

## Isaiah 58:13-14 New International Version

- 13 "If you keep your feet from breaking the Sabbath  
and from doing as you please on my holy day,  
if you call the Sabbath a delight  
and the LORD's holy day honorable,  
and if you honor it by not going your own way  
and not doing as you please or speaking idle words,
- 14 then you will find your joy in the LORD,  
and I will cause you to ride in triumph on the heights of the land  
and to feast on the inheritance of your father Jacob."  
For the mouth of the LORD has spoken.

< [Isaiah 57](#)

[Isaiah 59](#) >

## Psalms 95 New International Version

### **Psalms 95**

- 1 Come, let us sing for joy to the LORD;  
let us shout aloud to the Rock of our salvation.
- 2 Let us come before him with thanksgiving  
and extol him with music and song.
- 3 For the LORD is the great God,  
the great King above all gods.
- 4 In his hand are the depths of the earth,  
and the mountain peaks belong to him.
- 5 The sea is his, for he made it,  
and his hands formed the dry land.

6 Come, let us bow down in worship,  
let us kneel before the LORD our Maker;  
7 for he is our God  
and we are the people of his pasture,  
the flock under his care.

Today, if only you would hear his voice,  
8 "Do not harden your hearts as you did at Meribah,<sup>[a]</sup>  
as you did that day at Massah<sup>[b]</sup> in the wilderness,  
9 where your ancestors tested me;  
they tried me, though they had seen what I did.  
10 For forty years I was angry with that generation;  
I said, 'They are a people whose hearts go astray,  
and they have not known my ways.'  
11 So I declared on oath in my anger,  
'They shall never enter my rest.'"

## Footnotes

a. Psalm 95:8 *Meribah* means *quarreling*.

b. Psalm 95:8 *Massah* means *testing*.

< Psalm 94

Psalm 96 >

## Hebrews 4:1-11 New International Version

### A Sabbath-Rest for the People of God

**4** Therefore, 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. **2** For we also have had the good news proclaimed to us, just as they did; but the message they heard was of no value to them, because they did not share the faith of those who obeyed.<sup>[a]</sup> **3** 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.'"<sup>[b]</sup>

And yet his works have been finished since the creation of the world. <sup>4</sup> For somewhere he has spoken about the seventh day in these words: "On the seventh day God rested from all his works."<sup>[c]</sup> <sup>5</sup> And again in the passage above he says, "They shall never enter my rest."

<sup>6</sup> Therefore since it still remains for some to enter that rest, and since those who formerly had the good news proclaimed to them did not go in because of their disobedience, <sup>7</sup> God again set a certain day, calling it "Today." This he did when a long time later he spoke through David, as in the passage already quoted:

"Today, if you hear his voice,  
do not harden your hearts."<sup>[d]</sup>

<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 their works,<sup>[e]</sup> just as God did from his. <sup>11</sup> Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.

## Footnotes

- a. [Hebrews 4:2](#) Some manuscripts *because those who heard did not combine it with faith*
- b. [Hebrews 4:3](#) Psalm 95:11; also in verse 5
- c. [Hebrews 4:4](#) Gen. 2:2
- d. [Hebrews 4:7](#) Psalm 95:7,8
- e. [Hebrews 4:10](#) Or *labor*

**12** At that time Jesus went through the grainfields on the Sabbath. His disciples were hungry and began to pick some heads of grain and eat them. **2** When the Pharisees saw this, they said to him, “Look! Your disciples are doing what is unlawful on the Sabbath.”

**3** He answered, “Haven’t you read what David did when he and his companions were hungry? **4** He entered the house of God, and he and his companions ate the consecrated bread—which was not lawful for them to do, but only for the priests. **5** Or haven’t you read in the Law that the priests on Sabbath duty in the temple desecrate the Sabbath and yet are innocent? **6** I tell you that something greater than the temple is here. **7** If you had known what these words mean, ‘I desire mercy, not sacrifice,’<sup>[a]</sup> you would not have condemned the innocent. **8** For the Son of Man is Lord of the Sabbath.”

**9** Going on from that place, he went into their synagogue, **10** and a man with a shriveled hand was there. Looking for a reason to bring charges against Jesus, they asked him, “Is it lawful to heal on the Sabbath?”

**11** He said to them, “If any of you has a sheep and it falls into a pit on the Sabbath, will you not take hold of it and lift it out? **12** How much more valuable is a person than a sheep! Therefore it is lawful to do good on the Sabbath.”

**13** Then he said to the man, “Stretch out your hand.” So he stretched it out and it was completely restored, just as sound as the other. **14** But the Pharisees went out and plotted how they might kill Jesus.

## Footnotes

a. [Matthew 12:7](#) Hosea 6:6

< [Matthew 11](#)

[Matthew 13](#) >

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