

# “Love Lifted Me Recovery Ministries”

## Hebrews Bible Study — Hebrews 3:18-19 & 4:1-7 Lesson #7

\*\*INSTRUCTIONS: Read the entire section of Scripture in Hebrews before starting to look up the other Scripture verses and filling in the blanks. Pray and ask the Holy Spirit to give you understanding as you read God’s word. Most Scriptures used are from the New King James Version.

18-19 And to whom did He swear that they would not enter His rest, but to those who did not obey? So we see that they could NOT enter in because of UNBELIEF.

•Hebrews 3:7-11 “Therefore as the Holy Spirit says: ‘ \_\_\_\_\_, if you will \_\_\_\_\_ His \_\_\_\_\_; do \_\_\_\_\_ your \_\_\_\_\_, as in the \_\_\_\_\_, and as in the day of trial in the \_\_\_\_\_, where your fathers \_\_\_\_\_ Me; proved Me, and saw My works \_\_\_\_\_ years. Therefore I was \_\_\_\_\_ with that \_\_\_\_\_ and said, ‘It is a people who go \_\_\_\_\_ in their \_\_\_\_\_, and they do \_\_\_\_\_ know My ways. So I swore in My \_\_\_\_\_, ‘They shall \_\_\_\_\_ enter My \_\_\_\_\_.’”

**Definition: “They could NOT enter in because of UNBELIEF”** – This is so hard for some people to understand. Can God answer prayers even when people don’t have faith, and when they are always negative and full of doubt? Of course! He is God and He CAN do anything He wants, but He has set up certain RULES by which His universe is run, and He then operates within those rules or laws. Just as there is a “law of gravity” that causes you to fall when you jump off a cliff, there is the “law of faith” that causes your prayers either to be answered or not answered. It may seem harsh, but God says that the one who doubts (has no faith) will receive nothing from the Lord, and that’s what happened to the generation of Israelites who came out of Egypt - they did NOT believe God, so God did NOT allow them to enter into the Promised Land.

•James 1:6-8 "But let him \_\_\_\_\_ in \_\_\_\_\_, with \_\_\_\_\_ doubting, for he who \_\_\_\_\_ is like a wave of the sea driven and tossed by the wind. For let \_\_\_\_\_ that man suppose that he will \_\_\_\_\_ anything from the Lord; he is a double-minded man, \_\_\_\_\_ in all his ways."

### Chapter 4

1-3 Therefore, since a promise remains of ENTERING His REST, let us fear lest any of you seem to have COME SHORT of it. For indeed the gospel was preached to us as well as to them; but the word which they heard did not profit them, NOT being MIXED with FAITH in those who heard it.

For we who have believed do enter that rest, as He has said, “So I swore in My wrath, they shall not enter My rest.” Although the WORKS were FINISHED from the FOUNDATION of the WORLD.

•Matthew 25:34 “Then the \_\_\_\_\_ will say to those on His right hand, ‘Come, you blessed of My Father, \_\_\_\_\_ the \_\_\_\_\_ prepared for you from the \_\_\_\_\_ of the world.’”

•I Peter 1:18-20 “Knowing that you were not redeemed with corruptible things, like silver or gold, from your aimless conduct received by tradition from your fathers, but with the precious \_\_\_\_\_ of \_\_\_\_\_, as of a \_\_\_\_\_ without blemish and without spot. He indeed was foreordained (determined beforehand) before the \_\_\_\_\_ of the \_\_\_\_\_, but was manifest in these last times for you.”

**Definition: “ENTERING His REST, let us fear lest any of you seem to have COME SHORT of it”** – We’re all familiar with Romans 3:23, “For all have sinned and come short of the glory of God”, but this verse in Hebrews is referring to a person’s neglect or ignorance or disobedience in NOT resting from

**their OWN WORKS in trying to EARN salvation** or follow Christ. It is possible for a person to accept Jesus as their savior, but then to think they have to KEEP doing good works or keep certain commandments, and they are not walking in God's grace - they are trying to KEEP their salvation by their own good works. **In Romans 5:15-16**, note how many times words like **"the free gift"**, **"the grace of God"**, **"the gift by grace"** are used. If **salvation is a free gift, IT CANNOT be earned by our good works**, good deeds or religious observances. Something that is **earned** is called **"wages"**, but **we CAN'T earn our salvation or try to KEEP it by our own works**. What place then do "good works" have in our lives? They are the **PRODUCT** of our salvation, and a **testimony** to the world (to **SHOW** them) that we belong to the Lord. God also uses us to help meet the **needs** of His people in the church body.

• **Romans 6:23** "For the \_\_\_\_\_ of sin is \_\_\_\_\_, but the \_\_\_\_\_ of God is \_\_\_\_\_ in Christ Jesus our Lord."

• **Ephesians 2:8-9** "For by \_\_\_\_\_ you have been saved through \_\_\_\_\_, and that \_\_\_\_\_ of \_\_\_\_\_, it is the \_\_\_\_\_ of God; \_\_\_\_\_ of \_\_\_\_\_, lest anyone should boast."

• **Romans 5:15-16** "But the \_\_\_\_\_ is not like the offense. For if by the one man's offense (Adam's sin) many \_\_\_\_\_, much more the \_\_\_\_\_ of \_\_\_\_\_, and the \_\_\_\_\_ by the \_\_\_\_\_ of the one Man, Jesus Christ, abounded to many, and the \_\_\_\_\_ is \_\_\_\_\_ like that which came through the one who sinned. For the \_\_\_\_\_ which came from one offense resulted in \_\_\_\_\_, but the \_\_\_\_\_ which came from many offenses resulted in justification."

• **Titus 3:4 & 14** (Verse 4) "But when the \_\_\_\_\_ and the \_\_\_\_\_ of God our Savior toward man appeared, not by works of righteousness which we have done, but according to His \_\_\_\_\_ He saved us, by the washing of regeneration (being born again) and renewing of the Holy Spirit..." (verse 14) "and let our people also learn to maintain \_\_\_\_\_ to meet urgent needs, that they may not be unfruitful."

• **II Corinthians 9:12-13** "For the administration of this \_\_\_\_\_ not only supplies the \_\_\_\_\_ of the saints, but is abundant also by many thanksgivings unto God."

**Definition: "NOT being MIXED with FAITH in those who heard it"** – Just hearing God's word is not enough, the person hearing it must "mix it with faith" or, in other words, **truly BELIEVE what God's word says and apply it to their life**. God is **LOOKING** for people who will **BELIEVE** His word and do His will, and will be His **LOYAL** followers.

• **II Chronicles 16:9** "For the \_\_\_\_\_ of the \_\_\_\_\_ run to and fro throughout the whole earth, to show Himself \_\_\_\_\_ on behalf of those whose \_\_\_\_\_ is \_\_\_\_\_ to Him....."

• **Ephesians 1:13** "In Him you also \_\_\_\_\_, after you had \_\_\_\_\_ the \_\_\_\_\_ of \_\_\_\_\_, the gospel of your salvation: in whom also, \_\_\_\_\_, you were sealed with the Holy Spirit of promise,"

**Definition: "The WORKS were FINISHED from the FOUNDATION of the WORLD"** – **"Before the foundation of the world"** means that God had everything planned before He even created the earth. God knew that man would sin, and God the Father knew that He would send Jesus to pay the penalty for our sins, and that was before any of it had happened yet. Yes, Jesus said, "It is finished" after He took our sins and paid the penalty for them on the cross, but in God's mind, it was already finished from the very beginning and foundation of the world. **It also means God chose us and our names are written in the Book of Life of JESUS, the LAMB of GOD, before we ever accepted Christ, before we were born, and even before God created the world**. In other Scriptures it is called **"foreknowledge"** and being **"the ELECT"** (I Peter 1:2). Not only has God **CHOSEN US** before the world existed, but He

KNEW (foreknowledge) how He would save us through the death of His own Son, before He even created man or man sinned.

- **Ephesians 1:4** “Just as He chose us in Him \_\_\_\_\_ the \_\_\_\_\_ of the \_\_\_\_\_, that we should be \_\_\_\_\_ and without blame before Him in love;”
- **John 15:16** Jesus said, “You have \_\_\_\_\_ chosen Me, but I have \_\_\_\_\_ you, and \_\_\_\_\_ you that you should go and bear \_\_\_\_\_, and that your fruit should remain....”
- **John 6:65** “And He said, ‘Therefore I have said to you, that no one can come to Me, unless it has been \_\_\_\_\_ to him by My \_\_\_\_\_.’”
- **Revelation 13:8** “....written in the \_\_\_\_\_ of \_\_\_\_\_ of the \_\_\_\_\_ which was \_\_\_\_\_ from the \_\_\_\_\_ of the \_\_\_\_\_.”
- **John 17:24** “Father, I desire that \_\_\_\_\_ also whom You \_\_\_\_\_ Me may be with Me where I am, that they may behold My glory which You have given Me; for You \_\_\_\_\_ Me \_\_\_\_\_ the \_\_\_\_\_ of the world.”

4-7 For **He has spoken in a CERTAIN PLACE of the SEVENTH day** in this way: “And God rested on the seventh day from all His works”, and again in this place: They shall not enter My rest”. Since therefore it remains that some must enter it, and those to whom it was first preached did not enter because of disobedience, **again He DESIGNATES a CERTAIN day, SAYING in DAVID**, “Today”, after such a long time, as it has been said:”Today if you will hear His voice, do not harden your hearts”.

**Definition: “He has spoken in a CERTAIN PLACE of the SEVENTH day”** – The reason it just says “in a certain place” is because there were no chapters and verses in the Scriptures at this time. The divisions of chapters and verses were not put into place in the Scriptures until much, much later, in order to make it easier for us to find a certain Scripture or verse. When Jesus went into the synagogue and read from the Holy Scriptures, he had to unroll a huge scroll (they didn’t have books like we have today) and find the place where the verse was that He was looking for.

- **Luke 4:16-17** “So He came to Nazareth, where He had been brought up. And as His custom was, He went into the \_\_\_\_\_ on the Sabbath day, and stood up to read. And He was \_\_\_\_\_ the \_\_\_\_\_ of the prophet \_\_\_\_\_. And when He had opened the \_\_\_\_\_, He \_\_\_\_\_ the \_\_\_\_\_ where it was written....”

**Definition: “Again He DESIGNATES a CERTAIN day”** – God’s law that He gave to Israel through Moses said that NO WORK was to be done on the Sabbath Day. In Jesus’ day, the Pharisees had ADDED many rules and regulations to God’s original law, including definitions of what constituted “work” and how many steps you could walk on the Sabbath, etc. Instead of being a day **to rest and refresh yourself**, they had made it a day of horrible rules to keep, and people were afraid of “breaking the Sabbath rules” (see Matthew 23:1-4). The Sabbath Day and the penalty of death were given to the “sons of Israel.” We, as Christians under the New Covenant, are **NOT under the Sabbath Law** with its penalty, but the PRINCIPLE of taking a day to rest and be refreshed, and to set that day apart for the Lord, is still applicable. People get confused with different doctrines, because they take certain verses out of their context. The Old Testament Scriptures need to be seen in their correct context, as **we are now under the New Covenant by the blood of Jesus** (Luke 22:20). The Ten Commandments have not been “done away with” or “nailed to the cross” as some people may teach, but it is our sin of not being able to keep the commandments that has been nailed to the cross. All except the 4<sup>th</sup> commandment of the Ten Commandments, which is Sabbath-keeping, are repeated in the New Testament. Even the early church in Acts did not require its people to keep the Sabbath (Acts 15:7-29).

- **Exodus 23:12** “\_\_\_\_\_ days you are to do your \_\_\_\_\_, but on the \_\_\_\_\_ day you shall cease (stop) from labor; in order that your ox and your donkey

may \_\_\_\_\_, and the son of your female slave, as well as your stranger (foreigner), may \_\_\_\_\_ themselves.”

● **Acts 15:1, 5-11, 24 & 28-29** (Verse 1) “And certain men came down from Judea and taught the brethren, ‘Unless you are \_\_\_\_\_ according to the custom of \_\_\_\_\_, you \_\_\_\_\_ be \_\_\_\_\_.’” (Verses 5-11) “But some of the sect of the Pharisees who believed rose up, saying, ‘It is necessary to \_\_\_\_\_ them, and to \_\_\_\_\_ them to \_\_\_\_\_ the \_\_\_\_\_ of \_\_\_\_\_.’ So the \_\_\_\_\_ and \_\_\_\_\_ came together to consider this matter. And when there had been much dispute, \_\_\_\_\_ rose up and said to them: ‘Men and brethren, you know that a good while ago God chose among us, that by my mouth the \_\_\_\_\_ should hear the \_\_\_\_\_ of the \_\_\_\_\_ and believe. So God, who knows the heart, acknowledged them, by \_\_\_\_\_ them the \_\_\_\_\_ \_\_\_\_\_ just as He did to us, and made no distinction between us and them, \_\_\_\_\_ their \_\_\_\_\_ by \_\_\_\_\_. Now therefore, why do you \_\_\_\_\_ God (see Matthew 4:7) by putting a yoke on the neck of the disciples which neither our fathers nor we were able to bear? But we believe that through the \_\_\_\_\_ of the \_\_\_\_\_ Jesus Christ we shall be \_\_\_\_\_ in the same manner as they.’” (Verse 24) “Since we have heard that some who went out from us have \_\_\_\_\_ you with words, \_\_\_\_\_ your \_\_\_\_\_, saying, ‘You \_\_\_\_\_ be \_\_\_\_\_ and \_\_\_\_\_ the \_\_\_\_\_’ – to whom we gave \_\_\_\_\_ such \_\_\_\_\_.....” (Verses 28-29) “For it seemed good to the \_\_\_\_\_, and to \_\_\_\_\_, to lay upon you no greater burden than \_\_\_\_\_ necessary \_\_\_\_\_: that you abstain from things offered to idols, from blood, from things strangled, and from sexual immorality. If you keep yourselves from these, you will do well. Farewell.”

**Definition: “Unless you are CIRCUMCISED according to the custom of MOSES, you CANNOT be SAVED” – The early church was NEVER required to KEEP the Sabbath, or the rite of CIRCUMCISION, or any of the Jewish laws for salvation.** After this question was dealt with by the leaders of the church, they said, “For it seemed good to the Holy Spirit, and to us, to lay upon you no greater burden than these necessary things: that you abstain from things offered to idols, from [eating or drinking] blood, from things strangled, and from sexual immorality. If you keep yourselves from these, YOU WILL DO WELL”. **Notice, it says “do well”, not “be saved.”** Staying away from idols and sexual immorality are mentioned in the New Testament (New Covenant) as something that God wants us to do, because our bodies are the temple of His Holy Spirit. **The early church leaders made the suggestions about not eating blood or meat from animals that were strangled** so that the Gentile believers would not disrespect the traditions of the Jewish believers (it was disgusting to the Jews to eat those things), but it was never a commandment or a necessity for salvation.

**Definition: “SAYING in DAVID” – King David wrote most of the Book of Psalms, so this is referring to the Psalms, in particular, Psalm 95:7-11.**

● **Psalm 95:7-11** “For He is our \_\_\_\_\_, and we are the people of His pasture, and the sheep of His hand. Today, if you will \_\_\_\_\_ His \_\_\_\_\_; do \_\_\_\_\_ your \_\_\_\_\_, as in the rebellion, and as in the day of trial in the \_\_\_\_\_, when your fathers \_\_\_\_\_ Me; they proved Me, though they saw My work. For \_\_\_\_\_ years I was \_\_\_\_\_ with that generation, and said, ‘It is a people who go astray in their hearts, and they do not know My ways.’ So I swore in My wrath, ‘They shall not \_\_\_\_\_ My \_\_\_\_\_.’”