

Book of Hebrews
Adult Sunday School Class
Faith Baptist Church 2010-2011

Lesson 5: Hebrews 3:18 – 4:13

I. A Rest Remains for the People of God

A. The Failure in the Wilderness – Hebrews 3:16 – 4:2

1. Verses 16, 17, 18, and 19 each use a different word for the people's failure. List those words.
2. How do you think these descriptions are related?
3. How many Israelites were the object of God's anger? Is there a lesson for us in this?
4. Is God angry with the unsaved today? Psalm 7:11; John 3:36
5. Why did the word they heard not profit them? Hebrews 4:2

B. An Old Testament Example

1. Look at Numbers 14
 - a. Other than God, who else did they not believe?
 - b. So who did they side with?
 - c. What were their complaints?
 - d. How were their complaints unfounded?
 - e. Do we ever have similar complaints?
2. Look at 1 Corinthians 10:1-13
 - a. According to verses 1-4 all of them had some things in common. What?
 - b. These things happened as examples to help us avoid 5 things. List them:
verse 6
verse 7
verse 8
verse 9
verse 10
 - c. What's the warning at the end of the series in verse 12?

B. The Opportunity to Enter the Rest is Available – Hebrews 4:3-13

There are two aspects to the rest spoken of here. One aspect is the rest we will have when in heaven. But there is also a rest that we are to enter into here and now. In the Old Testament illustration of the people of Israel, Egypt represents our lost condition. The wilderness wanderings represent a defeated Christian

experience and the Promised Land represents victorious Christian living and the rest spoken of here.

1. Verses 1, 6-8 tell us that a promise remains of entering that rest. We know that is true because of the word “Today” that David used long after the actual Promised Land journey had been completed.

2. According to verse 3, who enters into God’s rest?

3. Also in verse 3 we read that “the works were finished from the foundation of the world.” See verse 10 as well as Revelation 13:8

4. From verse 10: “He who has entered His rest has himself also ceased from his works as God did from His.”

How thorough was God’s rest?

What kinds of works would God want us to cease?

See Hebrews 6:1 and 9:14. What are dead works?

5. Consider the two “Let us...” admonitions in verses 1 and 11. Are these related?

Digging Deeper

- Do a thorough study of the promises God has given us. Compare these promises with those given to the Old Testament Israelites. Think about their rejection of those promises and consider your own response to the promises God has given you.
- Study the 5 warnings given in I Corinthians 10 and find other verses related to each one that might be of help in defending yourself from following the same path.

Prompts for Meditation

- Meditate on the promises which God has made to you. Is there faith mixed with these words in your heart?
- Consider the 5 warnings given in 1 Corinthians 10 and think through how you might resist and / or cease moving in the same direction the Israelites did.