

Hebrews 4:1-16

New American Standard Bible 1995

Therefore, let us fear if, while a promise remains of entering His rest, any one of you may seem to have come short of it. ²For indeed we have had good news preached to us, just as they also; but the word they heard did not profit them, because it was not united by faith in those who heard. ³For we who have believed enter that rest, just as He has said,

“As I swore in My wrath,
They shall not enter My rest,” [Psalm 95:11]

although His works were finished from the foundation of the world. ⁴For He has said somewhere concerning the seventh day: “And God rested on the seventh day from all His works”; ⁵and again in this passage, “They shall not enter My rest.” ⁶Therefore, since it remains for some to enter it, and those who formerly had good news preached to them failed to enter because of disobedience, ⁷He again fixes a certain day, “Today,” saying through David after so long a time just as has been said before,

“Today if you hear His voice,
Do not harden your hearts.” [Psalm 95: 7b-8a]

⁸For if Joshua had given them rest, He would not have spoken of another day after that. ⁹So there remains a Sabbath rest for the people of God. ¹⁰For the one who has entered His rest has himself also rested from his works, as God did from His.

¹¹Therefore let us be diligent to enter that rest, so that no one will fall, through following the same example of disobedience.

¹²For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart. ¹³And there is no creature hidden from His sight, but all things are open and laid bare to the eyes of Him with whom we have to do.

¹⁴Therefore, since we have a great high priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. ¹⁵For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as we are, yet without sin. ¹⁶Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.

Read the passage through completely before looking at these questions.

Observation (What does it say?):

Consider the observation questions on the back of this page. What do you notice in this passage?

- Circle references to “rest.”
- Underline stern-sounding warnings.
- Mark a star by encouraging-sounding words.
- What else do you observe in this passage?

Interpretation (What does it mean?):

After observing the passage:

- What does the passage say this “rest” is like?
- What are the conditions for entering this rest?
- How does the passage on the word of God (v. 12-13) fit in the flow of the thought?
- Why does the writer bring up “great high priest” here when talking about rest?
- What questions come to mind as you read?

Application (What does it mean for me?):

- How does Jesus as a sympathetic high priest affect your understanding of God’s rest?
- What would be different (attitudes, behavior) if God used this passage to change you?

For more suggested methods of study: <http://www.goodnotsafe.com/methodical-bible-study/>
For examples of inductive studies: <http://www.goodnotsafe.com/inductive-bible-study-examples-2/>

Inductive Bible Study

(A few general ideas)

Observation (What does it say?)

What facts do you **observe** about the passage that help bring out the writer's thought process?

- Who are the people involved?
- What action takes place?
- What type of literature is it (poetry, history, didactic, etc.)?
- What details are included or left out?
- Are any unusual words used?
- Is there symbolic language?
- What is the grammar of the passage (pronouns, prepositions, verb tenses)?
- Are words or ideas repeated?
- Any comparisons or contrasts?
- Any cause and effect?
- Are there indications of purpose ("in order that...")?
- Are there conclusions ("Therefore...")?
- Are there explanations?
- Does the passage logically break into sections?
- How would you summarize the passage?
- What would be a good "headline" for the passage?

Interpretation (What does it mean?)

What questions come to mind about the facts that would help you **interpret** the meaning?

- How would the original readers have understood the passage?
- What is the main emphasis?
- Why does the writer use repetition, or contrast, or unusual words?
- What does the grammar or structure of the passage reveal about the writer's thought pattern?
- Is there a logical sequence in the passage?
- How are different ideas in the passage connected?
- Are there any new ideas or concepts presented?
- Are there difficulties in the passage?

Application (What does it mean for me?)

What is the impact on your life? What **application** does the Holy Spirit want to show you?

- Is there a command to obey?
- Is there a promise to be thankful for?
- Is there an attribute of God to worship?
- Is there an example to follow?

**Read nothing into the Scriptures,
but draw everything from them,
and suffer nothing to remain
hidden that is really in them.
J.A. Bengel (1687-1752)**

For a much more detailed description of the methodology, see
Robert A. Traina, *Methodical Bible Study*. Wilmore, Kentucky: Asbury Theological Seminary, 1952.