

**A reading from Hebrews chapter 4 verses 1 through 11. You can find this reading on page 1002 of your pew Bible.**

Therefore, while the promise of entering his rest still stands, let us fear lest any of you should seem to have failed to reach it. For good news came to us just as to them, but the message they heard did not benefit them, because they were not united by faith with those who listened. For we who have believed enter that rest, as he has said,

“As I swore in my wrath,  
‘They shall not enter my rest,’”

although his works were finished from the foundation of the world. For he has somewhere spoken of the seventh day in this way: “And God rested on the seventh day from all his works.” And again in this passage he said,

“They shall not enter my rest.”

Since therefore it remains for some to enter it, and those who formerly received the good news failed to enter because of disobedience, again he appoints a certain day, “Today,” saying through David so long afterward, in the words already quoted,

“Today, if you hear his voice,  
do not harden your hearts.”

For if Joshua had given them rest, God would not have spoken of another day later on. So then, there remains a Sabbath rest for the people of God, for whoever has entered God's rest has also rested from his works as God did from his.

Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience.

**The Word of the Lord.  
Thanks be to God.**

**Please join me in praying Psalm 95.**

Leader: Oh come, let us sing to the Lord;  
let us make a joyful noise to the rock of our salvation!

**People: Let us come into his presence with thanksgiving;  
let us make a joyful noise to him with songs of praise!**

Leader: For the Lord is a great God,  
and a great King above all gods.

**People: In his hand are the depths of the earth;  
the heights of the mountains are his also.**

Leader: The sea is his, for he made it,  
and his hands formed the dry land.

**People: Oh come, let us worship and bow down;  
let us kneel before the Lord, our Maker!**

Leader: For he is our God,

**People: and we are the people of his pasture,  
and the sheep of his hand.**

Leader: Today, if you hear his voice,  
do not harden your hearts, as at Meribah,  
as on the day at Massah in the wilderness,

**People: when your fathers put me to the test  
and put me to the proof, though they had seen my work.**

Leader: For forty years I loathed that generation  
and said, "They are a people who go astray in their heart,  
and they have not known my ways."

**People: Therefore I swore in my wrath,  
"They shall not enter my rest."**

**Glory to the Father and to the Son and to the Holy Spirit: as it  
was in the beginning, is now, and will be forever. Amen.**

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Leader: The Holy Gospel of our Lord Jesus Christ  
according to John.

**People: Glory to you, Lord Christ.**

When they got out on land, they saw a charcoal fire in place, with fish laid out on it, and bread. Jesus said to them, "Bring some of the fish that you have just caught." So Simon Peter went aboard and hauled the net ashore, full of large fish, 153 of them. And although there were so many, the net was not torn. Jesus said to them, "Come and have breakfast." Now none of the disciples dared ask him, "Who are you?" They knew it was the Lord. Jesus came and took the bread and gave it to them, and so with the fish. This was now the third time that Jesus was revealed to the disciples after he was raised from the dead.

Leader: The Gospel of the Lord

**People: Praise to you, Lord Christ.**