**WEEK 4 NOTES**

*After watching Video 3 on Wed AM again (one of many times), I picked up some new insights regarding REST that I thought I might share here, in case they are helpful to you in future discussion with your ladies.*

*The OT definition of rest means “freedom of adversarial attack”. The idea of rest in Hebrews means that as believers, we are able to do God’s work, while being free from the bondage to Satan/sin.*

*We enter into this REST in varying stages:*

*When we accept Christ as our Lord (justified), we can rest from the penalty of sin.*

*When we are progressively sanctified, we can rest from the power of sin.*

*When we finally go to heaven, we can rest from the presence of sin.*

*This week, we are moving into another comparison:*

*Jesus is better than the angels*

*Jesus is better than Moses*

*Jesus is better than any earthly high priest.*

**Day 1**

Based on the feedback that I am receiving from you, questions like #5 are difficult!

Sometimes it is hard to understand how the author’s flow of thought ties one verse to the next. How did your ladies answer? My attempt to answer that question was that since we will give an account of our lives to God (as discerned/divided/pierced by Scripture) we must know that we can boldly approach Jesus for help because Jesus can sympathize with our weaknesses.

**Day 2**

In the first part of this Day, we see the importance of noting repeated phrases or themes. (This is something hard to pick up on if women are reading the Bible from their phone. So it is great that they can practice in the back of the bible study book). How did they do at Question #7?

I would expect that the questions on page 54 will pose a lot of unanswered questions at this point. Instead of feeling pressure to have all the answers as the leader, you could write all the questions posed on a paper for a week, and then see how those questions get resolved by the end of the homework and video.

**Day 3**

In this day, we start off by comparing the OT priest to Jesus using Scripture. This may be an important exercise for ladies who have come from a Catholic tradition, and were taught that humans must confess our sins to a priest because the priest has more direct access to God than we do. We know that this was fulfilled in Christ, as Hebrews is illustrating. As Question #19 points out, let us be gentle as we direct those who may be ignorant about what the Bible teaches about this practice of confession to a priest- it may be the first time some ladies with a Catholic background are discovering this.

Regarding Melchizedek…

The author of Hebrews is making an assumption that the original audience knows who Melchizedek is, and why he is an important figure in their history. But we do not have such knowledge. Melchizedek is a mysterious figure, and Jen does not really get into him much in this week’s homework or the video. I don’t know much about Melchizedek yet- but this is what I have learned in case it is helpful:

* He shows up in Genesis 14. After Abram’s victorious battle, Melchizedek approaches Abram with bread and wine and offers a blessing to Abram. His blessing honors God Most High as the deliverer of Abram. Abram then gives an offering to Melchizedek.
* *Malchi* in Hebrew means king

*Zedek* in Hebrew mean righteousness

Melchizedek is also described as “the King of Salem”. *Salem* in Hebrew means “peace”.

So Melchizedek, King of Salem, is described as the King of Righteousness and the King of Peace. Who does that foreshadow? Jesus. Just like other prominent figures in the bible like Abraham- “by him all the world will be blessed”, Moses- “deliverer of the captives in bondage”, David- “king”, Elijah- “prophet”, Melchizedek is figure who fills in another piece of this messianic mosaic that is ultimately fulfilled by Jesus in His entirety as the perfect and eternal prophet, priest and king.

**Day 4**

This is day is both thoughtful and practical. What did your ladies think the author of Hebrew’s meant when he stated that Jesus was, “made perfect in suffering” and “learned obedience from what he suffered”?

Question #24 will be a great question to pitch out to you group. My guess is that many ladies will be encouraged by one another’s answers so I hope it spurs on some discussion and sharing.

**Day 5**

Our goal is to increase biblical literacy in the women of Central. What did the ladies discover about their spiritual maturity or their lack thereof? How can they strive to enter better into that rest of the peace that comes with increased discernment and spiritual maturity?