

## Hebrews 4:1 – 16 NIV Connections

**In the beginning...**What truth did the Holy Spirit stir in you through the sermon Sunday?

**Memory Verse:** “Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.”  
(Hebrews 4:16 NKJV)

### Let’s dig into the Bible for Truth:

#### Hebrews 4:1, 2 (also Hebrews 3:16 – 9):

1. Who WILL NOT enter the promised land?

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2. How can a person avoid missing the promises of God?

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#### Hebrews 4:3 – 7 (also Psalm 95:7 – 11):

1. “Now we who have \_\_\_\_\_ enter that rest” (4:3 NIV)
2. Read Genesis 2:1 – 3 (quoted in Heb. 4:4): Why did God rest on the seventh (Sabbath) day?

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3. Since Moses is alive in 1,500 B.C. when God swore “they would not enter because of unbelief (Numbers 14) and David, who lived in 1,000 BC (500 years later), why is the promise of “Today” so important?

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#### Hebrews 4:8 – 13 (also 2 Chronicles 16:9 & Mark 2:23 - 28):

1. How do we enter this promise of “rest”?

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2. Remember “belief” is a heart issue so what does God use to change the heart? \_\_\_\_\_

3. What can a person hide from God? \_\_\_\_\_

**Hebrews 4:14 – 16**

1. What is so great about having a High Priest who is both God and human?  
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2. What two things can we expect to receive at the Throne of GRACE?

a. \_\_\_\_\_

b. \_\_\_\_\_

**“But be DOERS of the Word and not hearers only...” James 1:22**

**What Now? Application time:**

1. How will I apply the principles of believing to my life today?
2. What can I do moving forward to enjoy the benefits of God’s rest?
3. What hidden motive and thoughts do I need the Word of God to cut away (private reflection)?
4. What prayer needs do you now to want to bring to the Throne of Grace?

**Summary:** Jesus is the Divine/human connection and has brought us into God’s Great Plan of Salvation. However, we must wholeheartedly receive this Plan by a believing, persuadable, and pliable heart open to hear God’s will. True rest comes when we place faith in God’s finished work and not in our own performance. We allow the Word of God to purge our motives and thoughts. We lay open before God everything hidden BECAUSE, 1) He knows everything anyway; 2) He is compassionate toward the human dilemma because he has lived in a human body and experienced every temptation known to mankind YET without sin; 3) His Throne (presence), therefore, is filled with Grace to extend mercy and help us in time of our need.