

HEBREWS

JESUS IS BETTER

Don't settle for less

WEEK 8

READ

- Read Hebrews 4:1-13 through a few times this week. Try reading the text in 2-3 different translations (recommended: ESV, NIV, NASB, NKJV).
- What are some themes or concepts that stand out to you in these verses?
- Write here what you think is the main idea the author wishes to communicate:

EXAMINE

- This passage mentions the concept of “rest” repeatedly. Look at verses 1-11 and find all the mentions of rest. What do you learn about this “rest”? What “rest” is offered us?
- In verses 2-3 people in the church are compared to the nation of Israel in the days of the Exodus: both have received the “good news” of God’s rest. But what is required that makes that “good news” beneficial? How does that requirement connect with God’s rest mentioned in this passage?
- Ultimately, this rest God offers is more than the promise of land to Israel (8-9). Joshua led Israel into the Promised Land of Canaan, but that change of location didn’t change Israel’s unbelieving hearts. How is Jesus Christ superior even to Joshua? How does Jesus lead His people into the rest of God?
- What do verses 10-11 say is your responsibility to enter the rest of God?
- How is God’s Word described in verses 12-13? What is the role of God’s Word in exposing our unbelief and false rest in our works?

APPLY

- How do you typically think about rest? What helps you to rest? In what ways does the “rest of God” offer you better rest than the best rest you can think of? In what ways is God’s rest still complicated in this life with it’s troubles and trials?
- Think about the vital role of God’s Word in exposing your sin and helping you know God personally. Think of several different ways God’s Word can do this. Is God’s Word regularly challenging and changing you? In what ways do you need to expose yourself to more interaction with God’s Word?

PRAY

O Great God, thank you for offering us your rest! Your Word proclaims the good news of how you share your rest with us. We are exposed by your Word, for it reveals our pride and confidence in our own work, our own accomplishments before you. But we confess that pride and ask you to forgive us. Thank you, Lord Jesus for leading us to your cross where we hear you say “It is finished.” The work for our salvation is done! Help us, Holy Spirit to put aside our self-righteousness and confidence in our abilities and to strive to enter the rest that Christ has won for us. In Jesus name, Amen.