# Hebrews 4

**Discussion Questions:**
**4:11 Let us therefore strive to enter that rest,** Is rest important? Why do you think we feel so harried and without rest in this world and life right now? What could rest, real rest mean for you?
**4:12 For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.** Talk about this truth. Can you think of any times you witnessed the "word of God" pierce hearts and get through? Can you think of times when the "word of God" pierced your heart after reading it?

**4:1-2**

1. (Vs 1) What does God's rest look like perhaps according to the Writer of Hebrews? Why is it possible to miss it?

2. (Vs 2) What was the "Good News" to them? What is it to us?

3. They were not "united by faith with those who believed." What did this look like then? What does it look like now?

**4:3-10**

1. (Vs 3) How do we enter that rest? How did others before? What is the problem then with this people that the letter was meant for?

2. (Vs 3) "his works were finished from the foundation of the world" WDTM?

3. (Vs 4-7) How does this relate back to chapter 3?

4. (vs 8) Why bring up Joshua?