

LESSONS THIS QUARTER

- 1) 07 Sep ..... Hebrews 1:1-14 ..... Who Is Jesus?
- 2) 14 Sep ..... Hebrews 2:1-13 ..... Pay Attention
- 3) 21 Sep ..... Hebrews 2:14-18 ..... Why One of Us?
- 4) 28 Sep ..... Hebrews 3:1-19 ..... Watch Out!
- 5) **05 Oct. .... Hebrews 4-5 ..... Secured with Confidence**
- 6) 12 Oct ..... Hebrews 6:1-20 ..... Don't Walk Away
- 7) 19 Oct ..... Hebrews 7:1-28 ..... Only Jesus Saves
- 8) 26 Oct ..... Hebrews 8:1-13 ..... Only Jesus Transforms
- 9) 02 Nov ..... Hebrews 9:1-28 ..... The Perfect Offering

INTRODUCTION

- There are 24 **Therefore's** in this great book. **Therefore**, they must be important. There are 5 **Therefore's** in Chapter 4, the most of all the chapters. Only chapters 5 & 8 do not contain a "therefore" statement

Passage	Comments
Hebrews 4:1-5	<b>Therefore #1 – Let Us Fear</b> <ul style="list-style-type: none"> <li>• v1. Again, we are warned to remain faithful and to watch over others – "lest anyone comes up short"</li> <li>• v2. The Jews fleeing Egypt witnessed God's mighty works, but they failed to trust him because of lack of faith (they were not willing to obey even though they saw signs &amp; wonders)</li> <li>• vv3-5. We can learn from their mistakes by willfully obeying</li> </ul>
4:6-10	<b>Therefore #2 – There Remains a Sabbath Rest</b> <ul style="list-style-type: none"> <li>• v9. We see a Sabbath rest in the future for all of God's people to enjoy, Jew and Gentile</li> <li>• The Sabbath Rest won't be a retirement to a heavenly lounge chair, but it will be a time to fully experience God's creation and blessings, and to render Him due praise and worship                     <ul style="list-style-type: none"> <li>♦ Initially, it was designed as a memorial for all mankind to probably contemplate God each week ..... Gen 2:1-3</li> <li>♦ Later, it became very specific to the Jews, and the death penalty was reserved for violators ..... Exod 31:14</li> <li>♦ Jesus provided clarification that the Sabbath was intended for man's benefit ..... Mark 2:27</li> </ul> </li> </ul>
Measures of Time	<ul style="list-style-type: none"> <li>• History reveals we received our 12 month calendar from the Romans</li> <li>• Our 60 second minute, 60 minute hour, 24 hour day, and 360 degree circle came from the Chaldeans of Abraham's time</li> <li>• BUT our 7-day week came from Genesis. Even ancient Babylonian, Chinese, &amp; Japanese calendars were on 7-days</li> </ul>
4:11-13	<b>Therefore #3 – Let Us Be Diligent and Enter that Rest</b> <ul style="list-style-type: none"> <li>• v11. Learn from the mistakes of others and don't be lazy or take the path of least resistance in our Christian duties to pray, study God's word, fellowship with the saints, love one another, and of course, love God with all of our being</li> <li>• vv12-13. What does it mean that God's word is "LIVING" and "ACTIVE" and "SHARP" and "ABLE TO PIERCE" and "ABLE TO JUDGE" and "ABLE TO SEE ALL THINGS"                     <ul style="list-style-type: none"> <li>♦ How can we effectively use such a tool, such a weapon?</li> <li>♦ How should we not use the Word of God?</li> </ul> </li> </ul>
4:14-15	<b>Therefore #4 – Let Us Hold Fast Our Confession</b> <ul style="list-style-type: none"> <li>• Take comfort that Jesus intimately knows all of our troubles</li> </ul>
4:16	<b>Therefore #5 – Draw Near With Confidence</b> <ul style="list-style-type: none"> <li>• What does "Confidence" convey? What kind of BIG things can we pray for? Are there any boundaries to our prayers? Can we pray for a trillion dollars to pop into our bank account this time tomorrow, or is that kind of prayer ludicrous?</li> <li>• God may give us several answers to our prayers: YES, NO, WAIT. BUT, God wants to answer our prayers with a YES                     <ul style="list-style-type: none"> <li>♦ "For as many as are the promises of God, in Him they are YES" ..... 1Cor 1:20</li> <li>♦ So, our goal should be to adjust our prayers to fit in with God's will ..... 1John 5:14</li> <li>♦ This means we need to be in His Word frequently to learn about Him and how He is working today; like the men of Issachar who understood the times they were in, and had knowledge of what Israel should do ..... 1Chron 12:32</li> </ul> </li> </ul>

Passage	Comments
5:1-10	<b>Hello Melchisedec</b> <ul style="list-style-type: none"> <li>• We are introduced to Melchisedec, a special type of priest first seen in Genesis 14</li> <li>• We will hit Melchisedec harder in Chapter 7, BUT, since the author spends 10 verses here to address the priestly aspects of Christ, we must realize the significance of this teaching</li> <li>• The priestly attributes of Christ include: 1) God's intermediary with man; 2) Being a man, himself, He understands our troubles; 3) Uniquely called by God for the task; 4) Perpetual priesthood; and 5) Christ becomes our "source of salvation"</li> </ul>
5:11-13	<b>Sugar Water vs Sincere Milk of the Word</b> <ul style="list-style-type: none"> <li>• v11. We find out that these Hebrew Christians were "dull of hearing" – and this was basically willful ignorance</li> <li>• vv12-13. They should've been teachers by this time. Shame on them for still needing to hear basic stuff (MILK)</li> </ul>
Is MILK Good or Bad for Us?	MILK is used as a spiritual analogy by Peter (1Peter 2:2), Paul (1Cor 3:2), and the author of Hebrews (Heb 5:13) <ul style="list-style-type: none"> <li>• Peter is the only author to use MILK as a positive analogy                     <ul style="list-style-type: none"> <li>♦ <b>1Peter 2:2</b> Like newborn babies, long for the pure MILK of the word, so that by it you may grow in respect to salvation ("pure milk" or the cream has more nutrients in it than regular milk, which is nothing more than sugar water)</li> </ul> </li> <li>• 1Corinthians 3:2 and Heb 5:13 convey the use of MILK (basically, sugar water) as something for immature believers                     <ul style="list-style-type: none"> <li>♦ <b>1Cor 3:2</b> I (Paul) have fed you with MILK, and not with meat, for you were not able to bear it</li> <li>♦ <b>Heb 5:13</b> For every one that uses MILK is unskillful in the word of righteousness, for he is a babe.</li> </ul> </li> </ul>
5:14	<b>Where's the Beef?</b> <ul style="list-style-type: none"> <li>• We need to move Christians from THEORY to PRACTICE</li> <li>• Believers need to move from the bleachers to the field, and be a part of the game to experience God at work</li> <li>• How do we effectively do this? Will we see 100% success?</li> </ul>

CONCLUSION / APPLICATIONS / BENEFITS

- To enter into God's Sabbath Rest, where we will receive the blessings He wants to bestow on us and not suffer a loss of rewards, we must be diligent in our walk, engaged in the game, and confident in our prayers

NEXT WEEK: Hebrews 6. We move from talking about milk or "elementary teachings" of Christianity to more grandiose concepts of the New Covenant

The Back Pew – Jeff Larson



**MILK.. IT DOES A BODY GOOD!**  
 but anyone who lives on milk is still an infant. **Hebrews 5:13**