

# September 14, 2025

## Digging deeper: Hebrews 4 (Enter His Rest)

### Slide 1 (15 minutes)

Read Numbers 13 (all), 14:1-12, 26-30

- What tragedy happened at Kadesh Barnea?
- How were Caleb and Joshua *trusting* God?
- How were the other 10 spies *not trusting* God?
- What did they forfeit?

### Slide 2 (6 minutes)

Read 1 Corinthians 10:1-13

How does this passage line up with the warning in Hebrews?

### Slide 3 (10 minutes)

Hebrews 4:9-11 says a “special rest is waiting for the *people of God*.”

- Discuss the different types of rest believers can *experience* here on earth and in eternity?
- What work will we be resting from?
- (Hebrews 4:12-16) How has the *Word of God* and our *High Priest* given you the ability to come boldly before God’s grace when you feel like not running the race?

## Cathy's Observations

### Slide 1 (15 minutes)

Read Numbers 13 (all), 14:1-12, 26-30

- What tragedy happened at Kadesh Barnea?  
(The 10 spies who delivered the bad report spread fear within the community so they did not *believe* that God would do what He said He would do. This caused them to receive God's *discipline* to wander for 40 years in the wilderness; all the generation age 20+ will die in the wilderness and not enter the land of rest)
- How were Caleb and Joshua *trusting* God?  
(trusting God, no matter what; God is bringing us into the land He described)
- How were the other 10 spies *not trusting* God?  
(not trusting God through what they could see; gave into their fleshly fears; eyes off God and eyes on self)
- What did they forfeit?  
(access to the Promised Land, a land of milk and honey, a place of rest from their enemies)

### Slide 2 (6 minutes)

Read 1 Corinthians 10:1-13

- How does this passage line up with the warning in Hebrews?  
(We are not to give into temptations, because the Spirit of God can help us in our times of troubles and fears, helping us to not sin and fall away. But will we listen and obey? Or be like the wandering Israelites?)

### Slide 3 (10 minutes)

Hebrews 4:9-11 says a "special rest is waiting for the *people of God*."

- Discuss the different types of rest believers can *experience* here on earth and in eternity?  
(a full day of rest from our labors and trusting God's provision for that day we do not labor; ongoing peace w/God through Jesus; promise of salvation and sanctification; in eternity our glorification and new bodies; a glorious work in the Kingdom of God; the absence of our enemy the flesh; the absence of our enemy Satan)
- What work will we be resting from?  
(Hopefully, the work he designed for us from the beginning of time, His Work)
- (Hebrews 4:12-16) How has the *Word of God* and our *High Priest* given you the ability to come boldly before God's grace when you feel like not running the race?  
(His Word pierces my heart and points out sin within me. I can then seek His help daily against sin and temptation for help; His words remind me that I am not given the spirit of fear, but of power, love, and self-discipline. Like Charlie Kirk, I

can boldly take a stand for truth without fear of my earthly wellbeing, TRUSTING God with the outcome because my salvation is secure. Like the bold Jewish believers, I don't need to shrink back because of persecution or keep silent.)