

The author begins with a declaration about the Son of God (the name Jesus is not mentioned). God speaks through the Son *now*. The Son is greater than the angels and God has enthroned him. God created the world through the Son and the Son sits at God's right hand.

Reflect: This letter opens with a high Christology: pre-existence, presence at the creation, and a position higher than that of the angels, reflecting God's glory and power. How do you relate this Son to the Suffering Servant of God in the synoptic gospels?

Pray: The church prays to God the Father through the Son in the Holy Spirit. Pray the "Glory to the Father..."

Act: Write down the qualities attributed to the Son in these verses.

^a Or the Son

^b Or bears along

God Has Spoken by His Son

Long ago God spoke to our ancestors in many and various ways by the prophets, ² but in these last days he has spoken to us by a Son,^a whom he appointed heir of all things, through whom he also created the worlds. ³ He is the reflection of God's glory and the exact imprint of God's very being, and he sustains^b all things by his powerful word. When he had made purification for sins, he sat down at the right hand of the Majesty on high, ⁴ having become as much superior to angels as the name he has inherited is more excellent than theirs.

The Son Is Superior to Angels

5 For to which of the angels did God ever say,

"You are my Son;

today I have begotten you"?

Or again,

"I will be his Father,

and he will be my Son"?

⁶ And again, when he 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 flames of fire."

For the first time the author mentions Jesus. God made him for a time a little less than the angels. Then God crowned him with glory though his suffering and death. Like us in every respect, Jesus became a merciful and faithful high priest for the remission of sins.

Reflect: Jesus was completely human and thus had to die. Why did he have to die a cruel death? How did he become a merciful and faithful priest?

Pray: A priest brings God to people and people to God. Ask, in prayer, for Jesus the priest to bring God to you and you to God in how you live this day.

Act: Read chapter 17 of the Gospel of John and compare that chapter with the first two chapters of Hebrews.

- ^a Or God is your throne
- ^b Other ancient authorities read *his*
- C Other ancient authorities lack like clothing
- d Gk all of them
- e Gk he
- f Gk What is man that you are mindful of him?
- B Gk or the son of man that you care for him? In the Hebrew of Psalm 8.4-6 both man and son of man refer to all humankind
- ^h Or them only a little lower
- ⁱ Other ancient authorities add and set them over the works of your hands

⁸ But of the Son he says,

"Your throne, O God, is^a forever and ever, and the righteous scepter is the scepter of your^b kingdom.

 You have loved righteousness and hated wickedness;

therefore God, your God, has anointed you with the oil of gladness beyond your companions."

¹⁰ And,

"In the beginning, Lord, you founded the earth, and the heavens are the work of your hands;

- ¹¹ they will perish, but you remain; they will all wear out like clothing;
- ¹² like a cloak you will roll them up, and like clothing^c they will be changed. But you are the same,

and your years will never end."

- ¹³ But 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 not all angels^d spirits in the divine service, sent to serve for the sake of those who are to inherit salvation?

Warning to Pay Attention

2 Therefore we must pay greater attention to what we have heard, so that we do not drift away from it. ² For if the message declared through angels was valid, and every transgression or disobedience received a just penalty, ³ how can we escape if we neglect so great a salvation? It was declared at first through the Lord, and it was attested to us by those who heard him, ⁴ while God added his testimony by signs and wonders and various miracles, and by gifts of the Holy Spirit, distributed according to his will.

Exaltation through Abasement

5 Now God^e did not subject the coming world, about which we are speaking, to angels. ⁶ But someone has testified somewhere,

- "What are human beings that you are mindful of them,^f
 - or mortals, that you care for them?
- ⁷ You have made them for a little while lower^h than the angels;
 - you have crowned them with glory and honor,ⁱ subjecting all things under their feet."

Now in subjecting all things to them, God^e left nothing outside their control. As it is, we do not yet see everything in subjection to them, ⁹ but we do see Jesus, who

e Gk he

for a little while was made lower^a than the angels, now crowned with glory and honor because of the suffering of death, so that by the grace of God^b he might taste death for everyone.

10 It was fitting that God,^c for whom and through whom all things exist, in bringing many children to glory, should make the pioneer of their salvation perfect through sufferings. ¹¹ For the one who sanctifies and those who are sanctified all have one Father.^d For this reason Jesus^c is not ashamed to call them brothers and sisters,^e ¹² saying,

"I will proclaim your name to my

brothers and sisters,^e

in the midst of the congregation I will praise you."

13 And again,

"I will put my trust in him."

Read Hebrews 3

Jesus is the faithful Son of God, superior to Moses. Moses built the house of Judaism, but Jesus has built a new house. Listen then to his voice and be not tempted to rebel, or to listen to anyone else. Then you will enter into his rest.

Reflect: The Israelites rebelled against Moses and suffered. Have you listened to any false voices? Have you ever rebelled against Jesus? What does being obedient to Jesus mean to you?

Pray: Offer to God through Jesus the "Act of Contrition."

Act: Read Psalm 95.

- ^a Or who was made a little lower
- ^b Other ancient authorities read *apart from* God
- c Gk he
- ^d Gk are all of one
- e Gk brothers
- f Other ancient authorities lack all
- ^g Gk his
- h Gk this one
- Other ancient authorities add to the end

And again,

"Here am I and the children whom God has given me."

14 Since, therefore, the children share flesh and blood, he himself likewise shared the same things, so that through death he might destroy the one who has the power of death, that is, the devil, ¹⁵ and free those who all their lives were held in slavery by the fear of death. ¹⁶ For it is clear that he did not come to help angels, but the descendants of Abraham. 17 Therefore he had to become like his brothers and sisters^e in every respect, so that he might be a merciful and faithful high priest in the service of God, to make a sacrifice of atonement for the sins of the people. 18 Because he himself was tested by what he suffered, he is able to help those who are being tested.

Moses a Servant, Christ a Son

3 Therefore, brothers and sisters,^e holy partners in a heavenly calling, consider that Jesus, the apostle and high priest of our confession, ² was faithful to the one who appointed him, just as Moses also "was faithful in all^f God's^g house." ³ Yet Jesus^h is worthy of more glory than Moses, just as the builder of a house has more honor than the house itself. ⁴ (For every house is built by someone, but the builder of all things is God.) ⁵ Now Moses was faithful in all God's^g house as a servant, to testify to the things that would be spoken later. ⁶ Christ, however, was faithful over God's^g house as a son, and we are his house if we hold firmⁱ the confidence and the pride that belong to hope.

Warning against Unbelief

- 7 Therefore, as the Holy Spirit says, "Today, if you hear his voice,
- ⁸ do not harden your hearts as in the rebellion, as on the day of testing in the wilderness,
- ⁹ where your ancestors put me to the test, though they had seen my works ¹⁰ for forty years.

Therefore I was angry with that generation, and I said, 'They always go astray in their hearts, and they have not known my ways.'

¹¹ As in my anger I swore,

'They will not enter my rest.'"

¹² Take care, brothers and sisters,^e that none of you may have an evil, unbelieving heart that turns away

from the living God. ¹³ But exhort one another every day, as long as it is called "today," so that none of you may be hardened by the deceitfulness of sin. ¹⁴ For we have become partners of Christ, if only we hold our first confidence firm to the end. ¹⁵ As it is said,

> "Today, if you hear his voice, do not harden your hearts as in the rebellion."

Read Hebrews 4

To enter into his rest demands faith. Failure to listen to the voice of God constitutes disobedience, and those who disobey never enter the rest God offers. But Jesus is our High Priest, like us in all things but sin, and with faith in him we obtain mercy and find grace (God's presence) and rest in God.

Reflect: Jesus is like us in all things but sin. He can sympathize with us. How can you allow him to bring you to God and God to you?

Pray: Talk to Jesus about your weaknesses. Pray the Our Father.

Act: Read Psalm 95 again. Write down any thoughts that did not strike you on your first reading of the psalm. ¹⁶ Now who were they who heard and yet were rebellious? Was it not all those who left Egypt under the leadership of Moses? ¹⁷ But with whom was he angry forty years? Was it not those who sinned, whose bodies fell in the wilderness? ¹⁸ And to whom did he swear that they would not enter his rest, if not to those who were disobedient? ¹⁹ So we see that they were unable to enter because of unbelief.

The Rest That God Promised

4 Therefore, while the promise of entering his rest is still open, let us take care that none of you should seem to have failed to reach it. ² For indeed the 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.^a ³ For we who have believed enter that rest, just as God^b has said,

"As in my anger I swore,

'They shall not enter my rest,'"

though his works were finished at the foundation of the world. ⁴ For in one place it speaks about the seventh day as follows, "And God rested on the seventh day from all his works." ⁵ And again in this place it says, "They shall not enter my rest." ⁶ Since therefore it remains open for some to enter it, and those who formerly received the good news failed to enter because of disobedience, ⁷ again he sets a certain day—"today"— saying through David much later, in the words already quoted,

"Today, if you hear his voice,

do not harden your hearts."

⁸ For if Joshua had given them rest, God^b would not speak later about another day. ⁹ So then, a sabbath rest still remains for the people of God; ¹⁰ for those who enter God's rest also cease from their labors as God did from his. ¹¹ Let us therefore make every effort to enter that rest, so that no one may fall through such disobedience as theirs.

12 Indeed, the word of God is living and active, sharper than any two-edged sword, piercing until it divides soul from spirit, joints from marrow; it is able to judge the thoughts and intentions of the heart. ¹³ And before him no creature is hidden, but all are naked and laid bare to the eyes of the one to whom we must render an account.

Jesus the Great High Priest

14 Since, then, we have a great high priest who has

^a Other ancient authorities read *it did not* meet with faith in those who listened

^b Gk he

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 we have one who in every

Read Hebrews 5

God appointed Jesus as the eternal High Priest, offering the one eternal sacrifice. He learned obedience to the Father through his suffering. Jesus brought eternal salvation to all who will obey him, who will listen to his words.

Reflect: How much do you understand about Jesus as priest offering sacrifice? How often do you read and listen to the word of God in scripture?

Pray: Read Psalm 110 and use it as the basis for your prayer.

Act: Re-read the first five chapters of Hebrews and write down all that the author says about Jesus as priest (e.g., 2:17—"merciful and faithful").

^a Or tempted

- ° Or him
- d Or toward maturity
- ^e Other ancient authorities read *let us do*

respect has been tested^a as we are, yet without sin. ¹⁶ Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need.

5 Every high priest chosen from among mortals is put in charge of things pertaining to God on their behalf, to offer gifts and sacrifices for sins. ² He is able to deal gently with the ignorant and wayward, since he himself is subject to weakness; ³ and because of this he must offer sacrifice for his own sins as well as for those of the people. ⁴ And one does not presume to take this honor, but takes it only when called by God, just as Aaron was.

5 So also Christ did not glorify himself in becoming a high priest, but was appointed by the one who said to him,

"You are my Son,

today I have begotten you";

⁶ as he says also in another place,

"You are a priest forever,

according to the order of Melchizedek."

7 In the days of his flesh, Jesus^b offered up prayers 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 reverent submission. 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 a high priest according to the order of Melchizedek.

Warning against Falling Away

11 About this^c we have much to say that is hard to explain, since you have become dull in understanding. ¹² For though by this time you ought to be teachers, you need someone to teach you again the basic elements of the oracles of God. You need milk, not solid food; ¹³ for everyone who lives on milk, being still an infant, is unskilled in the word of righteousness. ¹⁴ But solid food is for the mature, for those whose faculties have been trained by practice to distinguish good from evil.

The Peril of Falling Away

6 Therefore let us go on toward perfection,^d leaving behind the basic teaching about Christ, and not laying again the foundation: repentance from dead works and faith toward God, ² instruction about baptisms, laying on of hands, resurrection of the dead, and eternal judgment. ³ And we will do^e this, if God permits. ⁴ For it

[♭] Gk he

Those who have been enlightened should reflect on what they have accepted in faith. They have experienced the Holy Spirit and the power of the Word of God. Maintain your hope to the end. God will remain faithful. God can never be proved false. God gives us hope, so have patience and you will receive the promise.

Reflect: Why do people become discouraged? Do you become discouraged? If so, why? What do you hope for *now*? How can you bring your hope into your present life?

Pray: Find a copy of the traditional Act of Hope or make one up based on what God has promised you in Jesus.

Act: Make a list of the ways in which God has blessed you in the past.

^a Gk for his name ^b Gk he is impossible to restore again to repentance those who have once been enlightened, and have tasted the heavenly gift, and have shared in the Holy Spirit, ⁵ and have tasted the goodness of the word of God and the powers of the age to come, ⁶ and then have fallen away, since on their own they are crucifying again the Son of God and are holding him up to contempt. ⁷ Ground that drinks up the rain falling on it repeatedly, and that produces a crop 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 on the verge of being cursed; its end is to be burned over.

9 Even though we speak in this way, beloved, we are confident of better things in your case, things that belong to salvation. ¹⁰ For God is not unjust; he will not overlook your work and the love that you showed for his sake^a in serving the saints, as you still do. ¹¹ And we want each one of you to show the same diligence so as to realize the full assurance of hope to the very end, ¹² so that you may not become sluggish, but imitators of those who through faith and patience inherit the promises.

The Certainty of God's Promise

13 When God made a promise to Abraham, because he had no one greater by whom to swear, he swore by himself, ¹⁴ saying, "I will surely bless you and multiply you." ¹⁵ And thus Abraham,^b having patiently endured, obtained the promise. ¹⁶ Human beings, of course, swear by someone greater than themselves, and an oath given as confirmation puts an end to all dispute. ¹⁷ In the same way, when God desired to show even more clearly to the heirs of the promise the unchangeable character of his purpose, he guaranteed it by an oath, ¹⁸ so that through two unchangeable things, in which it is impossible that God would prove false, we who have taken refuge might be strongly encouraged to seize the hope set before us. 19 We have this hope, a sure and steadfast anchor of the soul, a hope that enters the inner shrine behind the curtain, ²⁰ where Jesus, a forerunner on our behalf, has entered, having become a high priest forever according to the order of Melchizedek.

The Priestly Order of Melchizedek

7 This "King Melchizedek of Salem, priest of the Most High God, met Abraham as he was returning from defeating the kings and blessed him"; ² and to him Abraham apportioned "one-tenth of everything." His name, in the first place, means "king of righteousness"; next he is also king of Salem, that is, "king of peace."

Two priesthoods are part of the Old Testament tradition: that of Melchizedek and that of Aaron. The priesthood of Melchizedek, who is without genealogy, for whom there is no mention of either beginning or end of life, resembles the priesthood of Jesus. Jesus is the priest of the new order, the holy, blameless, exalted, eternal priesthood. Once and for all he offered himself.

Reflect: The offering of Jesus is eternal. He remains with God, eternally offering himself. What does the offering of the Eucharist as sacrifice mean? Is this how believers join in the one eternal offering?

Pray: In morning prayer, offer the day that is beginning. At evening prayer, thank God for having accepted the offering made with the one offering of Jesus.

Act: Read about the Eucharist in Mark 14:22–25; Luke 22:14–20; Matthew 26:26–29; John 6:48–58.

^a Other ancient authorities lack Even

^b Or a tenth

^c Gk brothers

³ Without father, without mother, without genealogy, having neither beginning of days nor end of life, but resembling the Son of God, he remains a priest forever.

4 See how great he is! Even^a Abraham the patriarch gave him a tenth of the spoils. ⁵ And those descendants of Levi who receive the priestly office have a commandment in the law to collect tithes^b from the people, that is, from their kindred,^c though these also are descended from Abraham. ⁶ But this man, who does not belong to their ancestry, collected tithes^b from Abraham and blessed him who had received the promises. ⁷ It is beyond dispute that the inferior is blessed by the superior. ⁸ In the one case, tithes are received by those who are mortal; in the other, by one of whom it is testified that he lives. ⁹ One might even say that Levi himself, who receives tithes, paid tithes through Abraham, ¹⁰ for he was still in the loins of his ancestor when Melchizedek met him.

Another Priest, Like Melchizedek

11 Now if perfection had been attainable through the levitical priesthood—for the people received the law under this priesthood—what further need would there have been to speak of another priest arising according to the order of Melchizedek, rather than one according to the order of Aaron? ¹² For when there is a change in the priesthood, there is necessarily a change in the law as well. ¹³ Now the one of whom these things are spoken belonged to another tribe, from which no one has ever served at the altar. ¹⁴ For it is evident that our Lord was descended from Judah, and in connection with that tribe Moses said nothing about priests.

15 It is even more obvious when another priest arises, resembling Melchizedek, ¹⁶ one who has become a priest, not through a legal requirement concerning physical descent, but through the power of an indestructible life. ¹⁷ For it is attested of him,

"You are a priest forever,

according to the order of Melchizedek."

¹⁸ There is, on the one hand, the abrogation of an earlier commandment because it was weak and ineffectual ¹⁹ (for the law made nothing perfect); there is, on the other hand, the introduction of a better hope, through which we approach God.

20 This was confirmed with an oath; for others who became priests took their office without an oath, ²¹ but this one became a priest with an oath, because of the one who said to him,

"The Lord has sworn and will not change his mind, 'You are a priest forever'"— ²² accordingly Jesus has also become the guarantee of a better covenant.

23 Furthermore, the former priests were many in number, because they were prevented by death from continuing in office; ²⁴ but he holds his priesthood permanently, because he continues forever. ²⁵ Consequently he is able for all time to save^a those who approach God through him, since he always lives to make intercession for them.

26 For it was fitting that we should have

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such a high priest, holy, blameless, undefiled, separated from sinners, and exalted above the heavens. ²⁷ Unlike the other^b high priests, he has no need to offer sacrifices day after day, first for his own sins, and then for those of the people; this he did once for all when he offered himself. ²⁸ For the law appoints as high priests those who are subject to weakness, but the word of the oath, which came later than the law, appoints a Son who has been made perfect forever.

Read Hebrews 8

Jesus now has a heavenly priesthood that is superior to earthly priesthoods. The first covenant gives way to a more excellent relationship with God, since it is founded on better promises. God has made the new covenant in Jesus faultless.

Reflect: Has the new covenant replaced the first? Does God's word remain eternally faithful? How do the two covenants relate to one another?

Pray: In your prayer, remember those who still live according to the first covenant. To them belong the law and the prophets and from them came Jesus the Lord.

Act: Read Leviticus 21.

- ^a Or able to save completely
- ^b Gk lacks other
- ° Or tabernacle
- d Gk he
- e Gk He

Mediator of a Better Covenant

• Now the main point in what we are saying is this: we • have such a high priest, one who is seated at the right hand of the throne of the Majesty in the heavens, ² a minister in the sanctuary and the true tent^c that the Lord, and not any mortal, has set up. ³ For every high priest is appointed to offer gifts and sacrifices; hence it is necessary for this priest also to have something to offer. ⁴ Now if he were on earth, he would not be a priest at all, since there are priests who offer gifts according to the law. ⁵ They offer worship in a sanctuary that is a sketch and shadow of the heavenly one; for Moses, when he was about to erect the tent,^c was warned, "See that you make everything according to the pattern that was shown you on the mountain." 6 But Jesusd has now obtained a more excellent ministry, and to that degree he is the mediator of a better covenant, which has been enacted through better promises. 7 For if that first covenant had been faultless, there would have been no need to look for a second one.

8 God^e finds fault with them when he says:

- "The days are surely coming, says the Lord, when I will establish a new covenant with the house of Israel
 - and with the house of Judah;
- 9 not like the covenant that I made with their ancestors,
 - on the day when I took them by the hand to lead them out of the land of Egypt;
 - for they did not continue in my covenant,
 - and so I had no concern for them, says the Lord.
- ¹⁰ This is the covenant that I will make with the house of Israel
 - after those days, says the Lord:
 - I will put my laws in their minds,
 - and write them on their hearts,

and I will be their God,

and they shall be my people.

- And they shall not teach one another or say to each other, 'Know the Lord.'
 - for they shall all know me, from the least of them to the greatest.

Read Hebrews 9

The first covenant tabernacle and worship gives way to the new covenant in Jesus with his offering. Jesus replaces the place of worship (the tent) and accomplishes redemption, for those called, through his blood. Once and for all Jesus offered himself to take away sins, and he will appear again to save those waiting for him.

Reflect: If Jesus' followers are redeemed and freed from sin, why do people still sin? What do redemption and salvation mean *now*?

Pray: In your prayer, ask the Holy Spirit to help you to recognize moments of salvation in your daily life.

Act: Contribute to a moment of salvation for someone else by performing an unexpected act of kindness.

- ^a Or tabernacle
- ^b Gk the presentation of the loaves
- ° Or the place of atonement
- ^d Gk parable
- Other ancient authorities read good things to come
- f Gk more perfect
- 8 Other ancient authorities read Holy Spirit
- ^h Other ancient authorities read your

- ¹² For I will be merciful toward their iniquities, and I will remember their sins no
 - more."

¹³ In speaking of "a new covenant," he has made the first one obsolete. And what is obsolete and growing old will soon disappear.

The Earthly and the Heavenly Sanctuaries

9 Now even the first covenant had regulations for worship and an earthly sanctuary. ² For a tent^a was constructed, the first one, in which were the lampstand, the table, and the bread of the Presence;^b this is called the Holy Place. ³ Behind the second curtain was a tent^a called the Holy of Holies. ⁴ In it stood the golden altar of incense and the ark of the covenant overlaid on all sides with gold, in which there were a golden urn holding the manna, and Aaron's rod that budded, and the tablets of the covenant; ⁵ above it were the cherubim of glory overshadowing the mercy seat.^c Of these things we cannot speak now in detail.

6 Such preparations having been made, the priests go continually into the first tent^a to carry out their ritual duties; ⁷ but only the high priest goes into the second, and he but once a year, and not without taking the blood that he offers for himself and for the sins committed unintentionally by the people. ⁸ By this the Holy Spirit indicates that the way into the sanctuary has not yet been disclosed as long as the first tent^a is still standing. ⁹ This is a symbol⁴ of the present time, during which gifts and sacrifices are offered that cannot perfect the conscience of the worshiper, ¹⁰ but deal only with food and drink and various baptisms, regulations for the body imposed until the time comes to set things right.

11 But when Christ came as a high priest of the good things that have come,^e then through the greater and perfect^f tent^a (not made with hands, that is, not of this creation), ¹² he entered once for all into the Holy Place, not with the blood of goats and calves, but with his own blood, thus obtaining eternal redemption. ¹³ For if the blood of goats and bulls, with the sprinkling of the ashes of a heifer, sanctifies those who have been defiled so that their flesh is purified, ¹⁴ how much more will the blood of Christ, who through the eternal Spirit^g offered himself without blemish to God, purify our^h conscience from dead works to worship the living God!

15 For this reason he is the mediator of a new covenant, so that those who are called may receive the

promised eternal inheritance, because a death has occurred that redeems them from the transgressions under the first covenant.^a ¹⁶ Where a will^a is involved, the death of the one who made it must be established. 17 For a willa takes effect only at death, since it is not in force as long as the one who made it is alive. ¹⁸ Hence not even the first covenant was inaugurated without blood. ¹⁹ For when every commandment had been told to all the people by Moses in accordance with the law, he took the blood of calves and goats,^b with water and scarlet wool and hyssop, and sprinkled both the scroll itself and all the people, ²⁰ saying, "This is the blood of the covenant that God has ordained for you." ²¹ And in the same way he sprinkled with the blood both the tent^c and all the vessels used in worship. ²² Indeed, under the law almost everything is purified with blood, and without the shedding of blood there is no forgiveness of sins.

Christ's Sacrifice Takes Away Sin

23 Thus it was necessary for the sketches of the heavenly things to be purified with these rites, but the heavenly things themselves need better sacrifices than these. ²⁴For Christ did not enter a sanctuary made by human hands, a mere copy of the true one, but he entered into heaven itself, now to appear in the presence of God on our behalf. ²⁵ Nor was it to offer himself again and again, as the high priest enters the Holy Place year after year with blood that is not his own; ²⁶ for then he would have had to suffer again and again since the foundation of the world. But as it is, he has appeared once for all at the end of the age to remove sin by the sacrifice of himself. 27 And just as it is appointed for mortals to die once, and after that the judgment, ²⁸ so Christ, having been offered once to bear the sins of many, will appear a second time, not to deal with sin, but to save those who are eagerly waiting for him.

Christ's Sacrifice Once for All

10 Since the law has only a shadow of the good things to come and not the true form of these realities, it^d can never, by the same sacrifices that are continually offered year after year, make perfect those who approach. ² Otherwise, would they not have ceased being offered, since the worshipers, cleansed once for all, would no longer have any consciousness of sin? ³ But in these sacrifices there is a reminder of sin year after year. ⁴ For it is impossible for the blood of bulls and goats to take away sins. ⁵ Consequently, when Christe came into the world, he said,

"Sacrifices and offerings you have not desired,

- but a body you have prepared for me;
- ⁶ in burnt offerings and sin offerings you have taken no pleasure.
- 7 Then I said, 'See, God, I have come to do your will, O God'

(in the scroll of the book^f it is written of me)." ⁸ When he said above, "You have neither desired nor taken pleasure in sacrifices and offerings and burnt offerings and sin offerings" (these are offered according to the law), ⁹ then he added, "See, I have come to do your will." He abolishes the first in order to establish the second. ¹⁰ And it is by God's will^g that we have been sanctified through the offering of the body of Jesus Christ once for all.

- ^a The Greek word used here means both covenant and will
- ^b Other ancient authorities lack and goats
- ° Or tabernacle
- ^d Other ancient authorities read they
- e Gk he
- f Meaning of Gk uncertain
- g Gk by that will

Read Hebrews 10:1–18

The repetition of sacrifices proves their powerlessness to forgive sins. The sacrificial work of Jesus has passed. Jesus gives his followers access to the Father. They share in his priestly consecration. God no longer remembers sins. The one offering in obedience suffices.

Reflect: The heart of sacrifice is the offering. Jesus offered his life of obedience to God his Father. How can you join in this one offering? Does the Eucharist help you?

Pray: Think about the offering of the bread and wine at the Eucharist. Make a spiritual communion by offering yourself with Jesus.

Act: Pay a visit to the Blessed Sacrament. Think about the one offering of Jesus made present in the Eucharist.

Read Hebrews 10:19-39

The High Priest invites all to enter into the new sanctuary by faith. Hoping for a better future, followers need to support one another by good works. Remembering the suffering endured, remembering the good accomplished, they can expect a great reward. Abandoning faith and hope will only bring judgment.

Reflect: Being a follower of Jesus can often bring hardship. It can also bring joy. Think of the joys of the past. Pay attention to the one in whom you have placed your trust.

Pray: Ask the Holy Spirit, already given to you, for patience and endurance. Renew your commitment in faith to Jesus as your savior.

Act: Discuss your faith with a fellow believer. Tell someone why faith is important to you.

- ^a Gk this one
- ^b Gk on their minds and I will remember
- ^c Gk Therefore, brothers

11 And every priest stands day after day at his service, offering again and again the same sacrifices that can never take away sins. ¹² But when Christ^a had offered for all time a single sacrifice for sins, "he sat down at the right hand of God," ¹³ and since then has been waiting "until his enemies would be made a footstool for his feet." ¹⁴ For by a single offering he has perfected for all time those who are sanctified. ¹⁵ And the Holy Spirit also testifies to us, for after saying,

- ¹⁶ "This is the covenant that I will make with them after those days, says the Lord:
 - I will put my laws in their hearts,

and I will write them on their minds,"

¹⁷ he also adds,

"I will remember^b their sins and their lawless deeds no more."

¹⁸ Where there is forgiveness of these, there is no longer any offering for sin.

A Call to Persevere

19 Therefore, my friends,^c since we have confidence to enter the sanctuary by the blood of Jesus, ²⁰ by the new and living way that he opened for us through the curtain (that is, through his flesh), ²¹ and since we have a great priest over the house of God, ²² let us approach with a true heart in full assurance of faith, with 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 he who has promised is faithful. ²⁴ And let us consider how to provoke one another to love and good deeds, ²⁵ not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching.

26 For if we willfully persist in sin after having received the knowledge of the truth, there no longer remains a sacrifice for sins, ²⁷ but a fearful prospect of judgment, and a fury of fire that will consume the adversaries. ²⁸ Anyone who has violated 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 those who have spurned the Son of God, profaned the blood of the covenant by which they were sanctified, and outraged 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 recall those earlier days when, after you had been enlightened, you endured a hard struggle with suf-

ferings, ³³ sometimes being publicly exposed to abuse and persecution, and sometimes being partners with those so treated. ³⁴ For you had compassion for those who were in prison, and you cheerfully accepted the plundering of your possessions, knowing that you yourselves possessed something better and more lasting. ³⁵ Do not, therefore, abandon that confidence of yours; it brings a great reward. ³⁶ For you need endurance, so that when

Read Hebrews 11

The Old Testament bears witness to people of faith, beginning with Abel and continuing with Abraham, Moses and the Israelites, David and Samuel, and countless others. They all received divine approval by trusting, even if they did not always understand. They still waited for the promise that we now have received.

Reflect: Where is your trust? In God? In Jesus? In the church? Do you need to be convinced of the meaning of life and of forgiveness? What do you believe? About God? About Jesus? About the church?

Pray: Slowly and with great awareness pray the Our Father.

Act: Read about David in the two books of Samuel and about David's death in 1 Kings 1–2.

- ^a Gk by this
- ^b Or was not made out of visible things
- ° Gk greater
- d Gk through it
- ^e Or By faith Sarah herself, though barren, received power to conceive, even when she was too old, because she considered him faithful who had promised.

you have done the will of God, you may receive what was promised. ³⁷ For yet

"in a very little while,

the one who is coming will come and will not delay;

³⁸ but my righteous one will live by faith. My soul takes no pleasure in anyone who shrinks back."

³⁹ But we are not among those who shrink back and so are lost, but among those who have faith and so are saved.

The Meaning of Faith

1 Now faith is the assurance of things hoped for, the conviction of things not seen. ² Indeed, by faith^a our ancestors received approval. ³ By faith we understand that the worlds were prepared by the word of God, so that what is seen was made from things that are not visible.^b

The Examples of Abel, Enoch, and Noah

4 By faith Abel offered to God a more acceptable^c sacrifice than Cain's. Through this he received approval as righteous, God himself giving approval to his gifts; he died, but through his faith^d he still speaks. ⁵ By faith Enoch was taken so that he did not experience death; and "he was not found, because God had taken him." For it was attested before he was taken away that "he had pleased God." ⁶ And without faith it is impossible to please God, for whoever would approach him must believe that he exists and that he rewards those who seek him. ⁷ By faith Noah, warned by God about events as yet unseen, respected the warning and built an ark to save his household; by this he condemned the world and became an heir to the righteousness that is in accordance with faith.

The Faith of Abraham

8 By faith Abraham obeyed when he was called to set out for a place that he was to receive as an inheritance; and he set out, not knowing where he was going. ⁹ By faith he stayed for a time in the land he had been promised, as in a foreign land, living in tents, as did Isaac and Jacob, who were heirs with him of the same promise. ¹⁰ For he looked forward to the city that has foundations, whose architect and builder is God. ¹¹ By faith he received power of procreation, even though he was too old—and Sarah herself was barren—because he considered him faithful who had promised.^{e 12} Therefore from one person, and this one as good as dead, deandants ware horn

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scendants were born, "as many as the stars of heaven and as the innumerable grains of sand by the seashore."

13 Åll of these died in faith without having received the promises, but from a distance they saw and greeted them. They confessed that they were strangers and foreigners on the earth, ¹⁴ for people who speak in this way make it clear that they are seeking a homeland. ¹⁵ If they had been thinking of the land that they had left behind, they would have had opportunity to return. ¹⁶ But as it is, they desire a better country, that is, a heavenly one. Therefore God is not ashamed to be called their God; indeed, he has prepared a city for them.

17 By faith Abraham, when put to the test, offered up Isaac. He who had received the promises was ready to offer up his only son, ¹⁸ of whom he had been told, "It is through Isaac that descendants shall be named for you." 19 He considered the fact that God is able even to raise someone from the dead-and figuratively speaking, he did receive him back. ²⁰ By faith Isaac invoked blessings for the future on Jacob and Esau. ²¹ By faith Jacob, when dying, blessed each of the sons of Joseph, "bowing in worship over the top of his staff." ²² By faith Joseph, at the end of his life, made mention of the exodus of the Israelites and gave instructions about his burial.^a

The Faith of Moses

23 By faith Moses was hidden by his parents for three months after his birth, because they saw that the child was beautiful; and they were not afraid of the king's edict.^b ²⁴ By faith Moses, when he was grown up, refused to be called a son of Pharaoh's daughter, ²⁵ choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. ²⁶ He considered abuse suffered for the Christ^c to be greater wealth than the treasures of Egypt, for he was looking ahead to the reward. ²⁷ By faith he left Egypt, unafraid of the king's anger; for he persevered as though^d he saw him 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 the firstborn of Israel.^e

The Faith of Other Israelite Heroes

29 By faith the people passed through the Red Sea as if it were dry land, but when the Egyptians attempted to do so they were drowned. ³⁰ By faith the walls of Jericho fell after they had been encircled for seven days. ³¹ By faith Rahab the prostitute did not perish with those who were disobedient, f because she had received the spies in peace.

32 And what more should I say? For time would fail me to tell of Gideon. Barak. Samson, Jephthah, of David and Samuel and the prophets-33 who through faith conquered kingdoms, administered justice, obtained promises, shut the mouths of lions, ³⁴ quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign armies to flight. 35 Women received their dead by resurrection. Others were tortured, refusing to accept release, in order to obtain a better resurrection. 36 Others suffered mocking and flogging, and even chains and imprisonment. 37 They were stoned to death, they were sawn in two,^g they were killed by the sword; they went about in skins of sheep and goats, destitute, persecuted, tormented-38 of whom the world was not worthy. They wandered in deserts and mountains, and in caves and holes in the ground.

39 Yet all these, though they were commended for their faith, did not receive what was promised, ⁴⁰ since God had provided something better so that they would not, apart from us, be made perfect.

^a Gk his bones

^b Other ancient authorities add By faith Moses, when he was grown up, killed the Egyptian, because he observed the humiliation of his people (Gk brothers)

d Or because

e Gk would not touch them

f Or unbelieving

^g Other ancient authorities add they were tempted

^c Or the Messiah

Read Hebrews 12:1-11

Remember that Jesus suffered on the cross. He endured hostility, just as followers of Jesus endure pain and hostility. Patience and endurance will win the day. Even good sons need discipline in life. God disciplines his children so that they may become righteous (stand in the presence of God).

Reflect: Does life bring discipline? How do you respond to problems? Do you believe that God and the Lord Jesus are present to you as you deal with your problems?

Pray: Pray for patience and endurance, especially when life throws you a curve. Join your suffering to that of Jesus on the cross.

Act: Pray the Stations of the Cross.

- ^a Other ancient authorities read *sin that easily distracts*
- ^b Or who instead of
- Other ancient authorities read such hostility from sinners against themselves
- ^d Or no chance to change his father's mind
- e Gk*it*
- f Other ancient authorities read a mountain

The Example of Jesus

12 Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely,^a and let us run with perseverance the race that is set before us, ² looking to Jesus the pioneer and perfecter of our faith, who for the sake of^b the joy that was set before him endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God.

3 Consider him who endured such hostility against himself from sinners,^c so that you may not grow weary or lose heart. ⁴ In your struggle against sin you have not yet resisted to the point of shedding your blood. ⁵ And you have forgotten the exhortation that addresses you as children—

- "My child, do not regard lightly the discipline of the Lord,
- or lose heart when you are punished by him; ⁶ for the Lord disciplines those whom he loves,

and chastises every child whom he accepts."

⁷ Endure trials for the sake of discipline. God is treating you as children; for what child is there whom a parent does not discipline? ⁸ If you do not have that discipline in which all children share, then you are illegitimate and not his children. ⁹ Moreover, we had human parents to discipline us, and we respected them. Should we not be even more willing to be subject to the Father of spirits and live? ¹⁰ For they disciplined us for a short time as seemed best to them, but he disciplines us for our good, in order that we may share his holiness. ¹¹ Now, discipline always seems painful rather than pleasant at the time, but later it yields the peaceful fruit of righteousness to those who have been trained by it.

12 Therefore lift your drooping hands and strengthen your weak knees, ¹³ and make straight paths for your feet, so that what is lame may not be put out of joint, but rather be healed.

Warnings against Rejecting God's Grace

14 Pursue peace with everyone, and the holiness without which no one will see the Lord. ¹⁵ See to it that no one fails to obtain the grace of God; that no root of bitterness springs up and causes trouble, and through it many become defiled. ¹⁶ See to it that no one becomes like Esau, an immoral and godless person, who sold his birthright for a single meal. ¹⁷ You know that later, when he wanted to inherit the blessing, he was rejected, for he found no chance to repent,^d even though he sought the blessing^e with tears.

18 You have not come to something^f that can be touched, a blazing fire, and darkness, and gloom, and a

Read Hebrews 12:12–29

Lift your drooping hands; strive for peace; avoid bitterness. You have come to the new Jerusalem, to a feast. Strive for peace with everyone. Offer to God acceptable worship with reverence.

Reflect: Think about what you have already received. Count your blessings.

Pray: Pray the Our Father, paying special attention to the second half.

Act: Kneel down and thank God for life, for faith, and for people who know you and love you.

Read Hebrews 13

The author offers a final exhortation, suggesting virtues to be practiced and vices to be avoided. Remember what you have learned. Deal with suffering; offer the spiritual sacrifice of a life well lived. May God equip you with every good, that you may do the will of God made known to you by Christ Jesus. Grace to you. Amen.

Reflect: Pick out a virtue that you need to practice. How can you determine the will of God for you? The will of God should make you happy. If you are not happy, is it possible that may not be doing the will of God?

Pray: Ask the Holy Spirit to help you with the virtue you need to practice. Pray to know the will of God in your daily life.

Act: Show hospitality.

- ^a Or angels, and to the festal gathering ²³ and assembly
- ^b Gk were in the body

^c Gk not by foods

tempest, ¹⁹ and the sound of a trumpet, and a voice whose words made the hearers beg that not another word be spoken to them. ²⁰ (For they could not endure the order that was given, "If even an animal touches the mountain, it shall be stoned to death." ²¹ Indeed, so terrifying was the sight that Moses said, "I tremble with fear.") ²² But you have come to Mount Zion and to the city of the living God, the heavenly Jerusalem, and to innumerable angels in festal gathering, ²³ and to the assembly^a of the firstborn who are enrolled in heaven, and to God the judge of all, and to the spirits of the righteous made perfect, ²⁴ and to Jesus, the mediator of a new covenant, and to the spinkled blood that speaks a better word than the blood of Abel.

25 See that you do not refuse the one who is speaking; for if they did not escape when they refused the one who warned them on earth, how much less will we escape if we reject the one who warns from heaven! ²⁶ At that time his voice shook the earth; but now he has promised, "Yet once more I will shake not only the earth but also the heaven." ²⁷ This phrase, "Yet once more," indicates the removal of what is shaken—that is, created things—so that what cannot be shaken may remain. ²⁸ Therefore, since we are receiving a kingdom that cannot be shaken, let us give thanks, by which we offer to God an acceptable worship with reverence and awe; ²⁹ for indeed our God is a consuming fire.

Service Well-Pleasing to God

13 Let mutual love continue. ² Do not neglect to show hospitality to strangers, for by doing that some have entertained angels without knowing it. ³ Remember those who are in prison, as though you were in prison with them; those who are being tortured, as though you yourselves were being tortured.^b ⁴ Let marriage be held in honor by all, and let the marriage bed be kept undefiled; for God will judge fornicators and adulterers. ⁵ Keep your lives free from the love of money, and be content with what you have; for he has said, "I will never leave you or forsake you." ⁶ So we can say with confidence,

"The Lord is my helper;

I will not be afraid.

What can anyone do to me?"

7 Remember your leaders, those 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 all kinds of strange teachings; for it is well for the heart to be strengthened by grace, not by regulations about food,^c which have not benefited those who

observe them. ¹⁰ We have an altar from which those who officiate in the tent^a have no right to eat. ¹¹ For the bodies of those animals whose blood is brought into the sanctuary by the high priest as a sacrifice for sin are burned outside the camp. ¹² Therefore Jesus also suffered outside the city gate in order to sanctify the people by his own blood. ¹³ Let us then go to him outside the camp and bear the abuse he endured. ¹⁴ For here we have no lasting city, but we are looking for the city that is to come. ¹⁵ Through him, then, let us continually offer a sacrifice of praise to God, that is, the fruit of lips that confess his name. ¹⁶ Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.

17 Obey your leaders and submit to them, for they are keeping watch over your souls and will give an account. Let them do this with joy and not with sighing—for that would be harmful to you.

18 Pray for us; we are sure that we have a clear conscience, desiring to act honor-

ably in all things. ¹⁹ I urge you all the more to do this, so that I may be restored to you very soon.

Benediction

20 Now may the God of peace, who brought back from the dead our Lord Jesus, the great shepherd of the sheep, by the blood of the eternal covenant, ²¹ make you complete in everything good so that you may do his will, working among us^b that which is pleasing in his sight, through Jesus Christ, to whom be the glory forever and ever. Amen.

Final Exhortation and Greetings

22 I appeal to you, brothers and sisters,^c bear with my word of exhortation, for I have written to you briefly. ²³ I want you to know that our brother Timothy has been set free; and if he comes in time, he will be with me when I see you. ²⁴ Greet all your leaders and all the saints. Those from Italy send you greetings. ²⁵ Grace be with all of you.^d

^a Or tabernacle

^b Other ancient authorities read you

^c Gk brothers

^d Other ancient authorities add Amen