

A GREAT HIGH PRIEST

Take-Home · Session 3 · Today, If You Hear His Voice · Hebrews 3:1–4:13

A Catholic Journey Through the Letter to the Hebrews

What We Found

Faithful over the house, and we are the house. Moses was faithful in God's house as a servant; Christ over it as Son and builder: “and we are his house, if we hold fast our confidence” (3:6). The whole passage lives in that if.

Rescued people refused the promise. At Kadesh (Numbers 14), the sea-crossed, manna-fed generation voted for Egypt at the border, and fell in the wilderness: not from weakness, but unbelief hardened one today at a time.

The Church warns herself every morning. Psalm 95, the psalm this passage expounds, is the Church's normal Invitatory: the psalm that ordinarily opens the Liturgy of the Hours each day. St. Benedict set it near the start of his Rule's Prologue. Vigilance is a morning liturgy.

The rest is still open. David, safe in Canaan, still said “today”: so Canaan was never the final rest. A sabbath rest (sabbatismos) remains for the people of God: entered by faith now, foretasted every Lord's Day, consummated in heaven.

The word is the scalpel. Hearts harden by self-deceit; the living and active word, sharper than any two-edged sword, reaches the hiding places (4:12–13), and it cuts the reader first.

Voices of the Church

St. Benedict *The Rule, Prologue*

Near the start of his Rule's Prologue, the father of Western monasticism sounds this session's verse, bidding us hear what the divine voice cries daily: today, if you hear his voice, harden not your hearts. The verse is a daily bell, not an emergency alarm.

St. Augustine *Confessions*

You have made us for yourself, O Lord, and our heart is restless until it rests in you. The rest was never Canaan, or Carthage, or achievement; it was God: the rest that has no evening.

St. John Chrysostom *Homilies on Hebrews*

The today of the psalm is always now, and the devil's favorite word is tomorrow. Hearts are rarely lost in a day, but often in a series of tomorrows: hence, exhort one another daily.

Live It This Week

1. Pray Psalm 95, whole, every morning this week: the Church's normal Invitatory, praise and warning in one breath.
2. Take the thing you have been telling God “tomorrow” about, and do it, or begin it, before we meet again.
3. Read Hebrews 4:14–5:10 before next session, and watch for two things: a sentence that begins “we have,” and a name you have not heard since Genesis. Do not unseal anything.

Scripture Memory Verse

HEBREWS 4:12 (RSV2CE)

“For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and spirit, of joints and marrow, and discerning the thoughts and intentions of the heart.”

Before Next Session

Read Hebrews 4:14–5:10: the throne of grace, and a name surfaces.

Catechism Connections

CCC 1165 (the liturgy's today) · CCC 2659–2660 (prayer in the present moment) · CCC 131 (the force of the word) · CCC 1720 (entering God's rest)