



God's people, Israel, missed the opportunity for living in God's land of blessing and perished in a wilderness of unbelief and disobedience. Today, Christ followers in God's faith-race also have a greater opportunity for health, joy and to experience God's abundant blessings in their lives. This chapter tells Christ followers in the faith-race that there is something to fear, but also something to strive for—experiencing God's promised rest now.

DISCUSSION QUESTIONS

1. Read [Psalm 95:7-11](#) and then [Hebrews 4:1-13](#). Meditate on them. Jot down 1 or 2 new thoughts that seem important to you. Why they are important?
2. What do you think the promise of entering God's rest means in [verse 1](#)?
3. The tragic fate of the Israelites who perished in the desert serves as the basis of God's warning to those who have heard the gospel. In [verse 2](#), why did some who had the gospel preached to them miss their opportunity to receive God's rest?
4. How would you describe the faith which is required to receive God's rest?
5. What does it mean to *you* to rest from *your* work ([v. 4](#))?
6. We are told to do our best to reach God's rest ([Hebrews 3:11, 18; 4:1, 3, 5-6, 9-11](#)). How do you picture such rest?
7. [Verses 6-8](#) refer to the Israelites. How did they refuse to receive God's rest?
8. The "word of God" that judges our thoughts and attitudes ([verses 12-13](#)) is the specific promise of God's rest. How can God's Word show you the condition of your heart?
9. What role does Scripture have in your life right now? How would you like to deepen or change that relationship?

MOVING FORWARD

Praise God for the gifts of Scripture and of rest found. Make plans to incorporate rest into your daily and weekly life.

CHANGING YOUR MIND

[“¹ Therefore, while the promise to enter His rest remains, let us fear that none of you should miss it.” Hebrews 4:1](#)