



- 1. Read Hebrews 4:1-13 and Psalm 95.** These Hebrews verses are written with Psalm 95 still in mind. The author introduces a concept he calls “*entering God’s rest.*” He seems to think of it in three tenses -- past, present and future. What point is he making about God’s rest in all those tenses?
 - In the past it meant –
 - In the present it means –
 - In the future it will mean –
- 2.** Looking at your response to question 1, if someone asked you, “*What does it mean to enter God’s rest,*” how would you answer? What is the only thing that keeps us from that rest according to these verses?
- 3. Hebrews 4:12-13.** How does the teaching in these two verses relate to the teaching in verses 1-11? Can you share an instance when God’s Word has had an effect on your life like those listed here?

Note: *Hebrews 4:14 begins a teaching that will extend through chapter 10. The teaching centers on the theme of Jesus as our High Priest.*

4. **Read Hebrews 4:14 - 5:10.** The author encourages us again to hold fast to the faith we profess. The reason he believes we can endure is because Jesus, the Son of God is and has been our High Priest. List as many qualifications and characteristics of the priest's ministry as you can find in these verses. (*For now, don't worry about Melchizedek – we will deal fully with him in Lesson 4*)

5. **Read Hebrews 5:11- 6:3.** What thoughts or emotions do these words evoke in your own heart as you take and apply this "*living and active*" word personally? What do you think the author means by "*solid food*" teaching?

Note: *It is not an exaggeration to say that Hebrews 6:4-8 are the most fiercely debated and the most controversial verses in the whole book. It is important not to shy away but to pay careful attention to the implications of these verses in the context of the whole line of teaching that you have been reading in Hebrews. In class we will separate what is and what is not being taught but for now ponder!*

6. **Read Hebrews 6:4-12.** After reading and rereading these verses, what do you think the author's purpose was in issuing this sober warning only to follow it with words of confident encouragement?

7. **Read Hebrews 6:13-20.** Praise God the author turns the spotlight off of our lazy, immature inclinations in matters of faith onto the source of our assurance -- to Jesus -- an anchor for our soul! What do these verses teach you about God and the reason we can be people of hope?