



Hebrews 4:1-11

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.

Discussion questions:

1. What is the rest that the author is talking about in Hebrews chapter 4? What is the requirement for us to enter that rest?
2. How is the Lord’s Day a taste of our future rest? What are the works that we should rest from on the Lord’s Day? What are we looking forward to resting from in Heaven?
3. What does it look like to strive to enter the rest that is promised to us?