Hebrews 4:1-10

**Digging Deeper in the Word**

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***Hebrews 4:1-10*** (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.

1. Briefly summarize the first three chapters of Hebrews.
2. During their time in the wilderness, who were the Israelites who “fell short” in their faith towards YHWH? See the previous chapter (Heb 3:17-19) and Num 14 1-4 for reference.
3. In Heb 4:1, what is meant by “failing to reach” God’s rest?
4. In Heb 4:2, the author claims that the gospel was preached to Moses and the Hebrews. There is only one gospel- what is it and how is it possible that the same gospel was preached? See Num 14:8-9, Lev 17:11, Isa 53:10-11.
5. The author seems to take a turn during the next few verses, talking about “works”. Prior to this, the author was explaining how Israel was disobedient in their hearts. What then is the connection between disobedience and God’s work being “finished from the foundation of the world”? See Hos 6:6, Psa 50:13-15, and 1 Sam 15:20-23.
6. The word *shema* is the Hebrew word for “hear”, as seen in vv. 6-7. Take a few minutes and watch this interesting word study on *shema*, as it’s a rather important term that means more than the English definition of “hearing (with your ears)”. Go to [www.tinyURL.com/HebShema](http://www.tinyURL.com/HebShema) to access the video.
7. What is significant about the seventh day of creation (the Sabbath)? See Exo 31:16, Isa 58:13-14, Eze 20:11-13.
8. Joshua came long before David, but David is still calling for his people to turn to God’s rest “today”. What is the significance of the world “today” and why is important in the author’s argument?
9. *Entering into God’s Sabbath rest is synonymous with believing in Yeshua’s atoning work on the cross.* Is this statement accurate? How would you add to it (if at all) to make it accurate to you?
10. What does it mean to be diligent to enter God’s rest? Remember, these believers were Jewish and were being persecuted for their belief in Yeshua.