

LESSON 5
REST STOP
HEBREWS 4:1—5:10



1 What do you do to relax?

2 What's the most restful experience you can imagine?



Read Hebrews 4:1—5:10 and the following notes:

☐ 3:11 ☐ 4:1–3 ☐ 4:4 ☐ 4:6, 7 ☐ 4:8–11 ☐ 4:11 ☐ 4:12 ☐ 4:13

3 Of the several possible meanings of *rest* explained in note 3:11, which ones are used in Hebrews 4?

4 Why didn't the people of Israel enter God's rest (4:2)?

5 What's the connection between God's rest on the seventh day of creation and our rest (4:4–11)?

6 How do God's Word and God's sight contribute to our rest (4:12, 13)?

When God's Word speaks of rest as a goal, it refers to two kinds of arrival. One is a relaxation created by knowing where life is going—security in who God is and what he has done for us. The other is the joy of finally getting there—eternal life after death. One rest leads right into the next. God has not designed life to be lived as a journey with an unknown destination. Rather, he has given his Word to direct our journey and assure us of our destination. We choose to enter or reject the rest he offers.



7 In what ways is *rest* a good term to describe salvation?

8 What does it mean for Christians to enter God's rest?

9 How is entering God's rest a partial experience in the present and a complete experience in the future?



10 When do you tend to be anxious and uncertain about your faith?

11 What response does God require of people today in order to enter his rest?

12 What is the clearest evidence in your own life that you have entered God's rest?



13 List truths about God that will help you relax and rest in what he has done for you.

14 Ask God to remind you in frantic moments that you are trusting him with your life. Write down what you will say to him during those times.

15 Write a brief prayer to God thanking him for the rest he offers.

A How is the Old Testament used in Hebrews 4? How can we learn from the Old Testament today?

B What is the importance of the word *today* as it is used in Hebrews 4:7?

C What is the purpose of God's Word (4:12)? Using the symbol of an X-ray machine or a laser, describe how God's Word functions in your life.

D On what does the author of Hebrews base the encouragement to "cling to him and never stop trusting him" (4:14)?

E Jesus "faced all of the same temptations we do, yet he did not sin" (4:15). How can this be significant to you when you're facing temptation? How does it affect your prayers?

F In what ways is Jesus like any other human priest (5:1–3)? How is he remarkably different? How is Jesus your priest now?

G How do Jesus' actions as our substitute affect our relationship with God? How do those same actions help us cope with the challenges and temptations of this life? In what ways have you specifically experienced Christ's substitution for you?

H How was the death of Jesus an act of supreme trust (5:7)? What areas of your life do you need to submit to God more?

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