

Hebrews 3:7 - 4:13

Week 7 (May 19): The Rest of God

Introduction

- Open your time in prayer and read the passage together.
- Give everyone 15 minutes to answer the five following questions: Write your answers after each question.
- Take one question at a time and have people share their answers.
- End your time by sharing and praying for one another.

Passage:

7 Therefore, as the Holy Spirit says, “Today, if you hear his voice, 8 do not harden your hearts as in the rebellion, on the day of testing in the wilderness, 9 where your fathers put me to the test and saw my works for forty years. 10 Therefore I was provoked with that generation, and said, ‘They always go astray in their heart; they have not known my ways.’ 11 As I swore in my wrath,

‘They shall not enter my rest.’ ” 12 Take care, brothers, lest there be in any of you an evil, unbelieving heart, leading you to fall away from the living God. 13 But exhort one another every day, as long as it is called “today,” that none of you may be hardened by the deceitfulness of sin. 14 For we have come to share in Christ, if indeed we hold our original confidence firm to the end. 15 As it is said, “Today, if you hear his voice, do not harden your hearts as in the rebellion.” 16 For who were those who heard and yet rebelled? Was it not all those who left Egypt led by Moses? 17 And with whom was he provoked for forty years? Was it not with those who sinned, whose bodies fell in the wilderness? 18 And to whom did he swear that they would not enter his rest, but to those who were disobedient? 19 So we see that they were unable to enter because of unbelief.

4 Therefore, while the promise of entering his rest still stands, let us fear lest any of you should seem to have failed to reach it. 2 For good news came to us just as to them, but the message they heard did not benefit them, because they were not united by faith with those who listened. 3 For we who have believed enter that rest, 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 somewhere spoken of the seventh day in this way: “And God rested on the seventh day from all his works.” 5 And again in this passage he said, “They shall not enter my rest.” 6 Since therefore it remains for some to enter it, and those who formerly received the good news failed to enter because of disobedience, 7 again he appoints a certain day, “Today,” saying through David so long afterward, in the words already quoted, “Today, if you hear his voice, do not harden your hearts.” 8 For if Joshua had given

them rest, God would not have spoken of another day later on. 9 So then, there remains a Sabbath rest for the people of God, 10 for whoever has entered God’s rest has also rested from his works as God did from his. 11 Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience. 12 For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. 13 And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account.



-What stuck out to you in the passage? This might be something significant (facts, details), it might be the way something is talked about (as a simile, metaphor or image) or a literary device used (lists, repetition, contrasts, comparisons, quotes, etc.).



-Do you have any questions from the passage? Notice anything that is difficult to understand in the text, or a question the reader would like to ask the writer of the passage or the Lord.



-How do you see Jesus in the passage? How does this passage relate to the person, nature, character, or work of Jesus?



-How can I apply this passage to my life?



-Who is one person that could benefit from you sharing what you learned in this passage today?

Close your time by sharing prayer requests and praying.