Lesson 6



**Hebrews 4:1-13 (NIV)**   
1  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 gospel preached to us, just as they did; but the message they heard was of no value to them, because those who heard did not combine it with faith.   
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 work has been finished since the creation of the world.   
4  For somewhere he has spoken about the seventh day in these words: "And on the seventh day God rested from all his work."   
5  And again in the passage above he says, "They shall never enter my rest."   
6  It still remains that some will enter that rest, and those who formerly had the gospel preached to them did not go in, because of their disobedience.   
7  Therefore God again set a certain day, calling it Today, when a long time later he spoke through David, as was said before: "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 his own work, just as God did from his.   
11  Let us, therefore, make every effort to enter that rest, so that no one will fall by following their example of disobedience.   
12  For the word of God is living 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.



**Chapter 4**

[4:1](http://www.crossbooks.com/verse.asp?ref=Heb+4%3A1) promise of entering his rest. See [Ex 33:14](http://www.crossbooks.com/verse.asp?ref=Ex+33%3A14); [Dt 3:20](http://www.crossbooks.com/verse.asp?ref=Dt+3%3A20) and note. still stands. God's promise to bring his people into circumstances of "rest" in his creation, while conditional, was open-ended. It was grounded in God's covenanted promises to Abraham (see [Ge 15:12-21](http://www.crossbooks.com/verse.asp?ref=Ge+15%3A12-21); [17:1-8](http://www.crossbooks.com/verse.asp?ref=Ge+17%3A1-8); [22:15-18](http://www.crossbooks.com/verse.asp?ref=Ge+22%3A15-18)), was later reinforced by God's covenant with David (see [2Sa 7:5-16](http://www.crossbooks.com/verse.asp?ref=2Sa+7%3A5-16) and notes; cf. [1Ki 5:4](http://www.crossbooks.com/verse.asp?ref=1Ki+5%3A4) and note) and eventually came to be focused on the Messiah (see [Isa 11:1-9](http://www.crossbooks.com/verse.asp?ref=Isa+11%3A1-9) and notes). Through the Messiah's reign, God's promise of rest will ultimately be fulfilled in the new creation (see [Isa 65:17](http://www.crossbooks.com/verse.asp?ref=Isa+65%3A17); [66:22](http://www.crossbooks.com/verse.asp?ref=Isa+66%3A22); [Rev 21:4](http://www.crossbooks.com/verse.asp?ref=Rev+21%3A4)).



[4:3](http://www.crossbooks.com/verse.asp?ref=Heb+4%3A3) we who have believed enter that rest. Just as entering into rest in Canaan demanded faith in God's promise, so the ultimate salvation-rest is entered only by faith in the person and work of Jesus Christ. his work has been finished since the creation of the world. God rested from his work on the seventh day of creation (see [v. 4](http://www.crossbooks.com/verse.asp?ref=Heb+4%3A4); [Ge 2:2](http://www.crossbooks.com/verse.asp?ref=Ge+2%3A2)), and thus his rest is already a reality. The rest God calls us to enter ([vv. 10-11](http://www.crossbooks.com/verse.asp?ref=Heb+4%3A10-11)) is not our rest but his rest, which he invites us to share.



[4:6-8](http://www.crossbooks.com/verse.asp?ref=Heb+4%3A6-8) Israel's going into Canaan under Joshua was a partial and temporary entering of God's rest. That, however, was not the end of entering, as shown in the continuing invitation of [Ps 95:7-8](http://www.crossbooks.com/verse.asp?ref=Ps+95%3A7-8).



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

[4:9](http://www.crossbooks.com/verse.asp?ref=Heb+4%3A9) There remains, then, a Sabbath-rest. God's rest may still be entered by faith in his Son. Since the pre-Christian Greek translation of the OT (the Septuagint) that the author and his readers knew well made no verbal distinction between the Sabbath "rest" (Hebrew shabbat [see, e.g., [Ge 2:2](http://www.crossbooks.com/verse.asp?ref=Ge+2%3A2); [Ex 20:11](http://www.crossbooks.com/verse.asp?ref=Ex+20%3A11); [23:12](http://www.crossbooks.com/verse.asp?ref=Ex+23%3A12)]) and the condition of "rest" that Israel, if faithful, was to experience every day in the promised land (Hebrew nuah./menuh.ah [see, e.g., [Ex 31:14](http://www.crossbooks.com/verse.asp?ref=Ex+31%3A14); [Dt 3:20](http://www.crossbooks.com/verse.asp?ref=Dt+3%3A20)]), the writer associates these two in a way that suggests he saw in the weekly Sabbath-rest a sign and pledge of the promised life of rest. The fact that neither the Hebrew nor the Septuagint made any verbal distinction between God's "rest" in [Ps 95:11](http://www.crossbooks.com/verse.asp?ref=Ps+95%3A11) and his "resting place" in [Ps 132:14](http://www.crossbooks.com/verse.asp?ref=Ps+132%3A14); [Isa 66:1](http://www.crossbooks.com/verse.asp?ref=Isa+66%3A1) (see note on [Ps 132:8](http://www.crossbooks.com/verse.asp?ref=Ps+132%3A8)) may have reinforced this striking conceptual association.

[4:10](http://www.crossbooks.com/verse.asp?ref=Heb+4%3A10) rests from his own work. Believers cease their efforts to gain salvation by their own works and rest in the finished work of Christ on the cross. The believer's final rest may also be in view here (see [Rev 14:13](http://www.crossbooks.com/verse.asp?ref=Rev+14%3A13)).



[4:11](http://www.crossbooks.com/verse.asp?ref=Heb+4%3A11) make every effort. Not a call to earn one's salvation by works, but an exhortation to enter salvation-rest by faith and not follow Israel's sad example in the desert.

[4:12-13](http://www.crossbooks.com/verse.asp?ref=Heb+4%3A12-13) The reasons for giving serious attention to the exhortation of [v. 11](http://www.crossbooks.com/verse.asp?ref=Heb+4%3A11).

[4:12](http://www.crossbooks.com/verse.asp?ref=Heb+4%3A12) word of God. God's truth was revealed by Jesus (the incarnate Word; see [Jn 1:1](http://www.crossbooks.com/verse.asp?ref=Jn+1%3A1),[14](http://www.crossbooks.com/verse.asp?ref=Jn+1%3A14)), but it has also been given verbally, the word referred to here. This dynamic word of God is active in accomplishing God's purposes (see [Ps 19:7-11](http://www.crossbooks.com/verse.asp?ref=Ps+19%3A7-11); [107:20](http://www.crossbooks.com/verse.asp?ref=Ps+107%3A20); [147:15](http://www.crossbooks.com/verse.asp?ref=Ps+147%3A15),[18](http://www.crossbooks.com/verse.asp?ref=Ps+147%3A18); [Isa 40:8](http://www.crossbooks.com/verse.asp?ref=Isa+40%3A8); [55:11](http://www.crossbooks.com/verse.asp?ref=Isa+55%3A11); [Gal 3:8](http://www.crossbooks.com/verse.asp?ref=Gal+3%3A8); [Eph 5:26](http://www.crossbooks.com/verse.asp?ref=Eph+5%3A26); [Jas 1:18](http://www.crossbooks.com/verse.asp?ref=Jas+1%3A18); [1Pe 1:23](http://www.crossbooks.com/verse.asp?ref=1Pe+1%3A23)). The author of Hebrews describes it as a "living" power that judges as with an all-seeing eye, penetrating a person's innermost being. soul and spirit, joints and marrow. The totality and depth of one's being (see [1Th 5:23](http://www.crossbooks.com/verse.asp?ref=1Th+5%3A23) and note).



[4:13](http://www.crossbooks.com/verse.asp?ref=Heb+4%3A13) Nothing in all creation is hidden from God's sight. The author associates the activity of the word with the activity of God as though they are one and the same—which in a sense they are.

**NIV Study Bible.**

**Open it**

1. What different ideas have you heard (from friends, neighbors, or relatives) about how a person is made right with God?   
 **Faith plus works, be kind enough, help enough, give enough. Build enough good things, hospitals, orphanages, children’s school, college’s**



**Explore it**

2. What important promise is the subject of this passage? ([4:1](http://www.crossbooks.com/verse.asp?ref=Heb+4%3A1))   
 **The promise of his rest.**

3. How do we know that not everyone will experience God’s rest (that is, His salvation)? ([4:1-2](http://www.crossbooks.com/verse.asp?ref=Heb+4%3A1-2))   
 **Not all that hear the gospel will believe it and have the faith to live it.**

4. What must a person do to experience God’s rest? ([4:3](http://www.crossbooks.com/verse.asp?ref=Heb+4%3A3))   
 **We must believe that Jesus was who he said he was and that he died for MY sins**

5. How long has God been giving us a chance to enter His rest? ([4:4](http://www.crossbooks.com/verse.asp?ref=Heb+4%3A4))   
 **From the day He rested from the creation of our world**

6. What was the consequence for the Israelites’ disobedience? ([4:5](http://www.crossbooks.com/verse.asp?ref=Heb+4%3A5))   
 **They will not enter into God’s rest**

7. Why did some who heard the promise of rest fail to enjoy that promise? ([4:6](http://www.crossbooks.com/verse.asp?ref=Heb+4%3A6))   
 **They were disobedient**

8. What rest awaited God’s people after Joshua and the Israelites had conquered Canaan? ([4:8-9](http://www.crossbooks.com/verse.asp?ref=Heb+4%3A8-9))   
 **For if Joshua had given them rest, God would not have spoken later about another day. There remains, then, a Sabbath-rest for the people of God;**

9. How should we seek to learn from the Israelites’ negative example? ([4:11](http://www.crossbooks.com/verse.asp?ref=Heb+4%3A11))   
 **Let us, therefore, make every effort to enter that rest, so that no one will fall by following their example of disobedience.**

10. What sort of future awaits all of us? ([4:13](http://www.crossbooks.com/verse.asp?ref=Heb+4%3A13))   
 **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.**  
**Get it**

11. What does it mean to enter God’s rest?   
 **to cease work and praise God**

12. What has the Word of God revealed about your own thoughts and attitudes of the heart?   
 **I still have a lot to learn about God and my position in His family**

**Apply it**

13. What steps can you take this week to learn from the negative examples of others?   
 **Try and not do the things they did or continue to do**

14. What one area of your life do you need to turn over to God today?   
 **My Mind, and the hurt my brother did to my parents**