

Hebrews 4 Bible Lesson with Scripture from NKJV

Before we read Hebrews 4, get your heart ready for something powerful. This chapter is God's loving invitation to step out of pressure, worry, and striving and step into His promised rest. It reminds us that His Word is alive and can reach places in us that nothing else can touch, and it points us straight to Jesus, our Great High Priest, who understands our weaknesses and helps us hold on.

As you read, listen for the word "Today" in your spirit. God is still calling you right now to trust Him deeper, believe Him fully, and come boldly to His throne of grace for mercy and help. Bible Bestie, this isn't just a chapter to read. It's a door to walk through.

Hebrews 4

The Promise of Rest

4 Therefore, since a promise remains of entering His rest, let us fear lest any of you seem to have come short of it. ² For indeed the gospel was preached to us as well as to them; but the word which they heard did not profit them, not being mixed with faith in those who heard *it*. ³ For we who have believed do enter that rest, as He has said: "So I swore in My wrath, 'They shall not enter My rest,' although the works were finished from the foundation of the world. ⁴ For He has spoken in a certain place of the seventh *day* in this way: "And God rested on the seventh day from all His works"; ⁵ and again in this *place*: "They shall not enter My rest."

⁶ Since therefore it remains that some *must* enter it, and those to whom it was first preached did not enter because of disobedience, ⁷ again He designates a certain day, saying in David, "Today," after such a long time, as it has been said: "Today, if you will hear His voice, Do not harden your hearts." ⁸ For if Joshua had given them rest, then He would not afterward have spoken of another day. ⁹ There remains therefore a rest for the people of God. ¹⁰ For he who has entered His rest has himself also ceased from his works as God *did* from His.

The Word Discovers Our Condition

¹¹ Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience. ¹² **For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.** ¹³ And there is no creature hidden from His sight, but all things *are* naked and open to the eyes of Him to whom we *must give* account.

Our Compassionate High Priest

¹⁴ Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast *our* confession. ¹⁵ For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all *points* tempted as *we are*, yet without sin. ¹⁶ **Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.**

Bible Lesson breakdown...

Hebrews 4 is a loving but serious invitation: God still has a “rest” for His people, and we’re called to enter it by faith and obedience, not by drifting into unbelief. It also reminds us that God’s Word sees everything, and Jesus is our Great High Priest who helps us hold on and come boldly for mercy and grace.

1) The Promise of God’s Rest Is Still Open (Hebrews 4:1–5)

Big idea: The door is still open, so don’t treat it casually.

- God offered rest to His people before, but many didn’t enter because of unbelief.
- The Gospel message was heard, but it must be mixed with faith to benefit us.

- God’s rest is real and rooted in His finished work, shown from creation: “And God rested on the seventh day...”

Bible point: Hearing truth isn’t the same as trusting truth.

2) There Is a Rest for God’s People Today (Hebrews 4:6–10)

Big idea: God’s rest isn’t only “back then.” It’s still available.

- The chapter brings up Israel’s history and David’s words (“Today...”), showing the invitation continues.
- This rest is deeper than entering a land or taking a day off.
- Hebrews uses the phrase “a rest” (Sabbath-rest), which remains for the people of God.
- Entering God’s rest means we stop striving to “earn” what God provides, and we lean into His finished work.

Bible point: God’s rest is not lazy living. It’s **faith living**.

3) Be Diligent to Enter That Rest (Hebrews 4:11–13)

Big idea: Rest is promised, but we must respond with seriousness.

- “Let us therefore be diligent...” means we guard our hearts against the same trap: unbelief and disobedience.
- Then comes one of the most powerful descriptions of Scripture:
 - The Word of God is living and powerful
 - It pierces and discerns thoughts and intentions
- Nothing is hidden from God. Everything is open before Him.

Bible point: God’s Word doesn’t just inform us, it **transforms and exposes what needs healing**.

4) Jesus Our Great High Priest Helps Us Hold On (Hebrews 4:14–16)

Big idea: Because of Jesus, we don't have to fall apart; we can come to God.

- Jesus is called our Great High Priest who has passed through the heavens.
- He sympathizes with our weaknesses because He was tempted, yet without sin.
- The response: Hold fast to your confession (keep trusting and declaring Jesus).
- And the invitation:
 - “Let us therefore come boldly to the throne of grace”
 - We receive mercy and grace to help in time of need

Bible point: God's throne is not only a throne of power, it's a **throne of grace** for His people.

Key Themes

- **God's Rest:** Spiritual rest found in trusting God, not in human striving.
- **Faith + Obedience:** Unbelief hardens hearts and blocks rest.
- **Power of the Word:** Scripture diagnoses the heart and leads to freedom.
- **Jesus the High Priest:** He understands our struggles and gives help.

Simple Life Application

- **Ask:** Where am I striving instead of trusting?
- **Do:** Replace worry and self-effort with prayer and obedience.
- **Hold:** Keep your confession steady, Jesus is Lord, and He will help you.
- **Go boldly:** When you feel weak, that's your cue to run to the throne of grace, not away from it.

Wisdom Nuggets

- Rest is not a place you reach; it's a Person you trust.
- The Word will cut, but it cuts to heal.
- Boldness at God's throne isn't pride, it's confidence in Jesus.

God doesn't just offer correction; He offers rest.
And He doesn't just offer rest; He gives us Jesus to help us enter it.

What did the Holy Spirit speak to you about from this Bible lesson?

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Rooted in Scripture. Led by the Spirit. Living for Jesus.

Psalm 119:105 Your word is a lamp to my feet and a light to my path.