

## Chapter 4

## The Believer's Rest

**T**HEREFORE, let us fear lest, while a promise remains of entering His rest, any one of you should 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 thus said somewhere concerning the seventh day, "AND GOD RESTED ON THE SEVENTH DAY FROM ALL HIS (WORKS);"

and again in this passage, "THEY SHALL NOT ENTER MY REST."

<sup>6</sup>Since therefore 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>There remains therefore 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.

4 Φοβηθῶμεν οὖν μήποτε καταλειπομένης

Let us fear therefore lest <sup>1</sup>being left

ἐπαγγελίας εἰσελθεῖν εἰς τὴν **κατάπαυσιν**

<sup>1</sup>a promise<sup>a</sup> to enter into the rest

αὐτοῦ δοκῇ τις ἐξ ὑμῶν ὑστερηκέναι.

of him <sup>4</sup>seems <sup>1</sup>anyone <sup>2</sup>of <sup>2</sup>you to have come short.

2 καὶ γὰρ ἔσμεν εὐηγγελισμένοι καθάπερ

For indeed we are having had good news preached [to us] even as

καὶ ἐκεῖνοι· ἀλλ' οὐκ ὠφέλησεν ὁ λόγος

those also; but <sup>4</sup>did not profit <sup>1</sup>the <sup>2</sup>word

τῆς ἀκοῆς ἐκείνους μὴ συγκεκρασμένους

- <sup>2</sup>of hearing those not having been mixed together

τῇ πίστει τοῖς ἀκούσασιν. 3 Εἰσερχόμεθα

- with faith in the [ones] hearing. 3 we enter

γὰρ εἰς [τὴν] **κατάπαυσιν** οἱ πιστεύοντες,

For into the rest the [ones] believing,

καθὼς εἶρηκεν ὡς ὤμοσα ἐν τῇ ὀργῇ

as he has said: As I swore in the wrath

μου· εἰ εἰσελεύσονται εἰς τὴν **κατάπαυσιν**

of me: If they shall enter into the rest

μου, καίτοι τῶν ἐργῶν ἀπὸ καταβολῆς

of me, though the works <sup>2</sup>from [the] foundation

κόσμου γενηθέντων. 4 εἶρηκεν γὰρ που

<sup>4</sup>of [the] <sup>2</sup>having come into being. <sup>4</sup>For he has said somewhere

περὶ τῆς ἑβδόμης οὕτως· καὶ **κατέπαυσεν**

concerning the seventh [day] thus: And <sup>2</sup>rested

ὁ θεὸς ἐν τῇ ἡμέρᾳ τῇ ἑβδόμῃ ἀπὸ

- <sup>1</sup>God in the <sup>2</sup>day - <sup>1</sup>seventh from

πάντων τῶν ἐργῶν αὐτοῦ. 5 καὶ ἐν

all the works of him; and in

τούτῳ πάλιν· εἰ εἰσελεύσονται εἰς τὴν

this [place] again: If they shall enter into the

**κατάπαυσιν** μου. 6 ἔπει οὖν ἀπολείπεται

rest of me. Since therefore it remains

τινὰς εἰσελθεῖν εἰς αὐτήν, καὶ οἱ πρότερον

[for] some to enter into it, and the formerly

εὐαγγελισθέντες οὐκ εἰσῆλθον δι' ἀπειθειαν,

having good news preached [to them] did not enter because disobedience,

7 πάλιν τινὰ ὀρίζει ἡμέραν, σήμερον, ἐν

again <sup>1</sup>a certain <sup>2</sup>he defines day, to-day, <sup>2</sup>in

Δαυὶδ λέγων μετὰ τοσοῦτον χρόνον, καθὼς

<sup>1</sup>David <sup>1</sup>saying after such a time, as

προεῖρηται· σήμερον ἐὰν τῆς φωνῆς αὐτοῦ

he has previously said: To-day if the voice of him

ἀκούσητε, μὴ σκληρύνετε τὰς καρδίας

ye hear, do not harden the hearts

ὑμῶν. 8 εἰ γὰρ αὐτοὺς Ἰησοῦς **κατέπαυσεν**,

of you. For if <sup>1</sup>them <sup>2</sup>Jesus (Joshua) <sup>2</sup>rested,

οὐκ ἂν περὶ ἄλλης ἐλάλει μετὰ ταῦτα

<sup>1</sup>not - <sup>2</sup>concerning <sup>2</sup>another <sup>2</sup>he <sup>2</sup>would <sup>2</sup>after <sup>2</sup>these things

ἡμέρας. 9 ἄρα ἀπολείπεται **σαββατισμὸς**

<sup>2</sup>day. Then <sup>2</sup>remains <sup>1</sup>a sabbath rest

τῷ λαῷ τοῦ θεοῦ. 10 ὁ γὰρ εἰσελθὼν

to the people - of God. For the [one] having entered

εἰς τὴν **κατάπαυσιν** αὐτοῦ καὶ αὐτὸς

into the rest of him also [him]self

**κατέπαυσεν** ἀπὸ τῶν ἐργῶν αὐτοῦ,

rested from the works of him,

ὥσπερ ἀπὸ τῶν ἰδίων ὁ θεός. 11 Σπου-

as from the(his) own - God [did]. Let us

## Chapter 4

## A Sabbath-Rest for the People of God

**T**HEREFORE, 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. <sup>2</sup>For we also have had the gospel preached to us, just as they did; but the message they heard was of no value to them, because those who heard did not combine it with faith. <sup>3</sup>Now 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 (work) has been finished since the creation of the world. <sup>4</sup>For somewhere he has spoken about the seventh day in these words: "And on the seventh day God rested from all his (work)." <sup>5</sup>And again in the passage above he says, "They shall never enter my rest."

<sup>6</sup>It still remains that some will enter that rest, and those who formerly had the gospel preached to them did not go in, because of their disobedience. <sup>7</sup>Therefore God again set a certain day, calling it Today, when a long time later he spoke through David, as was said before:

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

<sup>8</sup>For if Joshua had given them rest, God would not have spoken later about another day. <sup>9</sup>There remains, then, a Sabbath-rest for the people of God; <sup>10</sup>for anyone who enters God's rest also rests from his own work, just as God did from his.

<sup>12</sup> Many manuscripts because they did not share in the faith of those who obeyed

<sup>13</sup> Psalm 95:11; also in verse 5

<sup>14</sup> Gen. 2:2

## Comparison of Hebrews 4:1-11

from *The Interlinear NASB-NIV Parallel New Testament in Greek and English* by Alfred Marshall, Zondervan, 1993.

<sup>1</sup> Some ancient mss. read Therefore

<sup>11</sup> Let us therefore be diligent to enter that rest, lest anyone fall through following the same example of disobedience.

δάσωμεν οὖν εἰσελθεῖν εἰς ἐκείνην τὴν **κατάπαυσιν**, ἵνα μὴ ἐν τῷ αὐτῷ τις

Let us, therefore, make every effort to enter that rest, so that no one will fall by following their example of disobedience.

<sup>12</sup> For the word of God is