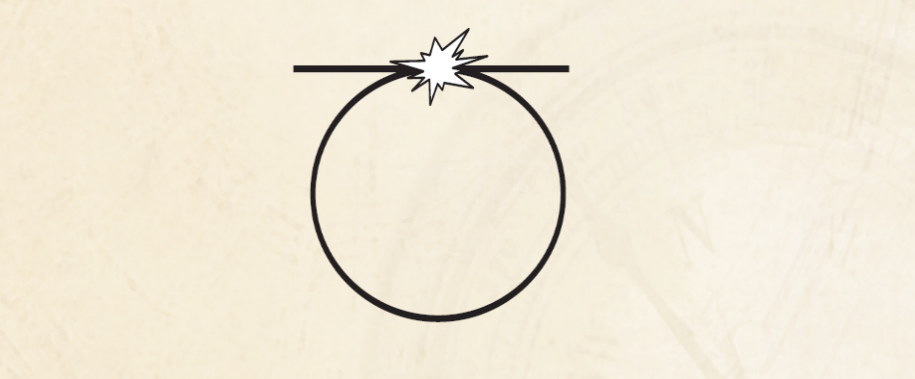
**Insights**

**The week of February 13, 2023**

**Hebrews 3:7-4:13**

Sometimes approaching Scripture

1. Why am I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?
2. What will I do in my \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?

“Kairos” =

Psalm 95

**1** Come, let us sing for joy to the Lord; let us shout aloud to the Rock of our salvation.

**2** Let us come before him with thanksgiving and extol him with music and song.

**3** For the Lord is the great God, the great King above all gods.

**4** In his hand are the depths of the earth, and the mountain peaks belong to him.

**5** The sea is his, for he made it, and his hands formed the dry land.

**6** Come, let us bow down in worship, let us kneel before the Lord our Maker;

**7** for he is our God and we are the people of his pasture, the flock under his care.

Today, if only you would hear his voice,

**8** “Do not harden your hearts as you did at Meribah,[[a](https://www.biblegateway.com/passage/?search=Psalm+95&version=NIV#fen-NIV-15463a)] as you did that day at Massah[[b](https://www.biblegateway.com/passage/?search=Psalm+95&version=NIV#fen-NIV-15463b)] in the wilderness,

**9** where your ancestors tested me; they tried me, though they had seen what I did.

**10** For forty years I was angry with that generation; I said, ‘They are a people whose hearts go astray, and they have not known my ways.’

**11** So I declared on oath in my anger, ‘They shall never enter my rest.’”

Context for Psalm 95

Exodus 15-17 and Numbers 14

“Massah” =

“Meribah” =

**The Invitation**

Hebrews 3:7, 3:15, 4:7 - “Today, if you \_\_\_\_\_\_\_\_\_\_\_\_ his \_\_\_\_\_\_\_\_\_\_\_”

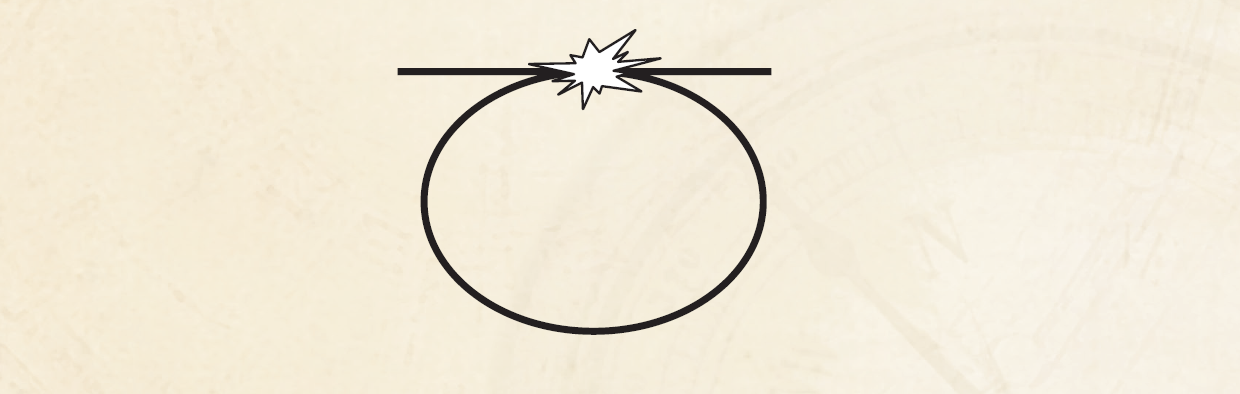
Hebrews 3:8, 3:15, 4:7 “If you hear his voice, do not \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ your \_\_\_\_\_\_\_\_\_\_\_\_\_\_”

Greek “skleruno”

What are the symptoms of a hardened heart?

**How Do We Keep Our Hearts Soft?**

1. \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_

Hebrews 3:12

Self-examination & reflection

Unbelieving =

Belief is about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_ \_\_\_\_\_\_\_

Hebrews 3:13

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_

Hebrews 3:13

“Encourage” throughout Scripture

1. Allow the \_\_\_\_\_\_\_\_\_\_\_ of \_\_\_\_\_\_\_\_\_\_ to do its \_\_\_\_\_\_\_\_\_\_\_\_

The work of God’s word throughout Scripture:

* God’s word brings health and fruitfulness ([Psalm 1:3](https://www.blueletterbible.org/search/preSearch.cfm?Criteria=Psalm+1.3&t=NKJV))
* The word of God has healing power and the power to deliver from oppression. ([Psalm 107:20](https://www.blueletterbible.org/search/preSearch.cfm?Criteria=Psalm+107.20&t=NKJV), [Matthew 8:8](https://www.blueletterbible.org/search/preSearch.cfm?Criteria=Matthew+8.8&t=NKJV), [Matthew 8:16](https://www.blueletterbible.org/search/preSearch.cfm?Criteria=Matthew+8.16&t=NKJV))
* God’s word cleanses us. ([Psalm 119:9](https://www.blueletterbible.org/search/preSearch.cfm?Criteria=Psalm+119.9&t=NKJV), [John 15:3](https://www.blueletterbible.org/search/preSearch.cfm?Criteria=John+15.3&t=NKJV), [Ephesians 5:26](https://www.blueletterbible.org/search/preSearch.cfm?Criteria=Ephesians+5.26&t=NKJV))
* The word of God, hidden in our hearts, can keep us from sin. ([Psalm 119:11](https://www.blueletterbible.org/search/preSearch.cfm?Criteria=Psalm+119.11&t=NKJV))
* God’s word is a counselor, a rich source of counsel and guidance for us. ([Psalm 119:24](https://www.blueletterbible.org/search/preSearch.cfm?Criteria=Psalm+119.24&t=NKJV))
* God’s word is a source of strength. ([Psalm 119:28](https://www.blueletterbible.org/search/preSearch.cfm?Criteria=Psalm+119.28&t=NKJV))
* God’s word imparts life. ([Psalm 119:93](https://www.blueletterbible.org/search/preSearch.cfm?Criteria=Psalm+119.93&t=NKJV), [Matthew 4:4](https://www.blueletterbible.org/search/preSearch.cfm?Criteria=Matthew+4.4&t=NKJV))
* God’s word gives peace. ([Psalm 119:165](https://www.blueletterbible.org/search/preSearch.cfm?Criteria=Psalm+119.165&t=NKJV))
* The word of God is the sword of the Spirit. It is equipment for spiritual battle. ([Ephesians 6:17](https://www.blueletterbible.org/search/preSearch.cfm?Criteria=Ephesians+6.17&t=NKJV))
* The word of God comes with the power of the Holy Spirit, with “much assurance.” ([1 Thessalonians 1:5](https://www.blueletterbible.org/search/preSearch.cfm?Criteria=1Thessalonians+1.5&t=NKJV))
* The word of God works effectively in those who believe. ([1 Thessalonians 2:13](https://www.blueletterbible.org/search/preSearch.cfm?Criteria=1Thessalonians+2.13&t=NKJV))
* Jesus Himself – His eternal person – is described as the Word incarnate. ([John 1:1](https://www.blueletterbible.org/search/preSearch.cfm?Criteria=John+1.1&t=NKJV))

Hebrews 4:12

God’s Word is:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Isaiah 40:8; Psalm 19:7; Psalm 119:50

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Isaiah 55:10-11

1. Remember, “We have come to \_\_\_\_\_\_\_\_\_\_\_\_\_ in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.”

Hebrews 3:14

Greek “metochoi” =

**Unbelief to Believing to Rest**

Hebrews 3:16-18

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are used interchangeably.

“So we see that they were not able to enter, because of their \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.” Hebrews 3:19

Unbelief = “Apeitheo” =

What would they miss out on? \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Imagery in 4 Different Time Periods:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is rest?

“Katapausis” =

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with God \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ rest that \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_ enjoys

Hebrews 4:11 - “Make \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to enter that rest!”

Trust in his: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The more \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the more \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

