

Hebrews - 4

1. What promise is still open to us today? (v.1) _____

How can we enter God's rest? _____

2. Why didn't the message help those who heard it? (v.2) _____

What role does faith play? _____

3. What does it mean to enter God's rest? (v.3) _____

How is it different from physical rest? _____

4. How is God's Sabbath rest different from regular rest? (v.4-5)

When do you experience this? _____

5. Why does the writer quote "Today" from David? (v.7) _____

What makes this urgent? _____

6. How is Jesus's rest better than what Joshua gave? (v.8) _____

What does this mean for us? _____

7. What kind of rest remains for God's people? (v.9-10) _____

How do we experience it now? _____

8. Why should we make every effort to enter this rest? (v.11) _____

What efforts should we make? _____

9. How is God's word like a sword? (v.12) _____

When have you experienced its power? _____

10. What does it mean that everything is uncovered before God? (v.13)

How should this affect us? _____

11. Why is Jesus called our "great high priest"? (v.14) _____

How does this help us? _____

12. How does Jesus understand our weaknesses? (v.15) _____

When does this comfort you? _____

13. What should we do at the throne of grace? (v.16) _____

What can we expect there? _____

True/False Questions (with a touch of humor):

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| 1. The people requested memory foam pillows for God's rest. | T / F |
| 2. They installed a "Faith-O-Meter" at the entrance to rest. | T / F |
| 3. The sword of the Spirit came with a user manual. | T / F |
| 4. Jesus kept a journal of human experiences for reference. | T / F |
| 5. The throne of grace had a "No Appointment Needed" sign. | T / F |
| 6. They started a "Rest Seekers Anonymous" support group. | T / F |