**Lesson 5 Hebrews 3:7-19**



**Hebrews 3:7-19 (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 desert,   
9  where your fathers tested and tried me and for forty years saw what I did.   
10  That is why I was angry with that generation, and 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, 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 we hold firmly till the end the confidence we had at first.   
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 fell in the desert?   
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.



**Commentary**

[3:7-4:13](http://www.crossbooks.com/verse.asp?ref=Heb+3%3A7-4%3A13) An exposition of [Ps 95:7-11](http://www.crossbooks.com/verse.asp?ref=Ps+95%3A7-11), stressing Christ's superiority over Moses, and a warning (the second; see note on [2:1-4](http://www.crossbooks.com/verse.asp?ref=Heb+2%3A1-4)) against disobedience and unbelief.

[3:7-11](http://www.crossbooks.com/verse.asp?ref=Heb+3%3A7-11) This quotation from [Ps 95:7-11](http://www.crossbooks.com/verse.asp?ref=Ps+95%3A7-11) summarizes the inglorious history of Israel under Moses' leadership in the desert. Three time periods are alluded to: that of the exodus, that of the psalmist and that of the writing of Hebrews. The example of Israel under Moses was used by the psalmist to warn the Israelites of his day against unbelief and disobedience. Similarly the author of Hebrews recalls the psalmist's words to warn the readers of this letter.

[3:7](http://www.crossbooks.com/verse.asp?ref=Heb+3%3A7) Holy Spirit. For the Holy Spirit as the speaker in (OT) Scripture see [9:8](http://www.crossbooks.com/verse.asp?ref=Heb+9%3A8); [10:15](http://www.crossbooks.com/verse.asp?ref=Heb+10%3A15); [Mk 12:36](http://www.crossbooks.com/verse.asp?ref=Mk+12%3A36); [Ac 1:16](http://www.crossbooks.com/verse.asp?ref=Ac+1%3A16); [4:25](http://www.crossbooks.com/verse.asp?ref=Ac+4%3A25); [21:11](http://www.crossbooks.com/verse.asp?ref=Ac+21%3A11); [28:25](http://www.crossbooks.com/verse.asp?ref=Ac+28%3A25); [1Pe 1:12](http://www.crossbooks.com/verse.asp?ref=1Pe+1%3A12); see also [2Pe 1:20-21](http://www.crossbooks.com/verse.asp?ref=2Pe+1%3A20-21) and notes; cf. [2Ti 3:16](http://www.crossbooks.com/verse.asp?ref=2Ti+3%3A16) and note.

[3:13](http://www.crossbooks.com/verse.asp?ref=Heb+3%3A13) as long as it is called Today. See [4:7](http://www.crossbooks.com/verse.asp?ref=Heb+4%3A7).

[3:14](http://www.crossbooks.com/verse.asp?ref=Heb+3%3A14) to share in Christ. To belong to him and participate in the blessings he gives (cf. [v. 1](http://www.crossbooks.com/verse.asp?ref=Heb+3%3A1)). hold firmly till the end. Cf. [6:11](http://www.crossbooks.com/verse.asp?ref=Heb+6%3A11); [Mt 10:22](http://www.crossbooks.com/verse.asp?ref=Mt+10%3A22); [24:13](http://www.crossbooks.com/verse.asp?ref=Mt+24%3A13); [Mk 13:13](http://www.crossbooks.com/verse.asp?ref=Mk+13%3A13); [Ro 2:26](http://www.crossbooks.com/verse.asp?ref=Ro+2%3A26); cf. also [1Co 1:8](http://www.crossbooks.com/verse.asp?ref=1Co+1%3A8). confidence we had at first. That is, our original conviction and the faith commitment we made on the basis of that conviction.

[3:16-19](http://www.crossbooks.com/verse.asp?ref=Heb+3%3A16-19) The argument is pursued with a series of rhetorical questions. The important truths are that the people who failed to enter Canaan were the ones who had heard God's promise concerning the land and that they refused to believe what God had promised ([v. 19](http://www.crossbooks.com/verse.asp?ref=Heb+3%3A19))—an action described as rebellion ([v. 16](http://www.crossbooks.com/verse.asp?ref=Heb+3%3A16)), sin ([v. 17](http://www.crossbooks.com/verse.asp?ref=Heb+3%3A17)) and disobedience ([v. 18](http://www.crossbooks.com/verse.asp?ref=Heb+3%3A18)). Consequently, God in his anger closed the doors of Canaan in the face of that whole generation of Israelites ([Nu 14:21-35](http://www.crossbooks.com/verse.asp?ref=Nu+14%3A21-35)).

**NIV Study Bible.**

**Open it**

1. How do you decide whether you take a particular warning seriously?   
 **Who told me, what do I know about it, how serious are they as they speak**

2. What is the most restful time or place you have ever experienced?   
 **Being in the woods for sunrise while deer hunting**  
  
**Explore it**

3. What warning (first issued by the psalmist) is repeated here by the author of Hebrews? ([3:7-8](http://www.crossbooks.com/verse.asp?ref=Heb+3%3A7-8))   
  "TODAY IF YOU HEAR HIS VOICE,  DO NOT HARDEN YOUR HEARTS AS WHEN THEY PROVOKED ME, AS IN THE DAY OF TRIAL IN THE WILDERNESS,

4. How is Israel’s period of wandering in the wilderness described in this passage? ([3:8](http://www.crossbooks.com/verse.asp?ref=Heb+3%3A8))   
 **As the day of trial in the wilderness**

5. Why was God angry with the generation of Israelites who came out of Egyptian exile? ([3:9](http://www.crossbooks.com/verse.asp?ref=Heb+3%3A9))   
 **They had tried God and tested him for forty years**

6. What were the consequences of the Israelites’ stubborn disobedience? ([3:11](http://www.crossbooks.com/verse.asp?ref=Heb+3%3A11))   
 **They would not inherit God’s rest**

7. In light of the disobedience of the Israelites of the Exodus, what command was given to the Jewish Christians of the first century? ([3:12](http://www.crossbooks.com/verse.asp?ref=Heb+3%3A12))   
  **Not to have and evil unbelieving heart that falls away from God**

8. What is the connection between sin and unbelief? ([3:12-13](http://www.crossbooks.com/verse.asp?ref=Heb+3%3A12-13))   
 **Unbelief leads to a hardened heart and then to the deceitfulness of sin**

9. How long did the disobedient Israelites wander in the wilderness? ([3:17](http://www.crossbooks.com/verse.asp?ref=Heb+3%3A17))   
 **40 Years**

10. What happened to the generation of Israelites who rebelled against God in the wilderness? ([3:17-18](http://www.crossbooks.com/verse.asp?ref=Heb+3%3A17-18))   
 **They all died in the wilderness and were not able to enter into God’s rest**

**Get it**

11. What does it mean to harden one’s heart?   
 **to remove emotions and be callous and unfeeling**

12. What can we learn from the Israelites of the Exodus?   
 **How not to harden our hearts**  
  
**Apply it**

13. What routine can you set up and follow over the next month to help soften your heart toward God?   
 **Study the bible attend bible studies, come to church**

14. Whom can you encourage today? How?   
 **I just did!**