

# Hebrews 4

## Lesson 4

I. What do you think are the main ideas/themes of Hebrews 4:1-16?

II. Breaking Down the Text

A. Hebrews 4:1-10

1. Explain the term "gospel" as used in Heb. 4:2.
2. Why did the Israelites not enter their "rest"?
3. What "rest" is the writer referring to in this passage? Is this the same rest as discussed in Heb. 3:7-11? Explain.

B. Hebrews 4:11-13

1. What word describes how we "strive" to enter the rest?
2. Verses 12-13 are often quoted. How do they fit in this context?
3. Who must give an account to God?

C. Hebrews 4:14-16

1. What reasons are given why Jesus is a better High Priest?

2. Why can Jesus sympathize with our weaknesses?

3. How is Jesus throne described? What should this mean for our lives?

III. In what ways does Hebrews 4:1-4:16 challenge you to grow?