

God's Promised Rest

4 Therefore we must be wary that, while the promise of entering his rest remains open, none of you may seem to have come short of it. 4:2 For we had good news proclaimed to us just as they did. But the message they heard did them no good, since they did not join in with those who heard it in faith. 4:3 For we who have believed enter that rest, as he has said, "*As I swore in my anger, 'They will never enter my rest.'*"^a And yet God's works were accomplished from the foundation of the world. 4:4 For he has spoken somewhere about the seventh day in this way: "*And God rested on the seventh day from all his works,*"^b 4:5 but to repeat the text cited earlier: "*They will never enter my rest!*" 4:6 Therefore it remains for some to enter it, yet those to whom it was previously proclaimed did not enter because of disobedience. 4:7 So God^c again ordains a certain day, "Today," speaking through David after so long a time, as in the words quoted before,^d "*O, that today you would listen as he speaks! Do not harden your hearts.*" 4:8 For if Joshua had given them rest, God^e would not have spoken afterward about another day. 4:9 Consequently a Sabbath rest remains for the people of God. 4:10 For the one who enters God's^f rest has also rested from his works, just as God did from his own works. 4:11 Thus we must make every effort to enter that rest, so that no one may fall by following the same pattern of disobedience. 4:12 For the word of God is living and active and sharper than any double-edged sword, piercing even to the point of dividing soul from spirit, and joints from marrow; it is able to judge the desires and thoughts of the heart. 4:13 And no creature is hidden from God,^g but everything is naked and exposed to the eyes of him to whom we must render an account.

Jesus Our Compassionate High Priest

4:14 Therefore since we have a great high priest who has passed through the heavens, Jesus the Son of God, let us hold fast to our confession. 4:15 For we do not have a high priest incapable of sympathizing with our

weaknesses, but one who has been tempted in every way just as we are, yet without sin. 4:16 Therefore let us confidently approach the throne of grace to receive mercy and find grace whenever we need help.^h

5 For every high priest is taken from among the people and appointed to represent them before God, to offer both gifts and sacrifices for sins. 5:2 He is able to deal compassionately with those who are ignorant and erring, since he also is subject to weakness, 5:3 and for this reason he is obligated to make sin offerings for himself as well as for the people. 5:4 And no one assumes this honor on his own initiative, but only when called to it by God, as in fact Aaron was. 5:5 So also Christ did not glorify himself in becoming high priest, but the one who glorified him was God,ⁱ who said to him, "*You are my Son! Today I have fathered you,*"^j 5:6 as also in another place God^k says, "*You are a priest forever in the order of Melchizedek.*"^l 5:7 During his earthly life Christ offered both requests and supplications, with loud cries and tears, to the one who was able to save him from death and he was heard because of his devotion. 5:8 Although he was a son, he learned obedience through the things he suffered. 5:9 And by being perfected in this way, he became the source of eternal salvation to all who obey him, 5:10 and he was designated by God as high priest *in the order of Melchizedek.*^m

The Need to Move on to Maturity

5:11 On this topic we have much to say and it is difficult to explain, since you have become sluggishⁿ in hearing. 5:12 For though you should in fact be teachers by this time, you need someone to teach you the beginning elements of God's utterances. You have gone back to needing milk, not solid food. 5:13 For everyone who lives on milk is inexperienced in the message of righteousness, because he is an infant. 5:14 But solid food is for the mature, whose perceptions are trained by practice to discern both good and evil.

6 Therefore we must progress beyond the elementary^o instructions about

4:3^a Ps 95:11 4:4^b Gen 2:2 4:7^c Grk he ^d See Heb 3:7 4:8^e Grk he 4:10^f Grk his 4:13^g Grk him 4:16^h Grk for timely help 5:5ⁱ Grk the one ^j Ps 2:7; see Heb 1:5 5:6^k Grk he ^l Ps 110:4 5:10^m Ps 110:4; see Heb 5:6 5:11ⁿ Or dull 6:1^o Or basic