

# **A Study of the General Epistles**

## **NT Survey Lesson 146—Hebrews 4**

**Introduction:** In this chapter the Hebrew writer continues the warning concerning apostasy through unbelief. He proves that God's promise of rest still remains, but the enjoyment of this rest can be lost. Therefore, he urges his readers to be cautious lest they fall in the same way as did the Israelites and to be diligent to enter God's rest.

**Lesson aim:** To encourage the student to diligence to enter the rest of God.

### **A warning to God's people to be fearful and diligent lest they fail to enter God's rest—Heb. 4:1-13**

1. Do Christians have a promise of entering into the rest of God? (v. 1)  
What should they fear?
2. How is the Christian's situation similar to that of the Israelites? (v. 2)  
Why did the word heard by them not profit them?
3. Into what do those who believe enter? (v. 3) What passages show that there is such a rest for those who believe? (v. 3-5)
4. What prophet of God issued the warning in the psalms about not entering the rest of God? (v. 7) What does this prove about the rest that Joshua given the people? (v. 8)
5. Those who enter God's rest do what? (v. 10)
6. What then should be the Christian's attitude toward God's rest? (v. 11)  
In explaining this, what does the Hebrew say about the word of God? (v. 12) In addition, of what does he remind them about God? (v. 13)

**An encouragement to hold fast to our confession and come boldly to the throne of grace based on the help of our high priest—Heb. 4:14-16**

1. How does the Hebrew writer describe our high priest? (v. 14) Upon the basis of this, what does he urge the Christian to do?
2. Do we have a high priest who cannot sympathize with our weakness? (v. 15) Describe His temptations.
3. What are the Hebrew Christians exhorted to do? (v. 16) Why?