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GROUP STUDY GUIDE

Hebrews 4 - In His Rest Now or Later?

SUMMARY POINTS

Hebrews 4 is often misinterpreted to mean believers no longer need to observe the seventh-day Sabbath literally because we now "rest in Christ."

The Sabbath was established at creation (Genesis 2:3), not at Mount Sinai, and was made for all mankind (Mark 2:27), not just for Israel.

The weekly Sabbath is still relevant today, as it was in Yeshua's day and will be in the Millennial Reign and New Earth (Isaiah 66:23).

Hebrews 3 and 4 warn believers not to fall into disobedience and unbelief, as the Israelites did in the wilderness. This unbelief prevented them from entering YHWH's rest.

Hebrews 4:3 does not say believers have already entered that rest. It uses the present tense "enter" not "entered," indicating future fulfillment.

The Sabbath is both literal and prophetic. It is a commandment now, a spiritual blessing today, and a foreshadowing of the rest to come in the Millennial Kingdom.

Hebrews 4:9 clearly states: "So then, there remains a Sabbath rest for the people of God."

Resting in Yeshua spiritually does not abolish the command to rest physically on the seventh day. The spiritual and the physical work together.

FILL-IN-THE-BLANK SECTION

1. The Sabbath was established in _____ (Genesis 2:3).
2. According to Mark 2:27, "The Sabbath was made for _____, not man for the Sabbath."
3. The claim that we no longer need the Sabbath is often based on _____ 4:3, but that verse uses the present tense "enter" not "_____".

4. Hebrews 3 and 4 use the rebellion of _____ as a warning against unbelief and disobedience.
5. The Sabbath is a _____ covenant (Exodus 31:16).
6. Hebrews 4:9 says, "There _____ a Sabbath rest for the people of God."
7. Revelation 14:13 says the righteous will rest from their labors _____ death.
8. Yeshua is Lord of the _____ (Matthew 12:8).

FILL-IN-THE-BLANK SECTION (Challenging)

1. According to Hebrews 3:14, we share in Christ if we hold our original confidence firm to the _____.
2. The Greek word used in Hebrews 4:3 is in the _____ tense, meaning the rest is still future, not past.
3. Disobedience in Hebrews 3 is equated with _____, showing that true belief leads to action.
4. Revelation 20 describes the reign of Messiah lasting for _____ years, which correlates to the seventh day.
5. Isaiah 66:23 speaks of all _____ coming to worship YHWH from Sabbath to Sabbath.
6. The phrase "Day of the Lord" is understood to be a _____-year period, not a single 24-hour day (2 Peter 3:8).
7. In Matthew 11:28–30, Yeshua says His yoke is _____ and His burden is _____.
8. Hebrews 4:11 warns us to strive to enter His rest, so that no one may fall by the same sort of _____.

GROUP DISCUSSION QUESTIONS

1. Why do you think Hebrews 4:3 is so often used to say the Sabbath is no longer required? What's missing when people isolate that verse?
2. How does understanding the Sabbath as both literal and prophetic help us better appreciate its role in our faith walk?
3. What lessons can we learn from Israel's failure to enter YHWH's rest in the wilderness? How can we apply those lessons today?

4. How does the idea of "rest" in Hebrews compare to the promise of rest in Revelation 14:13 and Isaiah 66:23?
5. Why is it important that Hebrews 4:9 says there "remains" a Sabbath rest, rather than saying it has been fulfilled?
6. If Yeshua is Lord of the Sabbath, how should that shape the way we view the Sabbath today?
7. In what ways is our obedience to the Sabbath a reflection of our faith and trust in YHWH?

FOR FURTHER STUDY

- The Sabbath Day
- No Fire on the Sabbath
- No Pleasure on the Sabbath
- The Timing of the Sabbath
- Lord of the Sabbath

ANSWER KEY - GROUP GUIDE

FILL-IN-THE-BLANK SECTION

1. The Sabbath was established in Genesis (Genesis 2:3).
2. According to Mark 2:27, "The Sabbath was made for man, not man for the Sabbath."
3. The claim that we no longer need the Sabbath is often based on Hebrews 4:3, but that verse uses the present tense "enter" not "entered".
4. Hebrews 3 and 4 use the rebellion of Israel as a warning against unbelief and disobedience.
5. The Sabbath is a perpetual covenant (Exodus 31:16).
6. Hebrews 4:9 says, "There remains a Sabbath rest for the people of God."
7. Revelation 14:13 says the righteous will rest from their labors after death.
8. Yeshua is Lord of the Sabbath (Matthew 12:8).

FILL-IN-THE-BLANK SECTION (Challenging)

1. According to Hebrews 3:14, we share in Christ if we hold our original confidence firm to the end.
2. The Greek word used in Hebrews 4:3 is in the present tense, meaning the rest is still future, not past.
3. Disobedience in Hebrews 3 is equated with unbelief, showing that true belief leads to action.
4. Revelation 20 describes the reign of Messiah lasting for 1,000 years, which correlates to the seventh day.
5. Isaiah 66:23 speaks of all flesh coming to worship YHWH from Sabbath to Sabbath.
6. The phrase "Day of the Lord" is understood to be a 1,000-year period, not a single 24-hour day (2 Peter 3:8).
7. In Matthew 11:28–30, Yeshua says His yoke is easy and His burden is light.
8. Hebrews 4:11 warns us to strive to enter His rest, so that no one may fall by the same sort of disobedience.