

Discussion Questions
Hebrews Chapter 4:1-13

1. The word “therefore” causes us to look back to the end of Chapter 3. What was the Sin of the Israelites who died in the desert?

- a. Who is it that enters into the rest of Psalm 95:11?
- b. Both groups had the “good news” preached to them, why did they all not benefit from hearing the message?

2. To whom is the writer speaking in verse 4:1-3? What is his point?

3. What is the “rest” referred to in each of the following passages?

- a. Gen 2:1-3?
- b. Joshua 1:13?
- c. Psalm 95:11?

Challenge Question: In verses 4-6, how and why does the writer associate these definitions of “rest”?

4. What do the following verses reveal about God’s “rest”?

- a. Isaiah 30:15
- b. Jeremiah 6:15–16
- c. Mat 11:28-30
- d. What is this rest?

5. What is the admonition the writer gives in Verse 11. What does he reveal to us about the Scriptures and what should be our motivation to heed them? If hearing or preaching the message is not enough to benefit from the message, how can you benefit from the message?