



Introduction

Those who listen to God's promise are urged to maintain belief and strive to enter into God's rest.



Questions

1. Why did the word that some heard not profit them?
2. How is the word of God described?
3. Why is Jesus a good example of a high priest for us?



Summary Points

- **v 1 to 11** Quotations from the Old Testament (Psalm 95 v 7 to 11 and Genesis 2 v 2) support the writer's argument that there is still a rest for the people of God
- **v 12 and 13** God's word is powerful to show what we are really like. We cannot hide our thoughts and intentions from God
- **v 14 to 16** Jesus acts as high priest for God's people. As a man who experienced temptation but who did not sin, he is able to understand our struggles and weaknesses

Timeline 60 AD (see below)



Theme

Jesus never sinned

A selection of verses showing that Jesus Christ didn't sin.

Jesus challenged his fellow Jews to point out where he had sinned:

John 8 verse 46

Jesus Christ bore our sins despite the fact that he himself never sinned:

2 Corinthians 5 verse 21

He had our nature and experienced the trials and temptations that we do, without sinning:

Hebrews 4 verse 15

He is the example for believers to try and follow in resisting sin:

1 Peter 2 verses 21 to 23



Answers to questions

Verses which answer the questions:

Q 1: v 2, Q 2: v 12, Q 3: v 15

