

BIBLE DISCUSSION GROUP STUDY QUESTIONS

In preparation for Sunday, November 20, 2005

Passage: Hebrews 4:1-11

Memory Passage: Psalm 37:3-4

TODAY: *From your study this past week, what is one thing that impressed you that can be of help in your life?*

DAY 1 – ASK FOR INSIGHT

READ THE PASSAGE

- (a) **Read Hebrews 3:16-4:1.** Review the rebellion that was spoken of in these verses. Was the issue their salvation or something else? How can we tell?
- (b) How did God respond to the unbelief of the Israelites? Does God ever respond this way to the unbelief of believers (Hebrews 10:30-31; 12:5-13)? How does the fear of God keep us in obedience (Proverbs 28:14)? Is it a dreadful thing?
- (c) Read 1 Corinthians 11:27-34. What was the issue in Corinth? How did God deal with their sin? Did they lose their salvation (verse 32; also 1 Corinthians 3:11-15)?
- (d) What situation does Paul describe in 1 Corinthians 10:1-13? How did God deal with His people? What is the lesson that Paul draws from this example – a warning not to lose salvation or something else?
- (e) Compare this to the warning in Hebrews 4:1. How are they similar? Does God judge His people?
- (f) *Family:* Read Hebrews 4:1 and 1 Corinthians 10:1-13. Discuss the problem of temptation and the struggles that Christians often have in following God with a whole heart. How does faith enable us to trust God and obey Him? Talk together about dealing with temptation according to 1 Corinthians 10:13. How can this verse help us to say no to temptation? Pray together for someone who is struggling in their walk with God.

DAY 2 – ASK FOR INSIGHT

READ THE PASSAGE

- (a) **Read Hebrews 4:2-3.** What gospel or “good news” had the Israelites heard? What were they looking forward to—simply escape from Egypt or something else?
- (b) What prevented them from entering into the Promised Land? Read Numbers 14:1-9. What happened in the wilderness? Why would they not go up against the people of the land of Canaan? How does this relate to Hebrews 3?
- (c) What was missing from their experience? Also read Romans 10:16-17.
- (d) Who *has* entered into His rest according to verse 3? Why do we have this rest (Romans 5:1)? Why can we rest from our works to save ourselves (Hebrews 10:10-14)?
- (e) *Family:* Read Hebrews 4:2-3 and Numbers 14:1-9. Talk about what happened to the Israelites at Kadesh-Barnea (Numbers 14). What did they lose? What do we lose when we do not obey God? Is it salvation or something else? Why is salvation described as a “rest” for those who believe? What do we “rest” from? Pray for someone who does not know Christ.

DAY 3 – ASK FOR INSIGHT

READ THE PASSAGE

- (a) **Read Hebrews 4:4-8.** What “rest” is he speaking about in verse 4? What rest is he talking about in verse 8? What “rest” is mentioned in verses 9-10?
- (b) List these three “rests” that God provides. When do people enter into these “rests” and what must they do to enter in?
- (c) What additional “rest” is spoken of in Revelation 14:13? When do we receive this rest? Why is this not the rest spoken of in Hebrews 4?
- (d) Why did Israel not enter into this rest (Hebrews 4:6, 7)? Was the “rest” in the Promised Land the final one? How does the writer use scripture to show that it is not?
- (e) Consider the rest of the Promised Land – read Deuteronomy 12:9, 25:19 and Joshua 1:15; 22:4; 23:1. Who was going to give Israel rest? How would this happen? What does this tell you about the rest of God that the writer is speaking about?
- (f) *Family:* Read Hebrews 4:4-8 and Revelation 14:13. Talk about the different “rests” that God gives to His people. Why are they called “rests?” How does a person enter into these “rests?” What keeps someone from experiencing this “rest?” Pray together that each person might learn to “rest” in God’s faithfulness to His promises.

DAY 4 – ASK FOR INSIGHT

READ THE PASSAGE

- (a) **Read Hebrews 4:9-11.** Is there a rest of God that is available for believers today that many do not enter into? What is it?
- (b) What does a person do to “enter into” this rest? What does the writer mean by this? Compare verse 10 with verse 11. Is this a rest in which we do nothing?
- (c) Read Matthew 11:28-29. What two kinds of rest does Jesus speak about here? Is the second rest a “do-nothing” kind of rest? How is it a rest then?
- (d) What happens whenever we depend on our own strength rather than on His? Can we “rest” depending on ourselves?
- (e) *Family:* Read Hebrews 4:9-10 and Matthew 6:25-34. Talk about what it means to trust God and rest in His Word and His promises. How is this a “rest” that we enter into? How does disbelief keep us from resting in God? Talk about some things that you are having trouble trusting God for. Pray together about these.

DAY 5 – ASK FOR INSIGHT**READ THE PASSAGE**

- (a) **Read Psalm 37.** Make a list of reasons that we can rest in the Lord when difficult times come.
- (b) Make another list of the things David does to help him to rest in the Lord. Look especially at verse 3-4; 5-6; 7-8.
- (c) What attitudes did David cultivate that enabled him to rest in the Lord (Psalm 37:16-20)?
- (d) What confidence did he have (Psalm 37:23-29)? How does this affect the way he lives?
- (e) Why does God help and deliver us (Psalm 37:40)? How is this connected to Hebrews 4 and God's rest?
- (f) *Family:* Read Psalm 37 together. Talk about God's faithfulness to us. How does God's faithfulness encourage us to trust Him in every situation? What is your favorite part of Psalm 37 and why? Spend some time thanking God for His faithfulness to you!

DAY 6 – ASK FOR INSIGHT**READ THE PASSAGE**

Think back through what you have learned each day this week. Read Hebrews 4:1-11. What were the reasons that the Israelites did not enter God's rest? Did they lose their salvation or something else? How can we tell from this passage? What does it mean to "rest in the Lord?" Is faith necessary for this? Does it mean that we do nothing or does it determine *how* we do everything? Talk together about the need to be "diligent" to enter that rest. Pray together for church services tomorrow.

DATE: November 20, 2005

PASSAGE: Hebrews 4:1-11

Resting in His Work

"There remains a rest for the people of God..."