

Blue reply is Rex Romeiser's work. The stuff in Red is Pastor Salmon's comments.

## TRINITY UNITED METHODIST CHURCH

Session: Tuesday, February 4, 2003

IHOP Bible Study

HEBREWS 4

1. Read through the whole chapter.

2. Vss. 1 - 8 concerns the "rest in faith." First, clarify in your own mind the meaning of the phrase "rest of faith." (Can you relate "rest" with "peace, harmony, in-tune, At-One?")

**>It seems to me that you must have faith in Jesus, the Christ, to achieve the "rest", i.e. heaven, atonement, peace, etc. Yes, you're right. There is one place I want to push your thinking. "Heaven" is a meta-physical word (a head trip). "Atonement" is an experiential word (a gut trip).**

**The purpose of our Bible Study is to discover that, 1) the Bible is the story of my life; or 2) to discover my life is the story of the Bible. Otherwise, we are running the Biblical narrative through our human experience. The secondary aim of our Bible study is to underscore "relevance" and "meaning." When we use our common human experience the meaning and relevance is self-evident (or the Indicative.)**

3. Vs. 2b Paul writes concerning the necessity of "faith" in order to interpret the kind of "rest" he means. (Can you relate "faith" with "trust," as in trusting that your "rest" always represents the peace, harmony, At-One-ment you experience?)

**The ancient Jews had heard the message of God, but did not accept (or trust) the message so it was of no value to them. OK. A couple of things to consider. The word "Faith" and "Belief" are two different things. "Belief" is a system of doctrines, or knowledge. "Faith" is something in which you put your "trust." Christianity calls us to a "leap of faith." This means that we are falling, trusting that God sustains us.**

4. Now, in light of your deliberations, what does it mean to be "found to have fallen short of God's rest?" (vs 2a).

**By our unbelief or lack of trust in Christ's message we then are unable to achieve heaven, atonement, or peace. OK. And what is the message? It is the GOOD NEWS in which we affirm that ALL IS GOOD, the present moment is RECEIVED AS A GIFT, the past is APPROVED AND**

**FORGOTTEN, and our future is OPEN. To believe in "Christ" is the experience of "atonement;" the experience of "peace."**

5. Vs. 4 --- If God "rested" on the 7<sup>th</sup> day, calling it The Sabbath, is it true that when we experience peace, harmony, At-One-Ment that we are experiencing our "rest as The Sabbath?" **The At-One-Ment that we are experiencing is our "rest as The Sabbath?" Yes! The extension of this is that when we experience peace, wholeness, deep satisfaction, joy, then we are experiencing The Sabbath. Gives a different flavor to "Sunday" doesn't it!**

6. NOTE: The statement in vs 7 about "calling it **Today**," refers back to chapter 3 and Psalm 95:11, as the day in which we hear God's voice. For me, this is confirmation that our human experience of living in peace and harmony (with God, neighbor and self), is a hearing of "God's voice." Do you see how this supports the opening verse 1 concerning the warning that none should be found to have fallen short of it?"

7. Vs. 10 is crucial to clarify! Considering all that we have explored in this lesson, when we "rest" whose "rest" do we experience, and why? How is this verse supported by vs 9 and 11? **>We experience God's rest because through faith we are the people of God, and (Vs 9) the sabbath rest still remains for the people of God. We..I..I..I, let's see. What is the difference between "the people of God," and "God's People?" "God's People" are those who have awakened to the experience of At-One-Ment, and are under the command to help awaken others! "The people of God," is all of humankind! Actually, God's Rest is already given to all of us! Some of us are awake, and some of us are asleep.**

8. Vss 14 to 16. Paul introduces the major idea to be explored in the remaining chapters of the Hebrews letter. The topic is The High Priest. Please take up your study Bibles and Bible Reference books to study about Christ's work as "THE HIGH PRIEST." You might use [www. Hebrews 4](http://www.Hebrews4.com) for starters. See what you come up with and write a paragraph about what you learn.

NOTE: You might add to your "lexicon" the phrase "Rest In Faith."