Hebrews

1 Long ago, God spoke to our ancestors
through the prophets at many times and in
many ways.
2 In these last days he has spoken to us by his
Son, whom he appointed heir of all things and
through whom he also made the universe.
3 He is the radiance of God's glory and the
exact imprint of his being, and he sustains all
things by his powerful word. After making
purification for sins by himself, he sat down at
the right hand of the Majesty on high,
4 having become as much greater than the
angels as the name he has inherited is more
excellent than theirs.

5 For to which of the angels did he ever say,
"You are my Son;
today I have begotten you"?
And again,
"I will be his Father, and he will be my Son"?
6 And when he again brings the firstborn into
the world, he says,
"Let all God's angels worship him."
7 Of the angels he says,
"He makes his angels winds and his servants a
flame of fire."
8 But to the Son he says,

“Your throne, O God, is forever and ever, and the
scepter of uprightness is the scepter of
your kingdom.
9 You have loved righteousness and hated
lawlessness;
therefore God, your God, has anointed you
with the oil of gladness above your
companions.”
10 And,
“You, Lord, laid the earth's foundation in the
beginning, and the heavens are the work
of your hands.
11 They will perish, but you remain;
they will all wear out like a garment.
12 You will roll them up like a cloak;
like a garment they will be changed.
But you are the same, and your years will
never end.”
13 And to which of the angels has he ever said,
“Sit at my right hand until I make your enemies
a footstool for your feet”?
14 Are they not all ministering spirits, sent to
serve those who are to inherit salvation?

2

1 Therefore we must pay much closer
attention to what we have heard, so that we do
not drift away.
2 For if the word spoken through angels
proved binding, and every transgression and act
of disobedience received a just penalty,
3 how will we escape if we neglect so great a
salvation? It was first announced through the

Lord and was confirmed to us by those who
heard him,
4 while God also bore witness with signs and
wonders, various miracles, and distributions of
the Holy Spirit according to his own will.
5 For God did not subject the world to come, of
which we are speaking, to angels.
6 But someone has testified somewhere,
"What is man that you remember him, or the
son of man that you care for him?
7 You made him lower than the angels for a little
while;
you crowned him with glory and honor;
8 you subjected all things under his feet."
For in subjecting all things to him, he left
nothing that was not subject to him. Yet now we
do not see all things subject to him.
9 But we see Jesus, who was made lower than
the angels for a little while, crowned with glory
and honor because he suffered death, so that,
apart from God, he might taste death for
everyone.
10 For it was fitting that he, for whom and
through whom all things exist, in bringing many
sons to glory, should make the pioneer of their
salvation perfect through sufferings.
11 For the one who sanctifies and those who
are sanctified are all from one. That is why he is
not ashamed to call them brothers and sisters,
12 saying,
"I will proclaim your name to my brothers and
sisters;

in the midst of the congregation I will sing
your praise."
13 And again,
"I will put my trust in him."
And again,
"Here I am, and the children God has given me."
14 Since the children share flesh and blood, he
himself likewise shared in the same, so that
through death he might render powerless the
one who holds the power of death, that is, the
devil,
15 and free those who were held in slavery all
their lives by the fear of death.
16 For surely it is not angels he helps, but
Abraham's offspring.
17 Therefore he had to be made like his
brothers and sisters in every way, so that he
might become a merciful and faithful high priest
in matters relating to God, to make atonement
for the sins of the people.
18 For because he himself suffered when
tempted, he is able to help those who are
tempted.

3

1 Therefore, holy brothers and sisters who
share in a heavenly calling, consider Jesus, the
apostle and high priest of our confession.
2 He is faithful to the one who appointed him,
as Moses also was in his house.
3 For he has been considered worthy of
greater glory than Moses, just as the builder of a
house has greater honor than the house itself.

4 For every house is built by someone, but the
one who built all things is God.
5 Now Moses was faithful in all his house as a
servant, to testify to the things that would be
spoken,
6 but Christ is faithful as a Son over his house.
And we are his house, if we hold fast to our
confidence and the hope in which we boast.

7 Therefore, as the Holy Spirit says,
"Today, if you hear his voice,
8 do not harden your hearts as in the rebellion,
on the day of testing in the wilderness,
9 where your ancestors put me to the test and
saw my works
10 for forty years.
Therefore I was angry with this generation
and said, 'They always go astray in their
hearts, and they have not known my
ways.'
11 So I swore in my wrath, 'They will not enter
my rest.' "
12 Take care, brothers and sisters, that none of
you has an evil, unbelieving heart that turns
away from the living God.
13 Instead, exhort one another every day, as
long as it is called "Today," so that none of you is
hardened by the deceitfulness of sin.
14 For we have come to share in Christ, if we
hold our initial confidence firm to the end,
15 while it is said, "Today, if you hear his voice,
do not harden your hearts as in the rebellion."

16 For who rebelled after hearing? Was it not
all those who came out of Egypt through Moses?
17 And with whom was he angry for forty
years? Was it not those who sinned, whose
corpses fell in the wilderness?
18 And to whom did he swear that they would
not enter his rest, if not those who disobeyed?
19 So we see that they were unable to enter
because of unbelief.

4

1 Therefore, while the promise of entering his
rest still remains, let us fear lest any of you seem
to have fallen short of it.
2 For we too have had good news announced
to us, just as they did. But the message they
heard did not benefit them, because they were
not united in faith with those who listened.
3 For we who have believed enter the rest, just
as he has said, “So I swore in my wrath, ‘They
will not enter my rest,’ ” although his works
were finished from the foundation of the world.
4 For somewhere he has spoken of the seventh
day in this way: “And God rested on the seventh
day from all his works.”
5 And again in this passage, “They will not
enter my rest.”
6 Since, then, it remains for some to enter it,
and those who earlier had the good news
announced to them did not enter because of
disobedience,
7 he again appoints a certain day, “Today,”
saying through David after so long a time, as has

already been said, “Today, if you hear his voice,
do not harden your hearts.”
8 For if Joshua had given them rest, God would
not have spoken afterward of another day.
9 So a Sabbath rest remains for the people of
God.
10 For whoever has entered his rest has also
rested from his own works, just as God did from
his.
11 Let us therefore make every effort to enter
that rest, so that no one falls by following the
same example of disobedience.
12 For the word of God is living and active,
sharper than any two-edged sword. It pierces as
far as the division of soul and spirit, of joints
and marrow, and discerns the thoughts and
intentions of the heart.
13 No creature is hidden before him, but all
things are naked and exposed to the eyes of the
one to whom we must give an account.
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.
15 For we do not have a high priest who is
unable to sympathize with our weaknesses, but
one who has been tempted in every way as we
are, yet without sin.
16 Let us therefore approach the throne of
grace with confidence, so that we may receive
mercy and find grace to help in time of need.

5

1 For every high priest, taken from among

human beings, is appointed to act on their
behalf in matters relating to God, to offer gifts
and sacrifices for sins.
2 He can deal gently with the ignorant and
wayward, since he himself is also subject to
weakness.
3 Because of this, he must offer sacrifices for
his own sins just as he does for those of the
people.
4 And no one takes this honor for himself, but
receives it when called by God, just as Aaron
was.

5 So Christ also did not glorify himself to
become high priest. Rather, he was glorified by
the one who said to him,

"You are my Son;
today I have begotten you,"

6 just as he also says elsewhere,

"You are a priest forever according to the order
of Melchizedek."

7 During his life in the flesh, he offered
prayers and pleas with loud cries and tears to
the one who could save him from death, and he
was heard because of his reverence.
8 Although he was a Son, he learned obedience
through what he suffered.
9 And having been made perfect, he became
the source of eternal salvation for all who obey
him,
10 having been designated by God as high
priest according to the order of Melchizedek.

11 We have much to say about this, and it is
hard to explain because you have become slow
to listen.
12 For though by this time you ought to be
teachers, you again need someone to teach you
the elementary principles of God's word. You
have come to need milk, not solid food.
13 For everyone who feeds on milk is
inexperienced in the word of righteousness,
since he is an infant.
14 But solid food is for the mature, whose
senses have been trained by practice to
distinguish good from evil.

6

1 Therefore, leaving the elementary teaching
about Christ, let us be carried on to maturity, not
laying again a foundation of repentance from
dead works and faith in God,
2 of instruction about baptisms and the laying
on of hands, the resurrection of the dead and
eternal judgment.
3 And this we will do, if God permits.
4 For it is impossible for those who were once
enlightened, who tasted the heavenly gift and
came to share in the Holy Spirit,
5 and tasted the good word of God and the
powers of the age to come,
6 and have fallen away, to be renewed again to
repentance, since they crucify the Son of God
again for themselves and expose him to public
shame.
7 For land that drinks the rain that often falls
on it and produces plants useful to those for

whom it is cultivated receives a blessing from
God.
8 But if it produces thorns and thistles, it is
worthless and near to being cursed; its end is to
be burned.
9 But in your case, beloved, we are convinced
of better things, things that accompany
salvation, even though we speak this way.
10 For God is not unjust; he will not forget your
work and the love you have shown toward his
name in serving the saints, as you still do.
11 We desire each of you to show the same
diligence to the end, for the full assurance of
hope,
12 so that you do not become sluggish, but
imitate those who through faith and patience
inherit the promises.
13 For when God made a promise to Abraham,
since he had no one greater by whom to swear,
he swore by himself,
14 saying, “Surely I will bless you abundantly
and multiply you greatly.”
15 And so, after waiting patiently, Abraham
obtained the promise.
16 For people swear by someone greater than
themselves, and an oath serves as confirmation
that ends every dispute among them.
17 In the same way, God, wishing to show the
heirs of the promise more clearly that his
purpose was unchangeable, intervened with an
oath,
18 so that through two unchangeable things, in
which it is impossible for God to lie, we who

have fled for refuge might have strong
encouragement to hold fast to the hope set
before us.
19 We have this hope as an anchor for the soul,
sure and firm, entering the inner place behind
the curtain,
20 where Jesus has entered on our behalf as a
forerunner, having become a high priest forever
according to the order of Melchizedek.

7

1 For this Melchizedek, king of Salem, priest of
God Most High, met Abraham as he returned
from the slaughter of the kings and blessed him.
2 Abraham also gave him a tenth of
everything. His name means first “king of
righteousness,” and then he is also king of
Salem, which means “king of peace.”
3 Without father, without mother, without
genealogy, having neither beginning of days nor
end of life, but made like the Son of God, he
remains a priest continually.
4 Consider how great this man was, to whom
even Abraham the patriarch gave a tenth of the
spoils.
5 Now those descendants of Levi who receive
the priesthood have a commandment under the
law to collect tithes from the people, that is,
their brothers and sisters, although they too
came from Abraham's loins.
6 But the one whose genealogy is not traced
from them received tithes from Abraham and
blessed the one who had the promises.

7 And beyond all dispute, the lesser is blessed
by the greater.
8 Here, mortal human beings receive tithes,
but there they are received by one of whom it is
testified that he lives.
9 And, so to speak, even Levi, who receives
tithes, paid tithes through Abraham,
10 for he was still in his ancestor's loins when
Melchizedek met him.
11 Now if perfection were through the
Levitical priesthood—for under it the people
received the law—what further need would
there be for another priest to arise according to
the order of Melchizedek, rather than being
named according to the order of Aaron?
12 For when the priesthood is changed, a
change in the law necessarily takes place as well.
13 For the one of whom these things are
spoken belongs to another tribe, from which no
one has served at the altar.
14 For it is evident that our Lord arose from
Judah, a tribe about which Moses said nothing
concerning priests.
15 And this is even more evident if another
priest arises in the likeness of Melchizedek,
16 one who has become a priest not according
to a legal requirement of physical descent, but
according to the power of an indestructible life.
17 For it is testified of him, “You are a priest
forever according to the order of Melchizedek.”
18 For the former commandment is set aside
because of its weakness and uselessness,
19 since the law made nothing perfect; but a
better hope is introduced, through which we

draw near to God.
20 And this was not without an oath. The
others became priests without an oath,
21 but he became one with an oath through the
one who said to him, “The Lord has sworn and
will not change his mind: ‘You are a priest
forever.’ ”
22 For this reason, Jesus has become the
guarantor of a better covenant.
23 The others became priests in great numbers
because death prevented them from continuing.
24 But because he remains forever, he holds a
permanent priesthood.
25 Therefore he is also able to save completely
those who approach God through him, since he
always lives to intercede for them.
26 For such a high priest was fitting for us:
holy, innocent, undefiled, separated from
sinners, and exalted above the heavens.
27 He has no need, like the high priests, to offer
sacrifices daily, first for his own sins and then
for those of the people, for he did this once for
all when he offered himself.
28 For the law appoints human beings subject
to weakness as high priests, but the word of the
oath, which came after the law, appoints a Son
who has been made perfect forever.

8

1 Now the main point of what we are saying is
this: we have such a high priest, who sat down
at the right hand of the throne of the Majesty in
the heavens,

2 a minister of the sanctuary and of the true
tabernacle, which the Lord set up, not a human
being.
3 For every high priest is appointed to offer
gifts and sacrifices, so this high priest too must
have something to offer.
4 Now if he were on earth, he would not even
be a priest, since there are those who offer gifts
according to the law.
5 They serve a copy and shadow of the
heavenly things, just as Moses was warned when
he was about to construct the tabernacle. For he
says, “See that you make everything according to
the pattern shown to you on the mountain.”
6 But now he has obtained a more excellent
ministry, just as he is also the mediator of a
better covenant, established on better promises.
7 For if that first covenant had been faultless,
no place would have been sought for a second.
8 For finding fault with them, he says,

“Look, the days are coming, says the Lord, when
I will establish a new covenant with the
house of Israel and the house of Judah,
9 not like the covenant I made with their
ancestors on the day I took them by the
hand to lead them out of the land of
Egypt, because they did not remain in my
covenant, and I disregarded them, says
the Lord.
10 For this is the covenant I will make with the
house of Israel after those days, says the
Lord: I will put my laws into their minds
and write them on their hearts.

I will be their God, and they will be my
people.
11 No one will teach his fellow citizen, or his
brother, saying, 'Know the Lord,' because
they will all know me, from the least to
the greatest among them.
12 For I will be merciful toward their
unrighteous deeds, and I will remember
their sins no more."
13 In saying "new," he has made the first
covenant obsolete. And what is becoming
obsolete and growing old is near to
disappearing.

9

1 Now the first covenant had regulations for
worship and an earthly sanctuary.
2 For a tabernacle was prepared. In its first
part were the lampstand, the table, and the
bread of the Presence; this is called the Holy
Place.
3 Behind the second curtain was the part of
the tabernacle called the Most Holy Place,
4 having a golden altar of incense and the ark
of the covenant, covered with gold on every
side. In it were a golden jar holding the manna,
Aaron's staff that had budded, and the tablets of
the covenant.
5 Above it were the cherubim of glory
overshadowing the mercy seat. We cannot now
speak of these things in detail.

6 With these things arranged in this way, the
priests continually enter the first part of the
tabernacle to perform their worship duties.
7 But only the high priest enters the second
part, once a year, and not without blood, which
he offers for himself and for the sins the people
committed in ignorance.
8 By this the Holy Spirit indicates that the way
into the Most Holy Place has not yet been
revealed while the first tabernacle still stands.
9 This is a symbol for the present time,
according to which gifts and sacrifices are
offered that cannot perfect the worshiper's
conscience.
10 They concern only food, drink, and various
washings—regulations for the body imposed
until the time of reform.

11 But Christ came as high priest of the good
things that have come, and through the greater
and more perfect tabernacle, not made by
human hands—that is, not of this creation—
12 he entered the Most Holy Place once for all,
not through the blood of goats and calves, but
through his own blood, having obtained eternal
redemption.
13 For if the blood of goats and bulls and the
ashes of a heifer sprinkled on those who are
defiled sanctify them for the cleansing of the
flesh,
14 how much more will the blood of Christ,
who through the eternal Spirit offered himself
without blemish to God, cleanse our conscience
from dead works to serve the living God!

15 For this reason he is the mediator of a new
covenant, so that those who are called may
receive the promise of the eternal inheritance,
since a death has taken place for redemption
from the transgressions committed under the
first covenant.
16 For where there is a will, the death of the
one who made it must be established.
17 For a will takes effect upon death, since it is
never in force while the one who made it is
alive.
18 Therefore not even the first covenant was
inaugurated without blood.
19 For when Moses had spoken every
commandment according to the law to all the
people, he took the blood of calves, with water,
scarlet wool, and hyssop, and sprinkled both the
book itself and all the people,
20 saying, “This is the blood of the covenant
that God has commanded for you.”
21 In the same way he sprinkled the tabernacle
and all the utensils for worship with blood.
22 Indeed, according to the law, almost
everything is cleansed with blood, and without
the shedding of blood there is no forgiveness.

23 Therefore it was necessary for the copies of
the things in the heavens to be cleansed by these
means, but the heavenly things themselves by
better sacrifices than these.
24 For Christ did not enter a sanctuary made
by human hands, a copy of the true one, but
heaven itself, now to appear in God's presence
on our behalf.

25 Nor did he enter to offer himself repeatedly,
as the high priest enters the Most Holy Place
every year with blood that is not his own.
26 Otherwise he would have had to suffer
repeatedly from the foundation of the world.
But now, at the culmination of the ages, he has
appeared once to put away sin through his own
sacrifice.
27 And just as it is appointed for human beings
to die once, and after that comes judgment,
28 so also Christ, having been offered once to
bear the sins of many, will appear a second time,
apart from sin, for the salvation of those who
eagerly await him.

10

1 For the law has a shadow of the good things
to come, not the actual image of those realities.
It can never, by the same sacrifices offered
continually year after year, make perfect those
who draw near.
2 Otherwise, would they not have ceased to be
offered, since the worshipers, once cleansed,
would no longer have any consciousness of sins?
3 But in those sacrifices there is a reminder of
sins every year,
4 for it is impossible for the blood of bulls and
goats to take away sins.

5 Therefore, when he comes into the world, he
says,

“Sacrifice and offering you did not desire, but a
body you prepared for me.

6 In burnt offerings and sacrifices for sin you
took no pleasure.
7 Then I said, ‘Here I am—it is written of me in
the scroll of the book—to do your will, O
God.’ ”
8 After saying above, “Sacrifices and offerings
and burnt offerings and sacrifices for sin you
did not desire, nor did you take pleasure in
them”—which are offered according to the law—
9 he then said, “Here I am to do your will.” He
takes away the first to establish the second.
10 By that will we have been sanctified
through the offering of the body of Jesus Christ
once for all.
11 And every priest stands daily at his service,
repeatedly offering the same sacrifices, which
can never take away sins.
12 But he, having offered one sacrifice for sins
for all time, sat down at the right hand of God,
13 waiting from then on until his enemies are
made a footstool for his feet.
14 For by one offering he has made perfect
forever those who are being sanctified.
15 The Holy Spirit also bears witness to us, for
after saying,
16 “This is the covenant I will make with them
after those days, says the Lord: I will put
my laws on their hearts and write them
on their minds,”
17 he adds,
“And I will remember their sins and their
lawless deeds no more.”
18 Now where there is forgiveness of these
things, there is no longer an offering for sin.

19 Therefore, brothers and sisters, since we
have confidence to enter the Most Holy Place by
the blood of Jesus,
20 by the new and living way he inaugurated
for us through the curtain, that is, his flesh,
21 and since we have a great priest over the
house of God,
22 let us draw near with a sincere heart in full
assurance of faith, our hearts sprinkled clean
from an evil conscience and our bodies washed
with pure water.
23 Let us hold fast to the confession of our
hope without wavering, for the one who
promised is faithful.
24 And let us consider one another, to stir up
love and good works,
25 not abandoning our gathering together, as
some have made a habit of doing, but
encouraging one another, and all the more as
you see the day approaching.

26 For if we go on sinning deliberately after
receiving the knowledge of the truth, there no
longer remains a sacrifice for sins,
27 but a fearful expectation of judgment and
the fury of a fire that will devour the
adversaries.
28 Anyone who has rejected the law of Moses
dies without mercy on the testimony of two or
three witnesses.
29 How much worse punishment do you think
will be deserved by the one who has trampled
the Son of God underfoot, regarded the blood of
the covenant by which he was sanctified as

profane, and insulted the Spirit of grace?
30 For we know the one who said, “Vengeance
is mine; I will repay.” And again, “The Lord will
judge his people.”
31 It is a fearful thing to fall into the hands of
the living God.
32 But remember the former days, when, after
being enlightened, you endured a great struggle
with suffering,
33 sometimes publicly exposed to insults and
afflictions, and sometimes becoming
companions of those who were treated that way.
34 For you sympathized with the prisoners and
joyfully accepted the plundering of your
possessions, knowing that you yourselves have a
better and lasting possession.
35 Therefore do not throw away your
confidence, which has a great reward.
36 For you need endurance, so that after doing
the will of God you may receive what was
promised.
37 For “In just a very little while, the one who
is coming will come and will not delay.
38 But my righteous one will live by faith, and
if he draws back, my soul takes no pleasure in
him.”
39 But we are not among those who draw back
to destruction, but among those who have faith
for the preservation of the soul.

11

1 Now faith is the assurance of things hoped
for, the conviction of things not seen.

2 For by it the people of old were commended.
3 By faith we understand that the universe
was formed by the word of God, so that what is
seen did not come into being from visible things.

4 By faith Abel offered God a better sacrifice
than Cain did. Through it he was commended as
righteous, God testifying to his gifts, and through
it, though he died, he still speaks.
5 By faith Enoch was taken away so that he
would not see death, and he could not be found
because God had taken him away. For before he
was taken, he had been commended as having
pleased God.
6 And without faith it is impossible to please
him, for whoever approaches God must believe
that he exists and that he rewards those who
earnestly seek him.
7 By faith Noah, warned about things not yet
seen, in reverent fear built an ark to save his
household. Through that faith he condemned
the world and became an heir of the
righteousness that is according to faith.

8 By faith Abraham, when called, obeyed by
going out to a place he was to receive as an
inheritance. He went out without knowing
where he was going.
9 By faith he lived as a foreigner in the land of
promise, as in a foreign land, dwelling in tents
with Isaac and Jacob, fellow heirs of the same
promise.
10 For he was awaiting the city with
foundations, whose architect and builder is God.

11 By faith he also, together with Sarah herself,
received power to father offspring, even beyond
the proper age, because he considered the one
who had promised faithful.
12 Therefore from one man, and one as good
as dead, descendants were born as numerous as
the stars of heaven and as countless as the sand
on the seashore.
13 All these died in faith without receiving the
promises, but they saw and welcomed them
from afar, acknowledging that they were
strangers and sojourners on the earth.
14 For those who say such things make it clear
that they are seeking a homeland.
15 And if they had been thinking of the
country they left, they would have had an
opportunity to return.
16 But now they long for a better country, that
is, a heavenly one. Therefore God is not
ashamed to be called their God, for he has
prepared a city for them.
17 By faith Abraham, when tested, offered
Isaac. The one who had received the promises
was offering his only son,
18 even though he had been told, “Through
Isaac your offspring will be named.”
19 He reasoned that God was able even to raise
him from the dead, and from there, figuratively
speaking, he received him back.
20 By faith Isaac blessed Jacob and Esau even
concerning things to come.
21 By faith Jacob, as he was dying, blessed each
of Joseph's sons and worshiped, leaning on the

top of his staff.
22 By faith Joseph, as his end drew near,
mentioned the departure of the children of
Israel and gave instructions about his bones.
23 By faith Moses was hidden for three months
by his parents when he was born, because they
saw that the child was beautiful and did not fear
the king's decree.
24 By faith Moses, when he grew up, refused to
be called the son of Pharaoh's daughter,
25 choosing to be mistreated with the people of
God rather than to enjoy the fleeting pleasure of
sin.
26 He considered the reproach of Christ
greater wealth than the treasures of Egypt, for
he was looking to the reward.
27 By faith he left Egypt without fearing the
king's wrath, for he endured as though seeing
the one who is invisible.
28 By faith he kept the Passover and the
sprinkling of blood, so that the destroyer of the
firstborn would not touch them.
29 By faith they crossed the Red Sea as on dry
land, but when the Egyptians attempted it, they
were swallowed up.
30 By faith the walls of Jericho fell after being
encircled for seven days.
31 By faith Rahab the prostitute did not perish
with those who disobeyed, because she
welcomed the spies in peace.
32 And what more shall I say? For time would
fail me to tell of Gideon, Barak, Samson,
Jephthah, David, Samuel, and the prophets,

33 who through faith conquered kingdoms,
practiced righteousness, obtained promises,
shut the mouths of lions,
34 quenched the power of fire, escaped the
edge of the sword, were made strong out of
weakness, became mighty in war, and put
foreign armies to flight.
35 Women received their dead back through
resurrection. Others were tortured, refusing
release so that they might obtain a better
resurrection.
36 Others experienced mockings and floggings,
and even chains and imprisonment.
37 They were stoned, sawed in two, and killed
by the sword. They went about in sheepskins
and goatskins, destitute, afflicted, and
mistreated.
38 The world was not worthy of them. They
wandered in deserts and mountains, in caves
and holes in the earth.
39 And all these, though commended through
faith, did not receive the promise,
40 because God had provided something better
for us, so that they would not be made perfect
apart from us.

12

1 Therefore, since we too are surrounded by so
great a cloud of witnesses, let us lay aside every
weight and the sin that so easily entangles us,
and let us run with endurance the race set
before us,
2 fixing our eyes on Jesus, the pioneer and
perfecter of faith, who for the joy set before him

endured the cross, despising its shame, and has
sat down at the right hand of the throne of God.

3 For consider the one who has endured such
hostility from sinners against themselves, so
that you do not grow weary and lose heart.
4 In your struggle against sin, you have not yet
resisted to the point of shedding blood,

5 and you have forgotten the exhortation that
addresses you as sons:

"My son, do not take the Lord's discipline lightly,
or lose heart when he rebukes you,

6 for the Lord disciplines the one he loves, and
he scourges every son he receives."

7 It is for discipline that you endure. God is
treating you as sons, for what son is not
disciplined by his father?
8 But if you are without discipline, in which all
have shared, then you are illegitimate children
and not sons.
9 Moreover, we had earthly fathers who
disciplined us, and we respected them. Shall we
not much more submit to the Father of spirits
and live?
10 For they disciplined us for a few days as
seemed best to them, but he does so for our
good, so that we may share in his holiness.
11 For the present, no discipline seems joyful,
but painful. Later, however, it yields the peaceful
fruit of righteousness to those trained by it.

12 Therefore lift up the drooping hands and
strengthen the weakened knees,

13 and make straight paths for your feet, so
that what is lame may not be dislocated, but
rather be healed.

14 Pursue peace with everyone, and the
holiness without which no one will see the Lord.
15 See to it that no one falls short of the grace
of God, that no root of bitterness springs up to
cause trouble and defile many,
16 and that no one is sexually immoral or
profane like Esau, who sold his birthright for a
single meal.
17 For you know that even afterward, when he
wanted to inherit the blessing, he was rejected,
for he found no opportunity for repentance,
though he sought it with tears.

18 For you have not come to something that
can be touched, to blazing fire, darkness, gloom,
and a storm,
19 to the sound of a trumpet and a voice
speaking words, whose hearers begged that no
further word be spoken to them.
20 For they could not bear what was
commanded: “Even if an animal touches the
mountain, it must be stoned.”
21 And so fearful was the sight that Moses said,
“I am terrified and trembling.”
22 But you have come to Mount Zion, to the
city of the living God, the heavenly Jerusalem,
and to myriads of angels in a festive gathering,
23 to the assembly of the firstborn who are
enrolled in heaven, to God the judge of all, and
to the spirits of the righteous made perfect,

24 to Jesus, the mediator of a new covenant,
and to sprinkled blood that speaks better than
Abel.
25 See that you do not refuse the one who
speaks. For if those who refused the one who
warned them on earth did not escape, much less
will we if we turn away from the one who
warns from heaven.
26 His voice shook the earth then, but now he
has promised, “Once more I will shake not only
the earth but also heaven.”
27 The words “once more” indicate the removal
of the things that are shaken, as things that have
been made, so that the things that are not
shaken may remain.
28 Therefore, since we are receiving a kingdom
that cannot be shaken, let us be grateful, and so
offer God acceptable worship with reverence
and awe,
29 for our God is a consuming fire.

13

1 Let brotherly love continue.
2 Do not neglect hospitality, for through it
some have hosted angels without knowing it.
3 Remember the prisoners as though
imprisoned with them, and those who are
mistreated, since you yourselves are also in a
body.
4 Let marriage be honored by all, and let the
marriage bed be undefiled, for God will judge
the sexually immoral and adulterers.

5 Let your way of life be free from the love of
money, being content with what you have, for
he himself has said, “I will never leave you, and I
will never forsake you.”
6 So we can say with confidence,
“The Lord is my helper;
I will not fear.
What can man do to me?”
7 Remember your leaders, who spoke the
word of God to you. Consider the outcome of
their way of life and imitate their faith.
8 Jesus Christ is the same yesterday and today
and forever.
9 Do not be carried away by varied and
strange teachings, for it is good for the heart to
be strengthened by grace, not by foods, which
have not benefited those who occupied
themselves with them.
10 We have an altar from which those who
serve in the tabernacle have no right to eat.
11 For the bodies of the animals whose blood
the high priest brings into the sanctuary for sin
are burned outside the camp.
12 Therefore Jesus also suffered outside the
gate to sanctify the people through his own
blood.
13 So let us go to him outside the camp,
bearing his reproach.
14 For here we have no lasting city, but we
seek the one to come.
15 Through him, then, let us continually offer
God a sacrifice of praise, that is, the fruit of lips
that confess his name.

16 And do not forget to do good and to share,
for God is pleased with such sacrifices.
17 Obey your leaders and submit to them, for
they keep watch over your souls as those who
will give an account. Let them do this with joy
and not with groaning, for that would be of no
benefit to you.
18 Pray for us, for we are convinced that we
have a good conscience, desiring to conduct
ourselves honorably in every way.
19 I urge you all the more to do this, so that I
may be restored to you sooner.
20 Now may the God of peace, who brought up
from the dead the great shepherd of the sheep,
our Lord Jesus, through the blood of the eternal
covenant,
21 equip you with everything good to do his
will, working in us what is pleasing in his sight
through Jesus Christ, to whom be glory forever.
Amen.
22 I urge you, brothers and sisters, to bear with
this word of exhortation, for I have written to
you briefly.
23 Know that our brother Timothy has been
released. If he comes soon, I will see you with
him.
24 Greet all your leaders and all the saints.
Those from Italy greet you.
25 Grace be with all of you.

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