



JESUS

Up Close and Personal

A Study of Hebrews | The Pastors' Bible Study 2013-2014

Introduction to Hebrews

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Hebrews 4:1-16 (ESV)

1 Therefore, while the promise of entering his rest still stands, let us fear lest any of you should seem to have failed to reach it. **2** For good news came to us just as to them, but the message they heard did not benefit them, because they were not united by faith with those who listened. **3** For we who have believed enter that rest, 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 somewhere spoken of the seventh day in this way: "And God rested on the seventh day from all his works." **5** And again in this passage he said, "They shall not enter my rest."

6 Since therefore it remains for some to enter it, and those who formerly received the good news failed to enter because of disobedience, **7** again he appoints a certain day, "Today," saying through David so long afterward, in the words already quoted, "Today, if you hear his voice, do not harden your hearts."

8 For if Joshua had given them rest, God would not have spoken of another day later on. **9** So then, there remains a Sabbath rest for the people of God, **10** for whoever has entered God's rest has also rested from his works as God did from his.

11 Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience. **12** For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. **13** And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account.

14 Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. **15** For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. **16** Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

Reflection Questions

1. The author speaks in this passage about *the promise of entering his rest*. Is your current walk with Christ right now restful, restless, or something else?
2. Scripture is clear that we are saved by grace alone. And yet, God calls us to be obedient to Him. How do our moments of disobedience temporarily keep us from walking in the fullness of Christ?
3. Verse 4:12 tells us that the word of God is *living and active*. Are you currently spiritually alive, walking in step with the precepts of God's word? In what ways "yes"? In what ways "no"?
4. When you consider that *no creature is hidden from his sight*, how does that make you respond to God's knowledge of your inner life? What emotional responses does that reality generate inside of you?
5. How encouraged are you by the fact that Jesus is our high priest? Do you get comfort knowing that He *in every respect has been tempted as we are, yet without sin*? Be specific about why that is important to you.
6. We are encouraged with confidence in verse 16 to *draw near to the throne of grace, that we may receive mercy and find grace to help in time of need*. Do you take advantage of this opportunity? In other words, do you live day-to-day in an ongoing confident diet of faith and prayer? How has God recently revealed Himself to you through prayer?