

Lesson 6: Hebrews 4:1-13: ENTERING GOD'S REST

I. Introduction

Hebrews 4 opens by affirming the certainty of the rest that God has promised His children. The writer expresses a serious concern that many believers are still at risk of missing this promised rest, emphasizing the essential role faith plays in fully experiencing it. This rest has been established since the beginning of time, designed by God for His children to enjoy—just as He Himself experienced it. The writer references Psalm 95 again, reminding readers that some will never enter this rest, with disobedience being the key reason.

The passage goes on to explain that this place of rest is still available and attainable for believers today, as long as they obey God. God's rest is designed so that believers can cease from their own labor and works, and instead simply enjoy all that God has already accomplished for them. Verses 12 and 13 highlight the incredible transparency that exists with God: He sees the mind, soul, and heart of every person—nothing is hidden from Him. Because of this, it is vital for believers to submit to God and His Word, as failing to do so risks the same outcome that the Israelites of old experienced.

II. Study the Scriptures: Read the Passage Hebrews 4:1-13

Note your thoughts as you read:

Write down any questions that come to mind as you read:

III. Think Through the Following Questions:

1. Today, what are some things that might prevent a believer from experiencing the rest God promises?
2. What is the significance of the Hebrews 4:4 reference to Genesis 2:2 when God Himself rested?
3. How are the sins of rebellion, unbelief, and disobedience connected, and how do they affect our ability to enter God's rest?
4. According to verse 10, what labors or works have God's children already ceased from in His rest?
5. Simply put, how does today's believer enter God's rest for him/her?
6. Considering everything discussed, what role does the Word of God (verse 12) play in helping us enter His rest?
7. Why does verse 13 emphasize that nothing is hidden from God and that we will give an account to Him?

IV. Lessons Learned: Are there any new things you learned from this passage today?

V. Application: How do you think this will impact your thinking and/or actions going forward?