

SCRIPTURE: Hebrews 3:7 -4 :13

Warning Against Unbelief

7So, as the Holy Spirit says:

“Today, if you hear his voice,

8do not harden your hearts

as you did in the rebellion,

during the time of testing in the wilderness,

9where your ancestors tested and tried me,

though for forty years they saw what I did.

10That is why I was angry with that generation;

I said, ‘Their hearts are always going astray,

and they have not known my ways.’

11So I declared on oath in my anger,

‘They shall never enter my rest.’”

12See to it, brothers and sisters, that none of you has a sinful, unbelieving heart that turns away from the living God. 13But encourage one another daily, as long as it is called “Today,” so that none of you may be hardened by sin’s deceitfulness. 14We have come to share in Christ, if indeed we hold our original conviction firmly to the very end. 15As has just been said:

“Today, if you hear his voice,

do not harden your hearts

as you did in the rebellion.”

16Who were they who heard and rebelled? Were they not all those Moses led out of

Egypt? 17And with whom was he angry for forty years? Was it not with those who sinned,

whose bodies perished in the wilderness? 18And to whom did God swear that they would

never enter his rest if not to those who disobeyed? 19So we see that they were not able to

enter, because of their unbelief.

A Sabbath-Rest for the People of God

1Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it. 2For we also have had the good news proclaimed to us, just as they did; but the message they heard was of no value to them, because they did not share the faith of those who obeyed. 3Now we who have believed enter that rest, just as God has said,

“So I declared on oath in my anger,

‘They shall never enter my rest.’”

And yet his works have been finished since the creation of the world. 4For somewhere he has spoken about the seventh day in these words: “On the seventh day God rested from all his works.” 5And again in the passage above he says, “They shall never enter my rest.”

6Therefore since it still remains for some to enter that rest, and since those who formerly had the good news proclaimed to them did not go in because of their disobedience, 7God again set a certain day, calling it "Today." This he did when a long time later he spoke through David, as in the passage already quoted:

"Today, if you hear his voice,
do not harden your hearts."

8For if Joshua had given them rest, God would not have spoken later about another day. 9There remains, then, a Sabbath-rest for the people of God; 10for anyone who enters God's rest also rests from their works, just as God did from his. 11Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.

12For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. 13Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account.