

Structure

From Julie

“Today, if you hear his voice, do not harden your hearts”

1. As the Holy Spirit says... (3:7–8)
Do: Exhort one another every day
So that: You won’t be hardened by the deceitfulness of sin
Promise: Sharing in Christ
2. As it is said... 3:15
Do: Fear
So that: We won’t fall into disobedience like those who heard the good news but did not believe
Promise: We can still enter the seventh day of rest
3. Saying through David... (4:7)
Do: Strive to enter that Sabbath rest
So that: We won’t be tempted to disobey in the same way as those before us
Promise: The Word of God is always with us and sees straight to our hearts, as evidenced in the use of Psalm 95 in this passage

From Mary

3:7–4:13 Having established the superiority of Jesus’s **faithfulness** over Moses’s faithfulness (Heb 3:1–6), the pastor now warns his audience not to follow the **faithless example** of the exodus generation in how they responded to God’s voice in offering them his rest in Canaan, but instead to exhort one another every day to receive the good news in faith.

3:7–11 *Setting up analogy, citation of Psalm 95:7–11:* exodus generation’s unbelief at God’s voice offering rest by Moses and current generation’s unbelief at God’s voice offering rest in Jesus

- I. *Warning/Encouragement, Part 1 3:12–19:* Take care that none of you is hardened by sin’s deceitfulness on hearing God’s voice and thereby unable to enter God’s rest, as was the exodus generation, but exhort one another every day!
 - a. (3:12–14) Be on guard against an evil, unbelieving heart among you (pl), by exhorting one another as long as it is “today”!
 - b. (3:15–19) The exodus generation forfeited God’s rest due to their unbelief.
- II. *Warning/Encouragement, Part 2 4:1–11:* Today, the promise of entering God’s rest still stands, so don’t fail to reach it!
 - a. (4:1–2) Be soberminded about the danger of people hearing the good news of God’s rest and yet not believing it.
 - b. (4:3–5) God’s rest is what believers in Christ have already entered and is related organically to God’s seventh-day rest at creation (and to his rest he offered the exodus generation).
 - c. (4:6–10) God continues to make available his “Sabbath rest” to those who receive the good news in faith and thereby rest from their works as God rested from his.
 - d. (4:11) So, strive to enter that rest, personally and corporately!
- III. *Warning/Encouragement, Part 3 4:12–13:* The living and active word of God exposes all creatures before him, to whom we must give account.

UNIFYING THEME

From Julie: Just as the Word of God is living and active, so must our response be TODAY when we hear the voice of God so that we will not be deceived by sin and fall away, but will enter into the promised Sabbath rest for the people of God.

From Mary: Because today God still promises that those who believe and obey the good news will enter his rest, **take care** that none in your congregation fails to believe the good news and thus disobediently falls short of God's rest, like the exodus generation, but **exhort** one another every day to believe in Jesus and thereby enter God's ultimate rest!

AUTHOR'S AIM

From Julie: The pastor urges his listeners not to fall into the same trap of disbelief and disobedience as those who were led by Moses, but instead to strive to enter God's promised rest when we hear his voice by not hardening our hearts.

From Mary: The pastor aims to warn his hearers of the deadliness of unbelief, including among those who externally participate in the life of the church, so that they will exhort one another every day to receive the good news of Jesus in faith, by which believers enter God's ultimate rest.