

**Hebrews 4:1-16 (NASB)**

<sup>1</sup> Therefore, let us fear if, while a promise remains of entering His rest, any one of you may seem to have come short of it.

<sup>2</sup> For indeed we have had good news preached to us, just as they also; but the word they heard did not profit them, because it was not united by faith in those who heard.

<sup>3</sup> For we who have believed enter that rest, just as He has said, *"As I swore in My wrath, they shall not enter My rest,"* although His works were finished from the foundation of the world.

<sup>4</sup> For He has said somewhere concerning the seventh day: *"And God rested on the seventh day from all His works";*

<sup>5</sup> and again in this passage, *"They shall not enter My rest."*

<sup>6</sup> Therefore, since it remains for some to enter it, and those who formerly had good news preached to them failed to enter because of disobedience,

<sup>7</sup> He again fixes a certain day, *"Today,"* saying through David after so long a time just as has been said before, *"Today if you hear His voice, do not harden your hearts."*

<sup>8</sup> For if Joshua had given them rest, He would not have spoken of another day after that.

<sup>9</sup> So there remains a Sabbath rest for the people of God.

<sup>10</sup> For the one who has entered His rest has himself also rested from his works, as God did from His.

<sup>11</sup> Therefore let us be diligent to enter that rest, so that no one will fall, through following the same example of disobedience.

<sup>12</sup> For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit,

of both joints and marrow, and able to judge the thoughts and intentions of the heart.

**13** And there is no creature hidden from His sight, but all things are open and laid bare to the eyes of Him with whom we have to do.

**14** Therefore, since we have a great high priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession.

**15** For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as we are, yet without sin.

**16** Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.