

QUESTIONS

Day 1: Read Commentary Notes

1. What interested you most about the Commentary Notes?
2. How did the lecture help you understand the text better?

Day 2: Read Hebrews 4:1-5, Exodus 33:14, Psalm 116:7, Matthew 11:29, Revelation 14:13, Hebrews 11:1 [\[Open NIV\]](#) [\[Open NKJV\]](#)

3. What promise still stands, according to verse 1?
4. Beside each of the following cross references, write what you learn about God's "rest."
Exodus 33:14 –
Psalm 116:7 –
Matthew 11:29 –
Revelation 14:13 –
5. What does Hebrews 4:2 say we should combine with the Gospel so that it has value?
6. **Personal Question:** Define "faith" using Hebrews 11:1 and give an example from your life when you exercised faith.

Day 3: Read Hebrews 4:6-11 [\[Open NIV\]](#) [\[Open NKJV\]](#)

7. According to verse 6, does everyone enter God's rest? Why or why not?
8. Using verse 7, when should someone respond to the voice of God?

9. **Personal Question:** When have you ever responded to God's voice by opening your heart to Him?
10. **Thought Question:** According to verse 8, was Joshua's rest of the Promised Land ultimately satisfying to Israel?
11. Based on all the scriptures you have read in this week's lesson, do you believe God's rest is solely what we experience when we enter heaven or is God's rest something we experience prior to heaven? Give reasons for your answer.

Day 4: Read Hebrews 4:12-13, Proverbs 6:20-22, Ephesians 6:17 [\[Open NIV\]](#) [\[Open NKJV\]](#)

12. List the characteristics of the word of God mentioned in Hebrews 4:12, Proverbs 6:20-22 and Ephesians 6:17.
13. **Personal Question:** Explain how God's word's activity is demonstrating a characteristic listed from your previous answer. (How is God's word active, living, sharp, penetrating to your soul, etc.?)
14. **Personal Question:** Does verse 13 concern you or comfort you? Why?

Day 5: Read Hebrews 4:14-16 [\[Open NIV\]](#) [\[Open NKJV\]](#)

15. In today's text, "Let us..." is mentioned twice. In each case, write down what God's word desires for us to do.

Verse 14-Let us...

Verse 16-Let us...

16. **Thought Question:** Why are the two commands in the previous answer important for all Christ followers?

17. From today's text, how is Jesus similar to mankind and how is He different? Explain the significance of both.

Day 6: Read Hebrews 4:1-16 [\[Open NIV\]](#) [\[Open NKJV\]](#)

18. **Personal Question:** What is your main take away from chapter 4?

19. **Personal Question:** From what stress in your life could you/should you experience God's rest? What first step are you willing to take to experience God's rest?

20. **Personal Question:** Write down something that you learned about God's word or God's Son in chapter 4 that you might apply to your own life.