



UPSTATE GROUP MEMBER GUIDE

WEEK 4 - HEBREWS 4:1-13 - SEPTEMBER 2-8

MEMBER NOTES

Please continue to complete the Gospel Connection's and Conversations form. You can find the form [HERE](#).

You can find other sermons from our Teaching Pastor's [HERE](#).

SCRIPTURE

TAKE THIS TIME TO STUDY THE BIBLE TOGETHER. REMEMBER, THE GOAL IS NOT JUST TO CONVEY INFORMATION, BUT TO HELP PEOPLE IN YOUR GROUP LEARN TO READ THE BIBLE FOR THEMSELVES.

THE POINT

REST IN CHRIST IS AVAILABLE TO EVERY MAN.

Hebrews 4:1-13

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.[a] 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[b] 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.

STUDY NOTES

WEEK 1 NOTES : Hebrews 4:1-13

The writer of Hebrews reminds us that the door to enter the rest of Jesus is open, but people could still fail to reach rest. Chapter three made a reference to the Israelites after they were set free from slavery in Egypt in the Old Testament. An entire nation of Israelite people received a promise from God that He was going to give them the Promised Land. This nation followed God in the cloud by day and the pillar of fire at night. They watched Him do miraculous things, and God proved He could be trusted. Yet, the majority of people who crossed through an ocean on dry ground still missed out on entering the rest God provided.

The writer of Hebrews presents a frightening truth—people can hear the good news of Jesus and never experience the benefits of saving faith. Rest can be made available and accessible for people, and they can still fail to reach it. Thankfully, chapter four offers a reminder we can have complete rest in Jesus through obedience. Joshua and Caleb modeled this type of obedience when they trusted God would provide victory in Canaan. These men did everything they could to enter that rest through obedience. This brings us to an important question: how can I find complete rest in Jesus through obedience?

We can only find complete rest:

In Fear

Numbers 13 tells the story of the twelve spies Moses sent into the Promised Land. Ten of the twelve spies in the Promised Land acknowledged how beautiful and resourceful the land was, but they also discouraged the nation of Israel because their fear was misplaced. The ten spies had a greater fear of the giants in the land than they did the Lord. Fear of the Lord provides wisdom, growth, awe, faith, and rest in God. Proverbs 1:7 says, "The fear of the Lord is the beginning of wisdom." Philippians 2:13 says, "Work out your own salvation with fear and trembling." Entering the complete rest Jesus offers begins with a heart that fears the Lord.

Through Faith

The writer quotes what God said about those who walk in disobedience from Psalm 95. Over and over in this passage it says, "They shall not enter my rest." Who is he talking about? Those who aren't obedient. In other words, those who don't have faith in God's Word. Faith in God's Word leads us to rest.

By the Word

The last way we can enter rest is through God's Word. Isaiah 40:7 reminds us God's Word will remain forever. His Word also reveals. It pierces us at our deepest level. We must be careful to hold onto God's Word and respond to everything He says with obedience and faith. That's how we can enter the rest Jesus offers.

For more resources, click [HERE](#).

QUESTIONS FOR DISCUSSION

- *What does it mean to fear the Lord?*
- *The writer of Hebrews references the Israelites in the desert. Would you say your life more reflects the fear of the ten spies or the faith Caleb and Joshua had?*
- *Are there parts of God's Word you are having a difficult time believing in faith?*
- *What are some things in your life keeping you from obedience?*
- *What does it mean to "strive" in verse eleven?*
- *How does God's Word give you rest?*