

“Hold Firm!”  
Swartz Creek / Lads to Leaders  
Family Bible Study - Week 9  
Hebrews 4:1-8

Read the text in the NKJV. Suggested memory verses: 4:1 & 8. In lieu of *memorizing* the verses, read the assigned text every single day for a week.

FOR ADULTS:

The main idea is: “Let us fear if any come short.”

Since 4:1 begins with “Therefore,” what is the connection between this paragraph and the preceding discussion?

Can a Christian lose his / her salvation?

What text is quoted in verse 3?

If the works were “finished” from the foundation of the world, what type of rest did God experience?

What text is quoted in verse 4?

By whom was *that specific text* written (verse 7)? How many years happened between Joshua (verse 8) and this individual?

FOR TEENS:

Should a Christian be concerned about losing his / her salvation?

Why did the “good news” not “profit” the Israelites?

If we want to enter “rest,” what must we do?

God rested from work in the beginning. To what type of rest has God been calling mankind since then?

Notice the parallel between “not mixed with faith” (vs 2) with another sin in verse 6. How, then, does the Bible define “not mixed with faith”?

Although Israel *entered* rest (Joshua 22:4; 23:1), David said in Psalm 95 that there was still a rest remaining. Then what type of rest is David considering?

Why does the author stress “Today” from Psalm 95?

How does the old KJV translate the name “Joshua” in verse 8?

FOR KIDS:

Remind yourself of the original context from Num. 14:29ff.

It takes perseverance to stay a Christian. What does “perseverance” mean and have you experienced it in other areas of life?

What would *you* like to rest from? What do you think your *parents* would like to rest from?

FOR PRE-SCHOOL:

We have to have faith to reach heaven. So, watch this video clip from *Hook* (starring Robin Williams) and talk about what it means to have *biblical* faith (Heb. 11:1): <https://www.youtube.com/watch?v=uPCzjHPS--U>. The scene is called “Use Your Imagination - Hook.”

When you think of a restful place, what do you think about?

How can heaven be a restful place?

Keep a notebook with your “Hebrews” study notes in them.