

Hebrews

Lesson 5: Our Sabbath Rest

Hebrews 4:1-11

1. As background for this section of Hebrews, it is good to have an understanding of the Sabbath law in the Old Testament.
 - The word *Sabbath* is first found in Exodus 16:23-30. Who was told to rest on the Sabbath on this occasion? Does the Bible ever indicate that the Patriarchs before the time of Moses kept the Sabbath?
 - Where were the Israelites when they were told to “Remember the Sabbath day, to keep it holy”? (Exodus 19:17-18; 20:8; Nehemiah 9:13-14)
 - To whom was the command to keep the Sabbath given? (Deuteronomy 5:1-3, 12; Exodus 31:16)
 - What purpose did keeping the Sabbath serve according to Exodus 31:13 & 17?
 - List some of the regulations concerning keeping the Sabbath that are found in the Law of Moses (Exodus 35:3; 20:10; 31:14-15).
2. When Jesus nailed the requirements of the Law of Moses to the cross, was the law requiring Sabbath keeping also nailed to the cross? (Colossians 2:14-17)
 - How would you answer the contention that we should still keep the Sabbath because we still keep the rest of the Ten Commandments?
 - Are the rest of Ten Commandments also found in the Law of Christ? (see 1 John 5:21; Ephesians 4:6, 29; 6:1-3; Romans 13:9)
 - Is the command to keep the Sabbath found in the Law of Christ?
3. Why do Christians assemble to worship on the first day of the week instead of on the Sabbath?
 - What New Testament examples or commands authorize Christians to assemble on the first day of the week?
 - What important events occurred on the first day of the week in the New Testament?
4. Why didn't the word which the Israelites heard profit them? (4:2)
5. What did God swear in His wrath? (4:3)
6. Where do the Scriptures first introduce us to the concept of rest? (4:4)
7. Was there a rest still available in King David's day? (4:7-8)
8. Since the Israelites did not enter the rest, what still remains? (4:9)
9. He who has entered God's rest has ceased from what? (4:10)
10. What must we do to “enter that rest”? (4:11). What is the danger if we do not do this?