

## QUESTIONS FOR DISCUSSION

1. When does the “believer” find rest?
2. What “rest” is referred to in reference to the early people of God?
3. Since this epistle is written to Christians, for what reasons are the warnings of verses 1 and 3 written?
4. What is meant in verse 15 regarding the high priest?

### SUMMARY:

The faith that saves a soul is the same faith that leads to that rest in Christ. The lack of this faith in the Israelites caused their rejection from entering the promised land and their demise in the wilderness. [\[SoF:7\]](#)

A rest is prepared for some. It is a two-fold rest, a rest from the burden of sin in this life and an assurance of an eternal rest in God’s kingdom. [\[SoF:10\]](#)

This rest is conditional on hearts being purged of sin. God wondrously has made provision for us by giving us His Word which reveals the innermost condition of our hearts and shows us how God looks upon our every act. Thus, we are given the opportunity to repent and confess our sins and be cleansed. [\[SoF:8\]](#)

### NOTES:

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[\[SoF:7\]](#) We believe that sinners may have salvation by repentance toward God and faith in Jesus Christ.

[\[SoF:8\]](#) We believe that a saving faith results in regeneration by the Holy Spirit and the Word of God, without which there is no salvation

[\[SoF:10\]](#) We believe that both the saved and the lost will be resurrected; the saved unto life eternal and the lost unto eternal damnation

## APOSTOLIC CHRISTIAN CHURCH

Bible Lesson #4

July 26, 2026

Third Quarter

### CHRIST, THE GIVER OF REST

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**LESSON TEXT:** *Hebrews 4:1-16*

**LESSON SETTING:** Believed to have been written by the apostle Paul from Italy to the Christian Jews.

**TIME:** Approximately 64 A.D.

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- I. THE FAITH THAT IS NEEDED.** [\[SoF:7\]](#) Hebrews 4:1-3
  - A. A Warning (vs. 1) Isaiah 8:13; Matthew 10:28
  - B. No profit for the Unbeliever (vs. 2) Mark 16:14; John 8:24; Hebrews 3:12
  - C. Rest for Believers (vs. 3) Matthew 11:29
- II. THE REST THAT REMAINETH.** [\[SoF:10\]](#) Hebrews 4:4-11
  - A. A Rest for Some (vs. 6) Numbers 14:31
  - B. A Rest for this Life (vs. 7, 8) Psalm 32:6; 95:7; Isaiah 49:8; 2 Corinthians 6:2
  - C. A Future Rest (vs. 9) 2 Thessalonians 1:7; Revelation 14:13
- III. THE WORD THAT IS POWERFUL.** [\[SoF:8\]](#) Hebrews 4:12-16
  - A. The Revealing Sword (vs. 12) 2 Thessalonians 2:8; Revelation 1:16; 2:12, 16
  - B. Sin Revealed (vs. 12) Ecclesiastes 12:14; Luke 12:2
  - C. Men’s Hearts Read (vs. 13) Jeremiah 17:10 Matthew 22:18; John 2:25

**GOLDEN TEXT:** *THERE REMAINETH THEREFORE A REST TO THE PEOPLE OF GOD.* Hebrews 4:9

**NEXT SUNDAY'S LESSON:** Hebrews 4:14-16; 5:1-10

**SUPPLEMENTAL REFERENCES:** Genesis 39:1-21; Matthew 4:1-11

**QUARTERLY THEME:** BOOK OF HEBREWS

**TOPIC:** CHRIST, THE TESTED HIGH PRIEST

**INTRODUCTION:**

Men have for ages tried to portray Christ as someone who is beyond our reach because of His sinlessness. Yet Scripture is very plain that He was subject to the same temptations and passions as we are. Despite these trials He was victorious because He was so near to His Father. Because He was tempted, He is able to help us, understanding our problems. It is often said we cannot fully sympathize with anyone until we have gone through the same trial. Jesus has gone through those trials and so is able to sympathize and help.

The position of High Priest is not one to be assumed by man. Just as God appointed Aaron to be High Priest for the Israelites, so also has God appointed His Son to be our High Priest, elevated to a place no other one shall ever attain.

And how did Jesus become our High Priest? At a great and terrible price. Knowing the will of God, with strong crying and tears, He sought deliverance from the terrible anguish of that hour and yet, in obedience to His Father, suffered many things. Finally, being made perfect (fulfilling the will of God), He became the author of eternal salvation to those who obey Him. Praise His name!

**CENTRAL TRUTH:** Christ, our tested and sympathetic High Priest, became the author of eternal salvation.

**GOLDEN TEXT:** *WE HAVE A GREAT HIGH PRIEST, THAT IS PASSED INTO THE HEAVENS, JESUS, THE SON OF GOD.*

Hebrews 4:14

Not only is Jesus passed into the heavens, but He is exalted and is at the right hand of God so that He—in His High Priestly role—can more ably intercede for us. Having been here on earth and living in the flesh, He was tempted like we are, and yet without sin, because He overcame temptation. Thus, He is able to help in time of need, not only to intercede for us, but to give us grace and strength to overcome temptation and unrighteousness.

To experience our Lord's intercession and salvation, we must be obedient to Him. (Hebrews 5:9) May we be found praying for His help and grace.

Thou great High Priest and Saviour,  
Grant us who share Thy favor,  
Incense of prayer today,  
True hearts, childlike and lowly,  
And grace to love Thee solely,  
That no ill wind may drive away!

Grant ears that always hear Thee,  
And eyes that see Thee clearly  
And priestly lips that pray:  
Grant feet that will pass over  
All hindrances, and ever  
With thee, Lord, walk the narrow way.  
— Z.H. 215:1, 2

**DAILY BIBLE READINGS FOR THE WEEK OF July 27 – August 2**

Mon. Victorious When Tested. Genesis 39:1-12  
Tue. Overcoming by the Word. Matthew 4:1-11  
Wed. \*Access Through Christ. Hebrews 4:14-16  
Thu. \*Appointed by God. Hebrews 5:1-5  
Fri. \*Perfected Through Discipline. Hebrews 5:6-10  
Sat. Persisting in Righteousness. Hebrews 6:1-9  
Sun. A Confirmed Promise. Hebrews 6:10-20

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