

Hebrews 4:1-13

v1 – ‘fallen short’		failed to reach a standard
v2 – proclaimed	(verb)	told publicly
v2 – faith	(noun)	trust, dependence on God
v3 – declared	(verb)	said in a firm and deliberate way
v3 – ‘on oath’		under the obligation of a formal promise to tell the truth
v7 – ‘harden your hearts’		stubbornly refuse to listen and obey
v8 – Joshua	(proper noun)	the leader of Israel who led the people into the promised land
v9 – Sabbath	(proper noun)	the Jewish day of rest (on our Saturday); a day when all Jews did not work
v11 – perish	(verb)	die; are destroyed
v12 – sword	(noun)	



v12 – penetrates	(verb)	successfully cuts through
v12 – soul	(noun)	the non-physical part of a person
v12 – spirit	(noun)	the non-physical part of a person
v12 – joint	(noun)	the body part where two bones meet and move together (e.g. knee)
v12 – marrow	(noun)	the inside part of a bone
v13 – ‘give account’		explain why you have conducted yourself in a certain way

Hebrews 4:1-13 (New International Reader’s Version)

¹ God’s promise of enjoying his rest still stands. So be careful that none of you fails to receive it. ²The good news was announced to our people of long ago. It has also been preached to us. The message they heard didn’t have any value for them. That’s because they didn’t share the faith of those who obeyed. ³Now we who have believed enjoy that rest. God said,

“When I was angry, I made a promise.
I said, ‘They will never enjoy the rest I planned for them.’ ”

Ever since God created the world, his works have been finished. ⁴Somewhere he spoke about the seventh day. He said, “On the seventh day God rested from all his works.” ⁵In the part of Scripture I talked about earlier God spoke. He said, “They will never enjoy the rest I planned for them.”

⁶It is still true that some people will enjoy this rest. But those who had the good news announced to them earlier didn’t go in. That’s because they didn’t obey. ⁷So God again chose a certain day. He named it Today. He did this when he spoke through David a long time later. Here is what was written in the Scripture already given.

“Listen to his voice today.
If you hear it, don’t be stubborn.”

⁸Suppose Joshua had given them rest. If he had, God would not have spoken later about another day. ⁹So there is still a Sabbath rest for God’s people. ¹⁰God rested from his work. Those who enjoy God’s rest also rest from their works. ¹¹So let us make every effort to enjoy that rest. Then no one will die by disobeying as they did.

¹²The word of God is alive and active. It is sharper than any sword that has two edges. It cuts deep enough to separate soul from spirit. It can separate bones from joints. It judges the thoughts and purposes of the heart. ¹³Nothing God created is hidden from him. His eyes see everything. He will hold us responsible for everything we do.