**3 12** Take care, brothers, lest there be in any of you an evil, unbelieving heart, leading you to   
 fall away from the living God.   
 **13** But   
 exhort one another every day,   
 as long as it is called “today,”   
 that none of you may be hardened by the deceitfulness of sin.   
 **14** For we have come to share in Christ,   
 if indeed we hold our original confidence firm to the end.   
 **15** As it is said, [Psalm 95:7-11]  
 “Today, if you hear his voice, do not harden your hearts as in the rebellion.”  
 **16** For who were those who heard and yet rebelled?   
 Was it not all those who left Egypt led by Moses?   
 **17** And with whom was he provoked for forty years?   
 Was it not with those who sinned, whose bodies fell in the wilderness?   
 **18** And to whom did he swear that they would not enter his rest, but to   
 those who were disobedient? [Numbers 14:1-35]  
 **19** So we see that they were unable to enter because of unbelief.  
 **4 1**Therefore, while the promise of entering his rest still stands, let us fear lest any of you should seem to have failed to reach it.

**2** For good news came to us   
 just as to them,   
 but the message they heard did not benefit them,   
 because they were not united by faith with those who listened.   
 **3** For we who have believed enter that rest, as he has said,  
 “As I swore in my wrath,  
 ‘They shall not enter my rest,’” [Psalm 95:11]  
 although his works were finished from the foundation of the world.   
 **4** For he has somewhere spoken of the seventh day in this way:   
 “And God rested on the seventh day from all his works.” [Genesis 2:2-3]  
 **5** And again in this passage he said,  
 “They shall not enter my rest.”

**6** Since therefore   
 it remains for some to enter it, and   
 those who formerly received the good news   
 failed to enter because of disobedience,   
 **7** again he appoints a certain day, “Today,”   
 saying through David so long afterward, in the words already quoted, [in Heb. 3:8]  
 “Today, if you hear his voice, do not harden your hearts.” [Psalm 95:7-8 and Heb. 3:13]

**8** For if Joshua had given them rest,   
 God would not have spoken of another day later on.

**9** So then, there remains a Sabbath rest for the people of God,   
 **10** for whoever has entered God's rest has also rested from his works as God did from his.

[Genesis 2:2]

**11** Let us therefore   
 strive to enter that rest,   
 so that no one may fall by the same sort of disobedience.   
 **12** For   
 the word of God is   
 living and active,   
 sharper than any two-edged sword,   
 piercing to the division of soul and of spirit, of joints and of marrow, and  
 discerning the thoughts and intentions of the heart.   
 **13** And no creature is hidden from his sight, but   
 all are naked and exposed to the eyes of him to whom we must give account.

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| Quoting from Psalm 95 in Hebrews  Hebrews Psalm 95 | |
| 3:7 | 95:7 |
| 3:8 | 95:8 |
| 3:9 | 95:9-10a |
| 3:10 | 95:10 |
| 3:11 | 95:11 |
| 3:15 | 95:7- 8 |
| 4:3 | 95:11 |
| 4:5 | 95:11 |
| 4:7 | 95:7- 8 |