

For the Week Beginning November 9, 2025

“Entering God’s Rest”

✦ Hebrews 4:1-11

¹Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it. ²For we also have had the gospel preached to us, just as they did; but the message they heard was of no value to them, because those who heard did not combine it with faith. ³Now we who have believed enter that rest, just as God has said,

“So I declared on oath in my anger,
‘They shall never enter my rest.’”

And yet his work has been finished since the creation of the world. ⁴For somewhere he has spoken about the seventh day in these words: “And on the seventh day God rested from all his work.”

⁵And again in the passage above he says, “They shall never enter my rest.”

⁶It still remains that some will enter that rest, and those who formerly had the gospel preached to them did not go in, because of their disobedience. ⁷Therefore God again set a certain day, calling it Today, when a long time later he spoke through David, as was said before:

“Today, if you hear his voice,
do not harden your hearts.”

⁸For if Joshua had given them rest, God would not have spoken later about another day. ⁹There remains, then, a Sabbath-rest for the people of God; ¹⁰for anyone who enters God’s rest also rests from his own work, just as God did from his. ¹¹Let us, therefore, make every effort to enter that rest, so that no-one will fall by following their example of disobedience.

Write down 5 significant observations. Raise 2 significant questions and try to answer them.

Observations	Interpretation (Questions)	Applications

✦ Opening Question:

- What’s the most beautiful place you’ve ever visited?
- When was a time you felt God’s presence very clearly?

✦ The Living Word: Please read our text for this week.

- Highlight words or phrases that stand out to you.
- Please narrate using your own words.

Verse 1

- What is "therefore" referring to from the previous chapter? What two things can we know about "entering his rest" from this verse?

Verse 2

- Who are "they" in verse 2 referring to? What do the Christians have in common with them? How are the true Christians different?

Verses 3-5

- According to verses 3-5, why did God declare on oath that "they shall never enter my rest", even when his work has been finished? What is the reason for such an oath?

Verses 6-7

- According to verses 6-7, is it still possible for someone to enter God's rest? What is required to enter God's rest?
- Why does the writer keep emphasizing the word “Today”?

Verses 8-9

- According to verses 8–9, why was the rest offered through Joshua not the ultimate rest God intended?
- What is the true rest that God gives through faith in His Son?

Verse 10

- What does verse 10 mean when it says that those who enter God’s rest “rest from their works”?

Verse 11

- If this rest is a gift given by God received by faith, why is the author urging the readers to "make every effort to enter that rest"?
- What does such an effort look like?

✦ Living the Word/Application:

- What does “God’s rest” look like in your own life right now?
- Are there ways you’ve been tempted to seek rest in things other than God’s promises?
- What practical steps help you enter into God’s rest in the middle of busyness, stress, or trials?