

Hebrews 4 : February 5, 2017. We will discuss the questions that are in **bold** and underlined

1. **Read 4:1-11 What two exhortations does the author give the readers in these verse (see vs 1, 11 “Let us”)? What does this tell you about the main theme of this first part of Chapter 4?**

2. What three types of “rest” does the author mention here?

2. Good news was proclaimed in the Old Testament, just as in the New (4:2). What good news did the Israelites receive? (See Exodus 19:3-6) Why wasn't this gospel enough to bring the Israelites to rest?

**4. What do you think the Sabbath rest is (v4)? What does it mean to you to rest from your work?**

5. Verses 6-8 refer to the Israelites. How did they refuse to receive God's rest?

6. What kinds of rest are people looking for? What kind are you looking for?

**7. Read Vs 12-13 What does it mean that God's word is living and active? In talking with an unbeliever, how would you explain to them that the scriptures are alive, active, piercing and discerning the intentions of the heart?**

8. Read Hebrews 4:12-16. What two additional exhortations or commands does the author give the readers in these verses? (See “Let us” in vv. 14, 16)

9. How does the emphasis on the Word of God (and God's penetrating knowledge) in verses 12-13 relate to the discussion of the unbelief in the heart in verses 1-11?

**10. Vs. 14-16 In light of what Christ has done for us as high priest, how are we encouraged to approach the throne of grace and why? What comfort is there in this verse for believers?**

**11. What role does Scripture have in your life now? How would you like to deepen or change that relationship?**

12. What have you learned from 4:1-16 that might help you enter more fully into God's rest?