

Summit Woods Baptist Church
Sermon Study Equipping Class

Hebrews 4:6-11

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 4:6-11.

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.

6 Therefore,
 since it remains for some to enter it,
 and those who formerly had good news preached to them failed to enter
 because of disobedience,
7 He again fixes a certain day, "Today,"
 saying
 through David
 after so long a time
 just as has been said before,
 "TODAY IF YOU HEAR HIS VOICE,
 DO NOT HARDEN YOUR HEARTS."
8 For
 if Joshua had given them rest,
 He would not have spoken of another day after that.
9 So there remains a Sabbath rest for the people of God.
10 For the one who has entered His rest has himself also rested
 from his works,
 as God did from His.
11 Therefore let us be diligent to enter that rest,
 so that no one will fall,
 through following the same example of
 disobedience.

1. What is the "it" of "enter it" in verse 6?

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2. By way of reminder, what is the nature of God's rest? What does it mean?
3. For whom does it remain to enter? Who is the "some" of verse 6?
4. What was the "good news" that the former people received? Who are these people?
5. For what reason did the Israelites fail to enter God's rest?
6. What day has God fixed for his people to enter his rest?
7. To whom does the author of Hebrews ascribe authorship of Psalm 95?

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8. What are some of the implications of God appointing “today” for us to enter his rest?
9. Why is there such urgency in the author’s exhortation for his readers to enter God’s rest?
(Look back at verse 1)
10. How does this truth impact your evangelism?

❖ Day 2

Read Hebrews 4:6-11 again.

11. What OT figure is highlighted in the beginning of verse 8?
12. In what way did Joshua seemingly give the Israelites rest?

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13. In your own words, what is the argument of verse 8?

14. What remains for the people of God today, according to verse 9?

15. What does “a Sabbath rest” mean? Why does the author specify that this “remains”?

16. Why is God’s rest for a believer characterized as a Sabbath rest?

17. According to verse 10, what happens when we enter God’s rest?

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❖ Day 3

Read Hebrews 4:6-11

18. What is the command of the first half of verse 11?
19. The Greek word translated “strive” in the ESV is translated “be diligent” in NASB. Based on these translations, with what kind of attitude should we pursue that rest? What is our motivation for pursuing it this way?
20. What is the warning given to those who are not diligent to enter God’s rest and trust in Christ for salvation?
21. How is failing to enter God’s rest, eternal salvation, a form of disobedience?
22. How does the example of the Israelites failing to enter Canaan function as a warning to people today?

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23. For believers who have already trusted in Christ for salvation, how can you follow the command to strive to enter God's rest?

24. How can you better listen to Jesus in light of what this passage teaches?

In preparation for our Sunday gathering, pray that we do not presume upon the grace of God and treat salvation lightly. Pray for opportunities and boldness in evangelism for yourself and fellow church members in which we can communicate the urgency of this message of forgiveness of sin. Pray that, as a church, we would watch out for one another and guard against hardness of heart brought about by deceitfulness of sin.