

Summit Woods Baptist Church
Sermon Study Equipping Class

Hebrews 4:1-5

Remember to begin your study early in the week so that you have time to really think (and keep thinking) about the passage without being rushed.

❖ Day 1

Read Hebrews 4:1-5.

For these lessons, the sermon text is provided in a format that visually helps display the structure of the paragraph or section of text. The main verbs are underlined. Commands are double-underlined. Generally, the main indicative clauses remain to the left, and the other clauses are either directly underneath when they have equal priority to what comes before, or are tabbed to the right when the clause supports, develops, or draws a conclusion from a neighboring clause.

- 1 Therefore, let us fear
 if, [...] any one of you may seem to have come short of it.
 [while a promise remains of entering His rest,]
- 2 For indeed we have had good news preached to us,
 just as they also;
 but the word they heard did not profit them,
 because it was not united by faith in those who heard.
- 3 For we who have believed enter that rest,
 just as He has said,
 “AS I SWORE IN MY WRATH,
 THEY SHALL NOT ENTER MY REST,”
 although His works were finished from the foundation of the world.
- 4 For He has said somewhere concerning the seventh day:
 “AND GOD RESTED ON THE SEVENTH DAY FROM ALL HIS WORKS”;
- 5 and again in this passage,
 “THEY SHALL NOT ENTER MY REST.”

1. Describe the relationship between this passage and the previous one.
2. What is the command in v. 1? How does this follow from what precedes and set the tone for the following verses?

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3. What is the purpose the author offers for why we should fear? What does he mean by “come short of it” – what would we come short of?
4. How does this verse shape your understanding of the role of fear in the life of a Christian?
5. What impact would having this kind of fear have on you personally? How would it shape your relationships with other professing believers?
6. What is the hope offered in v. 1? What is the promise spoken of?

❖ Day 2

Read Hebrews 4:1-5 again.

7. What is the good news preached to us in v. 2? What is the good news that was preached to “them” in v. 2?

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8. What is the comparison the author is making in v. 2? What is the difference between these two groups?
9. Thinking about v. 2 – is simple knowledge of the good news sufficient for entering God’s rest? Why not?
10. If the good news is to profit us, what must our response be?
11. In light of the example of unbelieving Israel in this section in Hebrews, what does this belief look like?
12. What is the result of believing the good news that was preached to us according to v. 3?
13. What is the “rest” that those who believe enter into?

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❖ Day 3

Read Hebrews 4:1-5 again.

14. Where is the Psalmist quoting from in v. 3? What is this verse saying in Psalm 95?
15. Why does the author of Hebrews quote this verse here in v.3?
16. After quoting Psalm 95, why does the author say, “although His works were finished from the foundation of the world”?
17. What is the relationship between v. 4 and vv. 1-3?
18. Where is the author of Hebrews quoting from in v. 4? Why does he quote this?
19. Why would the author of Hebrews choose to quote Psalm 95 again in v. 5?

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20. What hope does this passage offer? What warning does it also offer?

21. How would this passage shape how you share the gospel with an unbeliever?

22. How should you respond to this passage in a tangible way this week?

In preparation for Sunday, pray that we would not be a people who fail to enter God's rest, that we would encourage one another to persevere, that we would persevere in the faith and strive to enter the rest of God.