

# Calvary Chapel of El Cajon Women's Bible Studies

## Hebrews 4:1-11

### Lesson 5

God made a promise of rest to the Israelites. That promise is still valid today. God promises that all who believe Him can have rest of soul. The promise to Moses was primarily that of physical rest. Jesus is better. His rest is better. May you *fear lest you come short of that rest* – the *rest* secured by trusting Jesus for salvation and the *rest* secured by trusting Jesus with your life.

#### DAY ONE: Read Hebrews 4:1-11

1. Read through this week's verses using both your Observation Worksheet and another Bible translation or paraphrase. After reading through these verses, what would you say to someone if they asked you what they were about?

a. Hebrews 4:1-11 is one paragraph division. List below the subject(s) covered in verses 1-11.

How would you title this section? Record your title on the **Chapter & Paragraph Division Titles Chart** provided with your Observation Worksheet. Note: the chart places verse 11 in another section. We will record the title for that section next week.

2. At the right-hand side of the same chart are columns labeled **Key Word** and **Symbol**. They have been provided for you to record the key words and the symbol you have chosen to represent each one. Record the key words listed below and their symbols on the chart.

Used in prior homework lessons: *God* and *rest/rested*

New to this lesson: *spoken* and the phrase *let us*

Now, using the symbols you have chosen, mark each of the key words each time they are used in Hebrews 4:1-11. Remember, as you mark the word *God*, to mark any personal pronouns to Him

3. Note the terms of conclusion in verses 1, 6, 9, and 11. Mark each of them. Choose one and record the conclusion and what it was based upon.

4. In these short eleven verses, the word *rest* or *rested* occurs 8 times. Make a list of what the text reveals about *rest*.

## DAY TWO: Read Hebrews 4:1-2

1. Hebrews 4:1 contains a two-word phrase which is often repeated in this book. It is mentioned again in verse 11 of our lesson. What is that phrase?
  - a. Because, *a promise remains of entering His rest*, what are we to do?
    - 1.) Why?
2. The *rest* referred to in Hebrews 4 is not a physical rest, but the *rest* that comes through faith in Jesus Christ. The first *rest* promised is that which is called a *salvation rest*, a *rest* which is a result of being justified (declared right with God). *Salvation rest* is available to all who come to Jesus and believe Him for salvation. What does Matthew 11:28 say about this?
  - a. Describe the *rest* a person has because they are *saved*?
    - 1.) What things do they no longer have to worry about?
3. The second *rest* promised is that which is called a *submission rest*, a *rest* which is a result of coming to Jesus and believing Him to work in our lives right now. What does Jesus say about this *rest* in Matthew 11:29-30?
4. Before one can enter into the *rest* promised, what must the *gospel* be *mixed with*?

5. Describe what you have discovered about this *rest* that Hebrews 4:1 refers to.
  
6. *God's promise of entering his place of rest still stands, so we ought to tremble with fear that some of you might fail to get there.* (Hebrews 4:1 NLT) Notice the two words that preceded the word *fear*. How do they add to your understanding of the seriousness of this exhortation?
  - a. This more specifically refers to *salvation rest*. Why should *failing to get there* provoke someone to *tremble with fear*?
  
  - b. The New King James Version uses the phrase *lest any of you seem to have come short of it*. How can someone miss (*come short of*) salvation?

### DAY THREE: Read Hebrews 4:2-5

1. Notice the phrase in verse 2, *the gospel was preached to us as well as to them*. However, *But, the word which they heard did not profit them*. What ingredient was missing?
  - a. Read 1 Thessalonians 2:13 and record some of the components of *faith*.
  
2. Why is simply *hearing the gospel* not enough to bring a person *rest*?
  
3. *For only we who believe can enter his place of rest. As for those who didn't believe, God said, "In my anger I made a vow: 'They will never enter my place of rest,'"*... (Hebrews 4:3 NLT) God has *vowed* that those who do not believe will *never enter my place of rest*. According to the last part of this verse, how long has this *place of rest* been ready?
  - a. What does 1 Peter 1:20 tell us about Jesus?
  
  - b. What does Ephesians 1:4 tell us about you (if you are a believer)?
    - 1.) Salvation is not an afterthought. Neither are you an afterthought. What does this mean to you?

4. According to Hebrews 4:4, what did God do on the *seventh day*?
  - a. Most scholars believe that this *rest* began on the *seventh day* and has not ended. God has completed creation and His plan for mankind. Therefore, what should be our response to the fact that God has left nothing undone or unplanned for?
5. The phrase, *They shall not enter My rest*, is repeated in Hebrews 4:5. Since God has *sworn* this in *His wrath*, what does the unbeliever have to look forward to in this life and in the next (eternity)?

#### **DAY FOUR: Read Hebrews 4:6-8**

1. God's *rest* has not been closed off. *It remains that some must enter it*. As a reminder, read verse 3 and record who those *some* are.
2. Hebrews 3:19 tells us that *they could not enter in because of unbelief*. What reason does Hebrews 4:6 provide?
  - a. The word *disobedience* here has also been translated as *unbelief*. But, this *unbelief* is a willful, obstinate *unbelief*, even *non-persuadable*. Why do you think some people will not be persuaded to believe God?
3. Hebrews 4:7 directs us back to Psalm 95. God promised a rest to His people through Joshua. God reminds His people through David in the psalm that this *rest* is still available. Now, we are reminded in Hebrews that the promise of *rest* still stands. What is God's plea to His people (as stated in Hebrews 4:7) that also stands throughout generations?
  - a. Describe a *hardened heart*?
  - b. In what ways does a *hardened heart* lead to *unbelief*?
4. Joshua promised a land of *rest*. If the *rest* promised by Joshua in Canaan had been the complete *rest* that God was speaking of, then the promise of that *rest* would be void today. Psalm 95 reminds us that God's *rest* is still available and it is not simply a *rest* in a land of milk and honey. It is a *rest* of the soul. Compare the *rest* of Canaan to the *rest* of Jesus.

## DAY FIVE: Read Hebrews 4:9-11

1. *Therefore*, because God is calling us to His *rest today*, there remains a hope for His people *today*. According to verse 10, what has one who has *entered His rest* done?
  - a. Life on this earth continues to require that we *work*. How does *entering God's rest* affect our attitude about the *work* that we must do?
2. What is revealed in Hebrews 2:8-9 that would have helped the Hebrews if they had understood it?

Challenge: Explain the difference between the *works* in Titus 3:5 and Titus 3:8

3. To *rest* in God's *rest* we cease from our own work and trust in God's work. What do the following verses teach us about this?

John 15:5

Philippians 2:13

Philippians 4:13

4. List some synonyms for the word *rest*.
  - a. List some antonyms for the word *rest*.
5. Read Hebrews 4:11. We are warned to be *diligent to enter that rest*. At first glance, the words *diligent* and *rest* do not seem like they belong in the same sentence. Explain the difficulties that Christians experience as we strive to *rest* in God.
  - a. According to the last phrase of this verse, what are the consequences of not *resting* in God?

## DAY SIX: Review Hebrews 4:1-11

1. Hebrews 4 addresses the promise of God's rest for those who believe. What does it mean to you that you have entered into God's salvation *rest*?
  - a. What does it mean to you that you can enter into God's submissive *rest* (the rest available when we surrender to His will in our lives)?
2. Review the two occurrences of the phrase *let us* in verses one and eleven. What is the author's concern?
3. What do you think is the significance of heeding the offer for this promise *today*? Hebrews 4:7
4. How does disbelief prevent a person from entering into God's *rest*?
5. In what ways has this lesson challenged you to *enter into God's rest* and *cease from your own works*?

*"And in that day there shall be a Root of Jesse,  
Who shall stand as a banner to the people;  
For the Gentiles shall seek Him,  
And His resting place shall be glorious."  
- Isaiah 11:10*