

Hebrews 4:1-13 (July 27, 2025)

Pray that the God of our Lord Jesus Christ, the Father of glory, may give to you the Spirit of wisdom and of revelation in the full knowledge of Him, so that you—the eyes of your heart having been enlightened—will know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints, and what is the surpassing greatness of His power toward us who believe according to the working of the might of His strength, which He worked in Christ, by raising Him from the dead and seating Him at His right hand in the heavenly places, (Ephesians 1:17-20, LSB)

Read Hebrews 4:1-13

1. According to Heb. 4:6-9, why were some Jews kept out of the Promised Land, and what is the human problem that continues to keep people from enjoying rest and peace with God today? What hope remains for those who believe?
2. Heb. 4:7 quotes Psalm 95 again, emphasizing the word “Today.” What is the author’s intent in continuing to reiterate this message?
3. Since Psalm 95 was written after the Promised Land had been conquered and inhabited by the Hebrews, why is it significant that the Psalmist spoke these words of warning to the Jews about the danger of *not* entering their rest?

4. According to Joshua 1:1-9, what role did Joshua have in Israel's history? According to Heb 4:8, Joshua 21:43-45, and Judges 2:6-10, did Joshua bring the ultimate rest that God had promised for His people? Why or why not?
5. In what sense do believers rest in Christ today, and in what sense is our rest still in the future? Support your answer with Scripture.
6. From Heb 4:8-10, what remains even now for God's people?
7. According to Exodus 20:8-11, how were the Israelites commanded to keep the Sabbath under the Old Covenant? What did it point toward according the Hebrews 4:9-10?

Hebrews 4 addresses the theme of rest. In this chapter, the author uses the example of the Exodus generation in Numbers 14 and Psalm 95 to speak to his own contemporaries about not hardening their hearts as the Exodus generation had done, and entering into the rest that God promises, which the Exodus generation failed to do. Consider the blessedness of the believer's rest in Christ, which is so much better than what the Israelites found in the Promise Land!