

Hebrews Bible Study IV: "There Is Rest" – Hebrews 4:1-16

August 27, 2026

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Important Information to know:

- Sabbath – 7th Day set aside for rest from labor so that a person may be able to focus on connecting with God. This was originally kept on Saturday (which is why Jewish people and some Christian communities worship on Saturday)

Into the Text

- 1) There are many layers to the rest being referred to in today's lesson. What are some of the different concepts of rest referred to within our lesson today?

- 2) Why is it important for people of God to rest?

- 3) What's the connection between Jesus being our High Priest and us being able to enter the rest that God promises?

Bringing Things Current

- 1) We live in an age where people tend to believe they're wasting time if it's not filled with something. As a result, many among us refuse to rest until a health or family crisis forces them to do so. What are some ways that we can practice the Biblical concept of rest?

- 2) What things disrupt your attempts to claim the rest that God designed for us?

Next Week's Hebrews Bible Study will be "Our Special Priest" from Hebrews 5:1-14

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- 3) A High Priest doesn't just lead worship encounters. A High Priest is also responsible for modeling how one may maintain a good and right relationship with God. As you think back on the things Jesus did while he walked the earth, how did Jesus make sure that he took advantage of the rest that God provided? What clues does that give you concerning what you can do to ensure that you take time to rest?
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Something to Think About

Many Christians devote more time to ministry than they do to connecting with the one who called them into ministry. As a result, they have seasons of burn-out and lose their ability to be bold for God. God's remedy for this is rest. However, it's nearly impossible to rest when we feel like the answer to every ministry request must be "yes."

How can we support people who get push back for taking time to rest?

What are some restful things help restore you mentally, physically and/or spiritually?
