
in their heart, and they have not known MY ways.” 7•Accordingly, I swore in MY wrath, “They will not enter MY rest.”” [Psalm 95:7b-11]

8•Take care, my brothers, lest perhaps an evil heart of unbelief might exist in someone among you whereby he departs from the Life-giving God. 9•Rather, be seeking to persuade one another day after day—so long as it is called “today”—so that no one among you is hardened by the deceitfulness of sin. 10•For we have become partners of the Messiah, if we hold on to the initial claim of our title deed firmly until the end.

3:7-14

13.

As for what is said,

“2•Today, if you hear HIS voice, do not harden your hearts as at *Meribah*... .” [Psalm 95:7b]

3•Now who provoked him when they had heard? 4•Indeed, was it not all those who came out of Egypt by Moses? 5•And with whom was HE angry for forty years? 6•Was it not with those who sinned, whose corpses fell in the wilderness? 7•And to whom did HE swear that they would not enter HIS rest, if not to those who refused to believe? 8•So we see that they were not able to enter on account of their unbelief.

3:15-19

14.

Therefore, let us fear lest, if a promise to enter HIS rest remains, someone from among you may seem to have come up short. 2•For, indeed, we are ones who were given good news, just as they were also. 3•But the content of that report did not profit those people, because it was not joined together with belief in those who heard it. 4•For it is we who have believed who enter the rest.

4:1-3a

15.

It reads like this: “As I swore in MY wrath, ‘They will not enter MY rest’” [Psalm 95:11]—even though, from the foundation of the world, HIS works were brought into being. (2•For it reads somewhere concerning the seventh day thus: “And God rested on the seventh day from all HIS works.” [Genesis 2:2]) 3•Yet, again, in this one we read: “They will not enter MY rest.” 4•Therefore, since it remains for some to enter into it (and those who formerly were given good news did not enter because of their stubborn unbelief), he again fixes a certain day—“today”—saying by David after so great a time (as it has been quoted above), “Today, if

you hear HIS voice, do not harden your hearts....” 5•Now if Joshua had given them rest, he would not have spoken of another day after that one. 6•So then, a Sabbath rest remains for the people of God. 7•Now, indeed, the one who “enters into HIS rest” has himself rested from his works also, just as God did from HIS own. 8•Therefore let us be eager to enter into that rest, in order that no one fall by the same pattern of stubborn unbelief.

4:3b-11

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16.

Now the Life-giving message of God is indeed effective. 2•It is sharper, in fact, than any two-edged sword, even penetrating so far as the dividing line between soul and spirit—between “bone covering” and “marrow”—and is able to judge the thoughts and intentions of the heart. 3•Indeed, there is no creature hidden before HIM, but all people are stripped naked and laid bare in the sight of HIM before whom there will be an account.

4:12-13

17.

Therefore, since we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold tight our confession. 2•Now we do not have a high priest who is unable to sympathize with our weaknesses. 3•He has been tried—without sin—in every way that accords with our likeness. 4•Therefore let us draw near with confidence to the throne of grace, to the end that we might receive mercy and might find grace resulting in suitable help.

4:14-16