

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 Questions

A. What is the most powerful sermon you have ever heard?

B. What situations or circumstances tend to make you feel restless?

C. What different ideas have you heard (from friends, neighbors, or relatives) about how a person is made right with God?

D. What is your favorite Bible verse or story? Why?

Explore It Questions

1. What important promise is the subject of this passage? (4:1)

2. How do we know that not everyone will experience God's rest (that is, His salvation)? (4:1-2)

3. Why didn't the Israelites of the Exodus enter God's rest? (4:2)

4. What must a person do to experience God's rest? (4:3)

5. How long has God been giving us a chance to enter His rest? (4:4)

6. What was the consequence for the Israelites' disobedience? (4:5)

7. Why did some who heard the promise of rest fail to enjoy that promise? (4:6)

8. How did the author show that the rest God promised the Israelites involved more than mere physical rest in the land of Canaan? (4:7-8)

9. What rest awaited God's people after Joshua and the Israelites had conquered Canaan? (4:8-9)

10. Entering God's rest has what effect on our work? (4:10)

11. How should we seek to learn from the Israelites' negative example? (4:11)

12. What is the Word of God? How? (4:12)

13. What is unique about God? (4:13)

14. What sort of future awaits all of us? (4:13)

Get It Questions

15. What does it mean to enter God's rest?

16. How is enjoying God's salvation a reality in your life?

17. How does disobedience or unbelief keep us from enjoying God's rest?

18. What prevents you from enjoying God's rest (or salvation)?

19. What does God's rest have to do with one trying to earn salvation with good works?

20. 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?

21. What has the Word of God revealed about your own thoughts and attitudes of the heart?

Apply It Questions

22. What one area of your life do you need to turn over to God today?

23. What steps can you take this week to learn from the negative examples of others?

Adult Questions for LESSONmaker.

New Hope Missionary Baptist Church of Southfield, Michigan

Facilitators

Rev. Valerie Crump

Dean Donna Wilson

Minister Alicia Martin

Robbin Cooper

Jacqueline Bray

Jonathan Clark

Vineta Mitchell

Kendall Taylor



**A Sabbath-Rest for
the People of God
(Hebrews 4:1-13)**



PRAYER



- Sick
- Bereaved
- Our Church
- Our Country
- The World



A Sabbath-Rest for the People of God

Hebrews 4:1-13

Bible Study Resources

([www.newhope-
mbc.org](http://www.newhope-
mbc.org))

- Holy Bible
- Participant Questionnaire



A Sabbath-Rest for the People of God

Hebrews 4:1-13

TOPICS



A Sabbath-Rest for the People of God

Hebrews 4:1-13

TOPICS

☐ Anger

☐ Deceit

☐ Disobedience

☐ Faith

☐ Gospel

☐ Hardheartedness

☐ Judgment

☐ Punishment

☐ Rest

☐ Sin



A Sabbath-Rest for the People of God

Hebrews 4:1-13

Open It Questions



A Sabbath-Rest for the People of God

Hebrews 4:1-13

Open It Questions

- A. What is the most powerful sermon you have ever heard?



A Sabbath-Rest for the People of God

Hebrews 4:1-13

Open It Questions

B. What situations or circumstances tend to make you feel restless?



A Sabbath-Rest for the People of God

Hebrews 4:1-13

Open It Questions

- C. What different ideas have you heard (from friends, neighbors, or relatives) about how a person is made right with God?



A Sabbath-Rest for the People of God

Hebrews 4:1-13

Open It Questions

D. What is your favorite Bible verse or story? Why?



A Sabbath-Rest for the People of God

Hebrews 4:1-13

Introduction



A Sabbath-Rest for the People of God

Hebrews 4:1-13

Introduction

The end of chapter 3 explains that the Israelites who rebelled against God never entered “his rest” (referring to the Promised Land in 3:18-19). Having shown that Jesus is superior to the great leader Moses, the author turned to another great Israelite leader, Joshua. God’s servant Joshua led Israel into the Promised Land, yet he did not provide God’s true “rest” (see 4:8). One greater than Joshua accomplished that.



A Sabbath-Rest for the People of God

Hebrews 4:1-13

Scripture (NKJV)



A Sabbath-Rest for the People of God

Hebrews 4:1-13

Scripture (4:1-3

NKJV)

¹Therefore, since a promise remains of entering His rest, let us fear lest any of you seem to have come short of it. ²For indeed the gospel was preached to us as well as to them; but the word which they heard did not profit them, not being mixed with faith in those who heard *it*. ³For we who have believed do enter that rest, as He has said: “So I swore in My wrath, ‘They shall not enter My rest,’ ” although the works were finished from the foundation of the world.



A Sabbath-Rest for the People of God

Hebrews 4:1-13

Scripture (4:4-7

NKJV)

⁴ For He has spoken in a certain place of the seventh *day* in this way: “And God rested on the seventh day from all His works”; ⁵ and again in this *place*: “They shall not enter My rest.” ⁶ Since therefore it remains that some *must* enter it, and those to whom it was first preached did not enter because of disobedience, ⁷ again He designates a certain day, saying in David, “Today,” after such a long time, as it has been said: “Today, if you will hear His voice, Do not harden your hearts.”



A Sabbath-Rest for the People of God

Hebrews 4:1-13

Scripture (4:8-11)

NKJV

⁸ For if Joshua had given them rest, then He would not afterward have spoken of another day. ⁹ There remains therefore a rest for the people of God. ¹⁰ For he who has entered His rest has himself also ceased from his works as God *did* from His. ¹¹ Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience.



A Sabbath-Rest for the People of God

Hebrews 4:1-13

Scripture (4:12-13)

NKJV

¹² For the word of God *is* living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart. ¹³ And there is no creature hidden from His sight, but all things *are* naked and open to the eyes of Him to whom we *must* give account.



A Sabbath-Rest for the People of God

Hebrews 4:1-13

Lesson Outline



A Sabbath-Rest for the People of God

Hebrews 4:1-13

Lesson Outline

I. God's Provision of Rest (vv. 1-3)

II. God's Plan of Rest (vv. 4-11)

III. God's Power of Revelation (vv. 12-13)



A Sabbath-Rest for the People of God

Hebrews 4:1-13

Exploring the Text



A Sabbath-Rest for the People of God

Hebrews 4:1-13

Exploring the Text

I. God's Provision of Rest (vv. 1-3)



I. God's Provision of Rest (vv. 1-3)

Exploring the Text

1. What important promise is the subject of this passage? (4:1)

“Therefore, since a promise remains of entering His rest, let us fear lest any of you seem to have come short of it.”



I. God's Provision of Rest (vv. 1-3)

2. How do we know that not everyone will experience God's rest (that is, His salvation)? (4:1-2)

“¹Therefore, since a promise remains of entering His rest, let us fear lest any of you seem to have come short of it. ²For indeed the gospel was preached to us as well as to them; but the word which they heard did not profit them, not being mixed with faith in those who heard it.”



I. God's Provision of Rest (vv. 1-3)

3. Why didn't the Israelites of the Exodus enter God's rest? (4:2)

“²For indeed the gospel was preached to us as well as to them [the Israelites]; but the word which they heard did not profit them, not being mixed with faith in those who heard it.”



I. God's Provision of Rest (vv. 1-3)

Exploring the Text

4. What must a person do to experience God's rest? (4:3)

³ For we who have believed do enter that rest, as He has said: "So I swore in My wrath, 'They shall not enter My rest,' " although the works were finished from the foundation of the world.



A Sabbath-Rest for the People of God

Hebrews 4:1-13

Exploring the Text

II. God's Plan of Rest (vv. 4-11)



II. God's Plan of Rest (vv. 4-11)

Exploring the Text

5. How long has God been giving us a chance to enter His rest? (4:4)

⁴ For He has spoken in a certain place of the seventh day in this way: “And God rested on the seventh day from all His works”;

See Genesis 2:2-3 -->



II. God's Plan of Rest (vv. 4-11)

On day seven, God ended His work, rested, and blessed and sanctified [made holy] the seventh day.

² And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. ³ Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made. (Genesis 2:2-3 NKJV)



II. God's Plan of Rest (vv. 4-11)

Exploring the Text

6. What was the consequence for the Israelites' disobedience? (4:5)

⁵ *...and again in this place: "They shall not enter My rest."*



II. God's Plan of Rest (vv. 4-11)

7. Why did some who heard the promise of rest fail to enjoy that promise? (4:6)

⁶ Since therefore it remains that some must enter it, and those to whom it was first preached did not enter because of disobedience, ...



II. God's Plan of Rest (vv. 4-11)

8. How did the author show that the rest God promised the Israelites involved more than mere physical rest in the land of Canaan? (4:7-8)

⁷ ...again He designates a certain day, saying in David, "Today," after such a long time, as it has been said: "Today, if you will hear His voice, Do not harden your hearts." ⁸ For if Joshua had given them rest, then He would not afterward have spoken of another day.



II. God's Plan of Rest (vv. 4-11)

Exploring the Text

9. What rest awaited God's people after Joshua and the Israelites had conquered Canaan? (4:8-9)

⁸ For if Joshua had given them rest, then He would not afterward have spoken of another day. ⁹ There remains therefore a rest for the people of God.



II. God's Plan of Rest (vv. 4-11)

Exploring the Text

10. Entering God's rest has what effect on our work? (4:10)

¹⁰ For he who has entered His rest has himself also ceased from his works as God did from His.



II. God's Plan of Rest (vv. 4-11)

11. How should we seek to learn from the Israelites' negative example? (4:11)

¹¹ Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience.



A Sabbath-Rest for the People of God

Hebrews 4:1-13

Exploring the Text

III. God's Power of Revelation (vv. 12-13)



III. God's Power of Revelation (vv. 12-13)

Exploring the Text

12. What is the Word of God? How?
(4:12)

¹² For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.



III. God's Power of Revelation (vv. 12-13)

Exploring the Text

13. What is unique [*exclusive, matchless, exceptional*] about God? (4:13)

¹³ And there is no creature hidden from His sight, but all things are naked and open to the eyes of Him to whom we must give account.



III. God's Power of Revelation (vv. 12-13)

14. What sort of future awaits all of us?
(4:13)

¹³ And there is no creature hidden from His sight, but all things are naked and open to the eyes of Him to whom we must give account.



A Sabbath-Rest for the People of God

Hebrews 4:1-13

Get It Questions

#15 to #21

Apply It Questions

#22 to #23

(See Handout)

NEW HOPE

MISSIONARY BAPTIST CHURCH OF SOUTHFIELD

23455 WEST NINE MILE ROAD, SOUTHFIELD, MI 48033

TELEPHONE: 248.353.0675

Church Announcements



[About New Hope](#)

[Min-Officers-Staff](#)

[Church Ministries](#)

[New Members](#)

[Employment](#)

[Contact Us](#)



NEW HOPE MISSIONARY BAPTIST CHURCH

21 DAY DANIEL FAST 2022

Beginning January 3, 2022 (6:00am)
Ending January 23, 2022 (6:00pm)

FASTING MESSAGE TO CHURCH

DEVOTIONAL GUIDE (printable)

New Hope Missionary Baptist Church Southfield, Michigan

Bible Study

NEXT

In-Person

**Wednesday,
January 12,
2022**

@12:00 noon



**Hebrews 4:14-5:10
“Jesus Our High Priest”**

NEXT

Virtual

**Wednesday,
January 12,
2022**

@7:00pm

[About New Hope](#)[Min-Officers-Staff](#)[Church Ministries](#)[New Members](#)[Employment](#)[Contact Us](#)

Virtual Consecration Service



Romans 12:1 (NIV) "Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship."



Saturday, 1-15-22, 11:00am to 1:00pm

Zoom Credentials:
Meeting ID: 851 4000 2634 or
Phone 1-301-715-8593

Consecration Facilitator: Minister LaTonya
Crawford

