

#	Question	Answer
1.	Hebrews 1:1-3; 4-6; 7-9; 10-14. What are some of the attributes of Jesus spoken of in these verses?	
2.	Hebrews 2:7; 9. Since Jesus Christ was a God in the premortal life, why did He choose to come to earth and be made “a little lower than the angels”?	
3.	1 Nephi 26-29. What is the “condescension” of God (Jehovah)?	
4.	1 Nephi 30-33. Who is the “Lamb of God” and why is He called that?	
5.	Hebrews 2:10-13; 2:14-18. What did Christ do for us? What motivated Christ to do all that He did?	
6.	Hebrews 3:1-6. What do these verses say about Christ and Moses?	
7.	Name one goal that you have for your life and specify the steps you are taking to reach that goal?	
8.	Hebrews 3:8-11. What is this story referring to? What do you think is meant by the phrase “enter into my rest”?	
9.	D & C 84:23-24. According to this passage, what is meant by the phrase “enter into my rest”?	
10.	Reading #1. What other meaning does President Joseph F. Smith give to the Lord’s “rest”?	
11.	Hebrews 3:12-15; 16-19. What counsel is given here? How does it apply to us?	
12.	Hebrews 4:1-5; 10-11. What does the “day of rest” have to do with entering into “God’s rest”?	
13.	Reading #2. What principles does Elder Gene R. Cook teach us?	
14.	Hebrews 5:1-4. What is required for a person to be a legitimate priesthood holder?	

READING #1. President Joseph F. Smith:

“The ancient prophets speak of ‘entering into God’s rest’; what does it mean? To my mind, it means entering into the knowledge and love of God, having faith in his purpose and in his plan, to such an extent that we know we are right, and that we are not hunting for something else, we are not disturbed by every wind of doctrine, or by the cunning and craftiness of men who lie in wait to deceive. . . . The man who has reached that degree of faith in God that all doubt and fear have been cast from him, he has entered into ‘God’s rest,’ . . . rest from doubt, from fear, from apprehension of danger, rest from the religious turmoil of the world.” [Gospel Doctrine, p. 58. See also Matthew 11:28–30.]

READING #2. Elder Gene R. Cook, a member of the Seventy:

“Perhaps some of us have not received or known how to use the great gift of grace the Father has given to us through the Atonement of His Son, Jesus Christ. . . .

“Let me share with you five principles that may help us obtain that divine intervention in our own lives. . . .

“The first principle is faith. . . .

“It is evident that this grace, or enabling power, is accessed by faith. No wonder faith in the Lord Jesus Christ is the first principle of the gospel. . . .

“Repentance is the second principle. The grace of the Lord through the Atonement can both cleanse us of sin and assist us in perfecting ourselves through our trials, sicknesses, and even character defects. We are both sanctified and justified through the grace of the Lord (see D&C 20:30–31). . . .

“The third principle is humility. ‘But he giveth more grace. Wherefore he saith, God resisteth the proud, but giveth grace unto the humble’ (James 4:6). . . .

“Doing all in your own power is the fourth principle. . . .

“. . . For we know that it is by grace that we are saved, after all we can do’ (2 Nephi 25:23).

“. . . What a glorious principle to understand: the Lord’s assistance to us—whether we have strong faith or weak faith; whether a man, a woman, or a child—is not based just on what we know, how strong we are, or who we are, but more upon our giving all that we can give and doing all that we can do in our present circumstance. Once one has given all he can, then the Lord, through His grace, will assist him (see D&C 123:17). . . .

“The fifth principle, keeping the commandments, surely is a condition for receiving the grace of the Lord: ‘If you keep my commandments you shall receive of his fulness . . . ; therefore, . . . you shall receive grace for grace’ (D&C 93:20; see also 93:28).

“To obtain grace, one does not have to be perfect, but he does have to be trying to keep the commandments the best that he can. Then the Lord will allow him to receive that power” (in Conference Report, Apr. 1993, 98–100; or Ensign, May 1993, 79–81).
