CHAPTER

4

IV

The rest that remains; the sword; the throne of grace

Hebrews 4:1–16 · Sixteen verses · Song: "Walking Into Rest"

The picture: People lying down to rest in a green field on the seventh day; above them a two-edged sword of light; at the top, a throne with an open way to it.



PICTURE WORD

Rest

THE CHAPTER IN BRIEF

Sabbath rest still remains. God's word is a sword. Come boldly to the throne of grace.

Remember it: FOUR: lie down on all fours and rest.

MEMORY VERSE

So let us approach the throne of grace with confidence, so that we may receive mercy and find grace to help us at the right time.

Hebrews 4:16 · the author's translation

GREEK WORD

κατάπαυσιν

"rest" · verse 1

In Hebrews: eight times, in 2 chapters

This is the word Psalm 95 uses for the rest Israel never entered. Hebrews hears in it God's own rest from the seventh day, still open "today" to those who believe. In 4:9 the preacher calls it σαββατισμός, "a Sabbath rest," a word found nowhere else in the Bible.

HOW THE CHAPTER MOVES

1–5	The promise of entering God's rest still stands for those who believe.
6–11	Joshua did not give the final rest; a Sabbath rest remains.
12–13	The word of God is living and sharp; nothing is hidden from him.
14–16	A great high priest who sympathizes: come to the throne of grace.

FROM THE OLD TESTAMENT

v. 3, 5 ← Ps 95:11 "They will never enter my rest."

v. 4 ← Gen 2:2 God rested on the seventh day.

v. 7 ← Ps 95:7–8 Another day, called "Today."

MY NOTES

Listen. Hear Hebrews 4 sung in the **Hebrews by Heart** app, or free at **ispress.de/hebrews/songs/4**.

The song: "Walking Into Rest." Every verse of the chapter is sung.

The rest that remains · The living word of God · A high priest who sympathizes · The throne of grace

FILL IN THE BLANKS

A Sabbath _____ still remains. God's word is a _____. Come boldly to the throne of _____.

CHECK YOURSELF

1. What still remains for the people of God?

(A) A new law
(B) A Sabbath rest
(C) A land in Egypt
(D) Another flood

2. The word of God is sharper than what?

(A) A broken reed
(B) Any two-edged sword
(C) The angels' fire
(D) A shepherd's staff

3. How should we approach the throne of grace?

(A) With fear and silence
(B) Only once a year
(C) With confidence
(D) Through an angel

TALK IT OVER

1. What is the difference between resting from work and entering God's rest?

2. When has God's word cut through to "the thoughts and intentions" of your heart?

3. Our high priest was tested in every way, yet without sin. How does that give you confidence to pray?

IN YOUR OWN WORDS: WHAT DOES HEBREWS 4 TEACH?

☐ I listened to the song
☐ I can say what it teaches
☐ I can say 4:16 by heart
☐ I know the picture word

Answers Blanks: rest · sword · grace · Check yourself: 1. B (v. 9) · 2. B (v. 12) · 3. C (v. 16)