HEBREWS LESSON 7 CHAPTER 4:14-16

1) How do verses 14-16 emphasize the assurance of rest because of:
   
i. Who Jesus is

   ii. What Jesus has done

   iii. What Jesus does now

   iv. Jesus’ righteousness

2) What two things does the writer exhort believers to do?

3) How does a person hold firmly to the faith? Give specific examples.

   Is it possible to profess faith, yet not hold firmly to it? What does that look like in a person’s life?

4) How does it affect your attitude and conversations with the Lord to know that He empathizes with our weaknesses and was tempted in every way we are?

5) Rest is associated with the word of God and also with prayer. How does Hebrews 4:16 comfort and encourage you about:

   i. Where we enter

   ii. How we enter

   iii. What we receive

   iv. What we find

   Share a time you have found rest in prayer.
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6) How does the instruction about prayer in verse 16 compare to your attitude and actions when you pray?

7) What stops you from praying with confidence? Who “wins” when we don’t pray or disbelieve and doubt in prayer?

8) Consider that Jesus has already died for us because He loves us so, and has also welcomed us to come to Him without fear for help. Why do people often disbelieve that He would give mercy, grace and help when we approach Him now?

9) Take time now to approach Him with confidence and belief that He loves you, hears you, and will give you grace, mercy and help with whatever you need.