpretation) (For Community Group discussion)
What does God MEAN?

8. What is the fear in verse one?

9. What do we stand to gain through belief? (verse 3)

10. What is the “rest” that Hebrews 4 is talking about?

11. Who is able to judge the thoughts and intentions of our heart?

12. Verse 11 says to “be diligent to enter that rest.” How does verse 12 relate?

13. In verse 16 it says “draw near...so that...” why is receiving mercy and rest conditional to drawing near?

14. Is salvation conditional? What is the condition by which we receive it?

③ **EMBRACE His Word (Application)** (For Community Group discussion)
Why does this MATTER to me?

15. What is the consequence of unbelief?

16. Looking at verse 14 what must we confess?

17. Has Jesus been tempted as we are? How does this impact His position as High Priest?

Summarize your thoughts on the passage

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

Sermon Notes