

# Hebrews

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## "Rest"

ἀνεσις

relaxation, relief; to let up, slacken

ἀνάπαυσις

ana, "up" + pauo, "to pause"

κατάπαυσις

kata, "down" + pauo

σαββατισμός

a "Sabbath" rest

## Hebrews 4:1

<sup>1</sup> Therefore, since a promise remains of entering His rest, let us fear lest any of you seem to have come short of it.

## Hebrews 4:2

2 For indeed the gospel was preached to us as well as to them; but the word which they heard did not profit them, not being mixed with faith in those who heard it.

## Hebrews 4:3

3 For we who have believed do enter that rest, as He has said:

"So I swore in My wrath,  
'They shall not enter My rest,' "