



DIGGING DEEPER

Hebrews 4v1-13 – A Sabbath Rest

PLEASE READ – Hebrews 4v1-13

GETTING STARTED

As you begin, remind yourself of the warning from the past (3v19) and the promise for the future (4v1)

How does v1 make you feel?

1) WHAT IS THE REST?

In what ways is the 'rest' that is spoken about in chapter 4...

- Past (see v4-5)
- Present (v2-3)
- Future (v8-10)

In what sense can we enjoy that rest now? See Mt 11v28-30

How will the rest in the future be different?

What sort of emotion do you think is behind the author's words in v11?

2) HOW DO WE ENTER?

What's the key to entering in v1-3? How does that fit with 'making every effort' in v11?

Talk about the danger of hearing but not believing...

Given that emphasis on believing and the warning (again) in v7 – how does that help to explain the presence of v12-13?

What do we need to remember about God's word?

Meditate on the words of Hebrews...

V12-13: For the word of God is alive 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.