

# “Love Lifted Me Recovery Ministries”

## Hebrews Bible Study — Hebrews 4:8-12 Lesson #8

**\*\*INSTRUCTIONS:** Read the entire section of Scripture in Hebrews before starting to look up the other Scripture verses and filling in the blanks. Pray and ask the Holy Spirit to give you understanding as you read God’s word. Most Scriptures used are from the New King James Version.

8-11 For if Joshua had given them rest, then He (God) would not afterward have spoken of another day. **There remains therefore a REST for the PEOPLE of GOD.** For he who has entered His rest has himself also ceased from his works as God did from His. Let us therefore be **DILIGENT to enter that REST**, lest anyone fall after the same example of disobedience.

• **II Peter 1:5-8 & 10** “But also for this very reason \_\_\_\_\_ all \_\_\_\_\_, add to your \_\_\_\_\_ virtue (moral excellence); and to virtue knowledge; and to knowledge self-control; and to self-control perseverance (patience); and to perseverance godliness; and to godliness brotherly kindness; and to brotherly kindness love. For if these are yours and abound, you will be \_\_\_\_\_ barren nor \_\_\_\_\_ in the knowledge of our Lord Jesus Christ.” (Verse 10) “Therefore, brethren, be even more \_\_\_\_\_ to make your calling and election sure, for if you do these things you will never stumble.”

**Definition: “A REST for the PEOPLE of GOD”** – This verse actually explains itself when it says **“For he who has entered His REST has himself also CEASED from his WORKS as God did from His.”** To “cease from our own works” means we are **NOT trying to EARN salvation by our OWN WORKS.** For some people, they have accepted Jesus as their savior, but then they think they have to KEEP doing good works or keep certain commandments, and they are not walking in God’s grace - they are trying to KEEP their salvation by their own good works. In Romans 5:15-16, note how many times words like **“the free gift”, “the grace of God”, “the gift by grace”** are used. Since **salvation is a FREE GIFT, it CANNOT be earned by our good works**, good deeds or religious observances. Something that is **earned** is called **“wages”**, but **we CAN’T earn our salvation or try to KEEP it by our own works.** What place then do “good works” have in our lives? They are the **PRODUCT** of our salvation, and a **testimony** to the world (to **SHOW** them) that we belong to the Lord. God also uses us to help meet the **needs** of His people in the church body.

• **Romans 6:23** “For the \_\_\_\_\_ of sin is \_\_\_\_\_, but the \_\_\_\_\_ of God is \_\_\_\_\_ in Christ Jesus our Lord.”

• **Ephesians 2:8-9** “For by \_\_\_\_\_ you have been saved through \_\_\_\_\_, and that \_\_\_\_\_ of \_\_\_\_\_, it is the \_\_\_\_\_ of God; \_\_\_\_\_ of \_\_\_\_\_, lest anyone should boast.”

• **Romans 5:15-16** “But the \_\_\_\_\_ is not like the offense. For if by the one man’s offense (Adam’s sin) many \_\_\_\_\_, much more the \_\_\_\_\_ of \_\_\_\_\_, and the \_\_\_\_\_ by the \_\_\_\_\_ of the one Man, Jesus Christ, abounded to many, and the \_\_\_\_\_ is \_\_\_\_\_ like that which came through the one who sinned. For the \_\_\_\_\_ which came from one offense resulted in \_\_\_\_\_, but the \_\_\_\_\_ which came from many offenses resulted in justification.”

• **Titus 3:4 & 14** (Verse 4) “But when the \_\_\_\_\_ and the \_\_\_\_\_ of God our Savior toward man appeared, \_\_\_\_\_ by \_\_\_\_\_ of righteousness which we have done, but according to His \_\_\_\_\_ He saved us, by the washing of regeneration (being born again) and renewing of the Holy Spirit...” (verse 14) “And let our people also learn to maintain \_\_\_\_\_ to \_\_\_\_\_ urgent \_\_\_\_\_, that they may not be unfruitful.”

- **II Corinthians 9:12-13** "For the administration of this \_\_\_\_\_ not only supplies the \_\_\_\_\_ of the saints, but is abundant also by many thanksgivings unto God."
- **Hebrews 11:6** "But without \_\_\_\_\_ it is impossible to \_\_\_\_\_ Him; for he that comes to \_\_\_\_\_ must \_\_\_\_\_ that He is, and that He is a \_\_\_\_\_ of \_\_\_\_\_ that \_\_\_\_\_ seek Him."
- **Colossians 1:10** "That you may have a walk \_\_\_\_\_ of the Lord, fully pleasing Him, being \_\_\_\_\_ in every good work and increasing in the \_\_\_\_\_ of God."

**Definition: "GIVING ALL DILIGENCE"** – The dictionary defines **being diligent** as "characterized by steady, earnest and **energetic application and EFFORT**" and **DILIGENCE** as "persevering application." There are some things **in your Christian walk that require that kind of EFFORT** and perseverance, and you need to APPLY God's word to your life and situations. We're not talking about working for your salvation, because **salvation is NOT of WORKS, but of grace** (Eph. 2:8-9). This is concerning our spiritual growth, and the BLESSINGS of God, and rewards both here and in heaven. The blessings and rewards do not come to the lazy, or procrastinators, or the double-minded, or to those who give half-hearted efforts. So, when we are told to "enter into that rest" and "cease from our own works" it doesn't mean that we just sit around and do nothing for the Lord. **It is the MOTIVATION behind our works that counts** and is important. We don't WORK in order to EARN our salvation, but we "work OUT our own salvation" by serving the Lord and being DILIGENT to follow His leading. To "**WORK OUT your own SALVATION**" means to DEMONSTRATE your salvation on the outside, showing what is already INSIDE you by faith in Christ.

- **Philippians 2:12-13** "Therefore, my beloved, as you have always obeyed, not as in my presence only, but now much more in my absence, \_\_\_\_\_ your own \_\_\_\_\_ with fear and trembling; for it is \_\_\_\_\_ who \_\_\_\_\_ in you both to \_\_\_\_\_ and to \_\_\_\_\_ for His good pleasure."
- **James 1:22-25** "But be \_\_\_\_\_ of the \_\_\_\_\_, and not hearers only, deceiving yourselves. For if anyone is a \_\_\_\_\_ of the \_\_\_\_\_ and \_\_\_\_\_ a \_\_\_\_\_, he is like a man observing his natural face in a mirror; for he observes himself, goes away, and immediately forgets what kind of man he was. But he who looks into the perfect law of liberty and \_\_\_\_\_ in it, and is not a forgetful hearer but a \_\_\_\_\_ of the \_\_\_\_\_, this one will be \_\_\_\_\_ in what he does."
- **James 2:18 & 20** "But someone will say, 'You have \_\_\_\_\_, and I have works. \_\_\_\_\_ me your faith without your works, and I will \_\_\_\_\_ you my \_\_\_\_\_ BY my works.'" (Verse 20) "But do you want to know, O foolish man, that \_\_\_\_\_ without \_\_\_\_\_ is dead?"

**Definition: "ADD to your FAITH"** – Is faith alone in Jesus Christ enough to save you? Yes, of course it is, but the Christian life does not end there. **You are to "ADD to your faith"** certain things listed in these verses. God will reward your diligence, and Jesus said it is proportionate to **HOW MUCH effort you put into seeking God's will in your life**. With the "same measure" you use, which means the **amount of diligence**, effort and perseverance you put into **seeking God's will and obeying it**, the rewards or blessings will be measured back to you.

- **Mark 4:24** "And He said to them, 'Take heed what you \_\_\_\_\_. With the \_\_\_\_\_ measure you use, it will be \_\_\_\_\_ to you; and to you who hear, \_\_\_\_\_ will be given.'"

**Definition: "VIRTUE; KNOWLEDGE; SELF-CONTROL; PERSEVERANCE; GODLINESS; BROTHERLY KINDNESS; and LOVE"** – Verse 8 says, "For if these are yours and abound, you will be **neither barren or unfruitful** in the knowledge of our Lord Jesus Christ." So, if you are NOT unfruitful,



ministered to Him.”

• **Peter 1:23** “Having been \_\_\_\_\_, not of corruptible \_\_\_\_\_ but incorruptible, through the \_\_\_\_\_ of \_\_\_\_\_ which \_\_\_\_\_ and abides forever.”

**Definition: “The DIVISION of SOUL and SPIRIT”** – The Bible tells us that we are spirit, soul and body (I Thess. 5:23). The SOUL is made up of MIND, WILL and EMOTIONS. The **“natural man” is governed ONLY by his soul and bodily appetites**, because he is spiritually dead (I Cor. 2:14; Eph. 2:1-5). We, as born-again Christians, have been made spiritually alive, and we are supposed to be governed and **controlled by the HOLY SPIRIT and our own born-again SPIRIT**, which is created in the image of God (Eph. 4:17-24 calls it the “new man”). We are NOT supposed to be controlled by our SOUL. Our soul, which includes our EMOTIONS, is **UNRELIABLE, we must not trust it**. We MUST renew our minds with the word of God (Romans 12:1-2; Eph. 4:23) and we are RESPONSIBLE (using our FREE WILL) to be careful of what we put before our eyes and allow to enter our minds, because that will AFFECT our EMOTIONS (see Phil. 4:6-9). If you find that your MIND (thoughts) or EMOTIONS are **out of line with what God says**, you MUST NOT allow your SOUL to be the final authority. God’s word must be the FINAL AUTHORITY, and **we are told to “take EVERY THOUGHT captive to the OBEDIENCE of Christ”** (II Cor. 10:3-5). This means we must deal with our thought-life and emotions, rather than ALLOWING them to rule and reign over us. All of this is OUR OWN CHOICE to obey what God says in His word, or not. If we obey God and take every thought captive and “guard ourselves” (I John 5:18), the wicked one (Satan) cannot touch us. It is when we REFUSE to OBEY, and **entertain or harbor those thoughts that are contrary to God’s word** (“every high thing that exalts itself AGAINST God”), that Satan is allowed an entrance into our lives (Eph. 4:26-27). When it says that the WORD of GOD pierces to “The DIVISION of SOUL and SPIRIT” it means **we need to be READING the word of GOD** in order to tell when we are following the Holy Spirit and OUR spirit, or when we are just following our own mind, will and emotions (the SOUL).

• **I Thessalonians 5:23** “Now may the God of peace Himself \_\_\_\_\_ you completely; and may your whole \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ be preserved blameless at the coming of our Lord Jesus Christ.”

**Definition: “A DISCERNER of the THOUGHTS and INTENTS of the HEART”** – God knows (discerns) every thought in our minds and hearts, and **“INTENTS of the HEART”** means God even knows **what we INTEND to do**, or in other words, **what we are planning to do in the future**. Jesus, when He was on earth, also had this ability to know what people were thinking.

• **Psalm 139:23-24** “Search me, O God, and \_\_\_\_\_ my \_\_\_\_\_; try me, and know my \_\_\_\_\_; and \_\_\_\_\_ if there is any \_\_\_\_\_ way in me, and lead me in the way everlasting.”

• **Psalm 7:9** “Oh, let the wickedness of the \_\_\_\_\_ come to an end, but establish the just (righteous ones); for the \_\_\_\_\_ God \_\_\_\_\_ the \_\_\_\_\_ and \_\_\_\_\_.”

• **Psalm 26:2** “\_\_\_\_\_ me, O Lord, and prove me; try (test) my \_\_\_\_\_ and my \_\_\_\_\_.”

• **Jeremiah 17:9-10** “The \_\_\_\_\_ is deceitful above all things, and desperately \_\_\_\_\_; who can \_\_\_\_\_ it? I, the Lord, \_\_\_\_\_ the \_\_\_\_\_, I test the \_\_\_\_\_, even to give every man according to his ways, and according to the fruit of his doings.”

• **Matthew 9:4** “But Jesus, \_\_\_\_\_ their \_\_\_\_\_, said, ‘Why do you \_\_\_\_\_ evil in your \_\_\_\_\_?’”