

Heb

Chapter 12

English Interlinear

Reference: American Standard Version

- 1 Τοιγαροῦν καὶ ἡμεῖς, τοσοῦτον ἔχοντες περικείμενον ἡμῖν νέφος μαρτύρων,
Therefore also we such a great having encompassing us a cloud of witnesses
[G5105](#) [G2532](#) [G1473](#) [G5118](#) [G2192](#) [G4029](#) [G1473](#) [G3509](#) [G3144](#)
- ὄγκον ἀποθέμενοι πάντα, καὶ τὴν εὐπερίστατον ἁμαρτίαν, δι' ὑπομονῆς
weight having laid aside every and the easily entangling sin with endurance
[G3591](#) [G0659](#) [G3956](#) [G2532](#) [G3588](#) [G2139](#) [G0266](#) [G1223](#) [G5281](#)
- τρέχωμεν τὸν προκείμενον ἡμῖν ἀγῶνα,
we should run the lying before us race
[G5143](#) [G3588](#) [G4295](#) [G1473](#) [G0073](#)

Therefore let us also, seeing we are compassed about with so great a cloud of witnesses, lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us,

- 2 ἀφορῶντες εἰς τὸν τῆς πίστεως ἀρχηγὸν καὶ τελειωτὴν, Ἰησοῦν· ὃς
looking to the of [our] faith author and perfecter Jesus who
[G0872](#) [G1519](#) [G3588](#) [G3588](#) [G4102](#) [G0747](#) [G2532](#) [G5051](#) [G2424](#) [G3739](#)
- ἀντὶ τῆς προκειμένης αὐτῷ χαρᾷ, ὑπέμεινεν σταυρὸν, αἰσχύνης
in view of the lying before him joy endured [the] cross [its] shame
[G0473](#) [G3588](#) [G4295](#) [G0846](#) [G5479](#) [G5278](#) [G4716](#) [G0152](#)
- καταφρονήσας, ἐν δεξιᾷ τε τοῦ θρόνου τοῦ Θεοῦ, κεκάθικεν.
having despised at right hand and of the throne - of God sat down
[G2706](#) [G1722](#) [G1188](#) [G5037](#) [G3588](#) [G2362](#) [G3588](#) [G2316](#) [G2523](#)

looking unto Jesus the author and perfecter of our faith, who for the joy that was set before him endured the cross, despising shame, and hath sat down at the right hand of the throne of God.

- 3 ἀναλογίσασθε γὰρ, τὸν τοιαύτην ὑπομεμενηκότα ὑπὸ τῶν ἁμαρτωλῶν
consider fully indeed the [One] such great having endured from - sinners
[G0357](#) [G1063](#) [G3588](#) [G5108](#) [G5278](#) [G5259](#) [G3588](#) [G0268](#)
- εἰς ἑαυτὸν ἀντιλογίαν, ἵνα μὴ κάμητε, ταῖς ψυχαῖς ὑμῶν
against himself hostility that not you shall grow weary in the souls of you
[G1519](#) [G1438](#) [G0485](#) [G2443](#) [G3361](#) [G2577](#) [G3588](#) [G5590](#) [G4771](#)
- ἐκλυόμενοι.
fainting
[G1590](#)

For consider him that hath endured such gainsaying of sinners against himself, that ye wax not weary, fainting in your souls.

- 4 Οὐπω μέχρις αἵματος ἀντικατέστητε, πρὸς τὴν ἁμαρτίαν ἀνταγωνιζόμενοι,
Not yet unto blood have you resisted against - sin struggling
[G3768](#) [G3360](#) [G0129](#) [G0478](#) [G4314](#) [G3588](#) [G0266](#) [G0464](#)

Ye have not yet resisted unto blood, striving against sin:

5 καὶ ἐκλέλησθε τῆς παρακλήσεως, ἣτις ὑμῖν, ὡς υἱοῖς, διαλέγεται:
 and you have forgotten the exhortation that to you as to sons he addresses
[G2532](#) [G1585](#) [G3588](#) [G3874](#) [G3748](#) [G4771](#) [G5613](#) [G5207](#) [G1256](#)

Υἱέ μου, μὴ ὀλιγώρει παιδείας Κυρίου, μηδὲ ἐκλύου, ὑπ' αὐτοῦ
 son of me not regard lightly [the] discipline of [the] Lord nor faint by him
[G5207](#) [G1473](#) [G3361](#) [G3643](#) [G3809](#) [G2962](#) [G3366](#) [G1590](#) [G5259](#) [G0846](#)

ἐλεγχόμενος;
 being reproved
[G1651](#)

and ye have forgotten the exhortation which reasoneth with you as with sons, My son, regard not lightly the chastening of the Lord, Nor faint when thou art reproved of him;

6 ὃν γὰρ ἀγαπᾷ Κύριος, παιδεύει; μαστιγοῖ δὲ πάντα υἱὸν ὃν
 whom indeed he loves [the] Lord disciplines he scourges moreover every son whom
[G3739](#) [G1063](#) [G0025](#) [G2962](#) [G3811](#) [G3146](#) [G1161](#) [G3956](#) [G5207](#) [G3739](#)

παραδέχεται.
 he receives
[G3858](#)

For whom the Lord loveth he chasteneth, And scourgeth every son whom he receiveth.

7 εἰς παιδείαν ὑπομένετε, ὡς υἱοῖς ὑμῖν προσφέρεται ὁ Θεός; τίς γὰρ
 If discipline you endure as sons you is treating - God what indeed
[G1519](#) [G3809](#) [G5278](#) [G5613](#) [G5207](#) [G4771](#) [G4374](#) [G3588](#) [G2316](#) [G5101](#) [G1063](#)

υἱὸς ὃν οὐ παιδεύει πατήρ;
 son [is there] whom not disciplines [his] father
[G5207](#) [G3739](#) [G3756](#) [G3811](#) [G3962](#)

It is for chastening that ye endure; God dealeth with you as with sons; for what son is there whom his father chasteneth not?

8 εἰ δὲ χωρὶς ἐστε παιδείας, ἧς μέτοχοι γεγόνασιν πάντες,
 if moreover without you are discipline of which partakers you have become all
[G1487](#) [G1161](#) [G5565](#) [G1510](#) [G3809](#) [G3739](#) [G3353](#) [G1096](#) [G3956](#)

ἄρα νόθοι καὶ οὐχ υἱοὶ ἐστε.
 then illegitimate children and not sons you are
[G0686](#) [G3541](#) [G2532](#) [G3756](#) [G5207](#) [G1510](#)

But if ye are without chastening, whereof all have been made partakers, then are ye bastards, and not sons.

9 εἴτα τοὺς μὲν τῆς σαρκὸς ἡμῶν πατέρας εἶχομεν
 Furthermore the indeed - flesh of us fathers we have had [as]
[G1534](#) [G3588](#) [G3303](#) [G3588](#) [G4561](#) [G1473](#) [G3962](#) [G2192](#)

παιδευτὰς, καὶ ἐνετρεπόμεθα; οὐ πολὺ [δὲ] μᾶλλον,
 who discipline [us] and we respected [them] not much also rather
[G3810](#) [G2532](#) [G1788](#) [G3756](#) [G4183](#) [G1161](#) [G3123](#)

ὑποταγησόμεθα τῷ Πατρὶ τῶν πνευμάτων, καὶ ζήσομεν;
 will we be in subjection to the Father - of spirits and will live
[G5293](#) [G3588](#) [G3962](#) [G3588](#) [G4151](#) [G2532](#) [G2198](#)

Furthermore, we had the fathers of our flesh to chasten us, and we gave them reverence: shall we not much rather be in subjection unto the Father of spirits, and live?

- 10 οἱ μὲν γὰρ πρὸς ὀλίγας ἡμέρας, κατὰ τὸ δοκοῦν αὐτοῖς,
- truly indeed for a few days according to that seeming good to them
[G3588](#) [G3303](#) [G1063](#) [G4314](#) [G3641](#) [G2250](#) [G2596](#) [G3588](#) [G1380](#) [G0846](#)
- ἐπαίδευσεν; ὁ δὲ ἐπὶ τὸ συμφέρον, εἰς τὸ μεταλαβεῖν
they disciplined [us] - but [He] for [our] benefitting in order - to share
[G3811](#) [G3588](#) [G1161](#) [G1909](#) [G3588](#) [G4851](#) [G1519](#) [G3588](#) [G3335](#)
- τῆς ἀγιότητος αὐτοῦ.
of the holiness of him
[G3588](#) [G0041](#) [G0846](#)

For they indeed for a few days chastened us as seemed good to them; but he for our profit, that we may be partakers of his holiness.

- 11 πᾶσα. δὲ παιδεία, πρὸς μὲν τὸ παρὸν, οὐ δοκεῖ χαρὰς
all moreover discipline for indeed those being present not seems of joy
[G3956](#) [G1161](#) [G3809](#) [G4314](#) [G3303](#) [G3588](#) [G3918](#) [G3756](#) [G1380](#) [G5479](#)
- εἶναι, ἀλλὰ λύπης; ὕστερον δὲ, καρπὸν εἰρηνικόν, τοῖς δι' αὐτῆς
to be but of grief afterward however [the] fruit peaceable to those by it
[G1510](#) [G0235](#) [G3077](#) [G5305](#) [G1161](#) [G2590](#) [G1516](#) [G3588](#) [G1223](#) [G0846](#)
- γεγυμνασμένοις, ἀποδίδωσιν δικαιοσύνης.
having been trained it yields of righteousness
[G1128](#) [G0591](#) [G1343](#)

All chastening seemeth for the present to be not joyous but grievous; yet afterward it yieldeth peaceable fruit unto them that have been exercised thereby, even the fruit of righteousness.

- 12 Διὸ τὰς παρειμένας χεῖρας, καὶ τὰ παραλελυμένα γόνατα,
Therefore [your] drooping hands and [your] enfeebled knees
[G1352](#) [G3588](#) [G3935](#) [G5495](#) [G2532](#) [G3588](#) [G3886](#) [G1119](#)
- ἀνορθώσατε;
lift up
[G0461](#)

Wherefore lift up the hands that hang down, and the palsied knees;

- 13 καὶ τροχιάς ὀρθὰς ποιεῖτε τοῖς ποσὶν ὑμῶν, ἵνα μὴ τὸ χωλὸν
and paths straight make for the feet of you that not that which [is] lame
[G2532](#) [G5163](#) [G3717](#) [G4160](#) [G3588](#) [G4228](#) [G4771](#) [G2443](#) [G3361](#) [G3588](#) [G5560](#)
- ἐκτραπῇ; ἰαθῇ δὲ μᾶλλον.
should be put out of joint should be healed however rather
[G1624](#) [G2390](#) [G1161](#) [G3123](#)

and make straight paths for your feet, that that which is lame be not turned out of the way, but rather be healed.

- 14 Εἰρήνην διώκετε μετὰ πάντων, καὶ τὸν ἁγιασμόν, οὗ χωρὶς, οὐδεὶς
Peace pursue with all and - holiness which without no one
[G1515](#) [G1377](#) [G3326](#) [G3956](#) [G2532](#) [G3588](#) [G0038](#) [G3739](#) [G5565](#) [G3762](#)
- ὄψεται τὸν Κύριον;
will see the Lord
[G3708](#) [G3588](#) [G2962](#)

Follow after peace with all men, and the sanctification without which no man shall see the Lord:

- 15 ἐπισκοποῦντες, μή τις ὑστερῶν ἀπὸ τῆς χάριτος τοῦ Θεοῦ; μή τις
 looking earnestly lest any failing from the grace - of God lest any
[G1983](#) [G3361](#) [G5100](#) [G5302](#) [G0575](#) [G3588](#) [G5485](#) [G3588](#) [G2316](#) [G3361](#) [G5100](#)
- ρίζα πικρίας ἄνω φύουσα ἐνοχλῇ, καὶ δι' αὐτῆς μianθῶσιν
 root of bitterness up springing should trouble [you] and by this might be defiled
[G4491](#) [G4088](#) [G0507](#) [G5453](#) [G1776](#) [G2532](#) [G1223](#) [G0846](#) [G3392](#)
- οἱ πολλοί;
 the many
[G3588](#) [G4183](#)

looking carefully lest there be any man that falleth short of the grace of God; lest any root of bitterness springing up trouble you, and thereby the many be defiled;

- 16 μή τις πόρνος ἢ βέβηλος, ὡς Ἡσαῦ, ὃς ἀντὶ βρώσεως
 lest [there be] any fornicator or profane person as Esau, who for meal
[G3361](#) [G5100](#) [G4205](#) [G2228](#) [G0952](#) [G5613](#) [G2269](#) [G3739](#) [G0473](#) [G1035](#)
- μᾶς, ἀπέδετο τὰ πρωτοτόκια ἑαυτοῦ.
 one sold the birthright of himself
[G1520](#) [G0591](#) [G3588](#) [G4415](#) [G1438](#)

lest there be any fornicator, or profane person, as Esau, who for one mess of meat sold his own birthright.

- 17 ἴστε γὰρ ὅτι καὶ μετέπειτα, θέλων κληρονομήσαι τὴν εὐλογίαν,
 you know indeed that also afterward wishing to inherit the blessing
[G1492](#) [G1063](#) [G3754](#) [G2532](#) [G3347](#) [G2309](#) [G2816](#) [G3588](#) [G2129](#)
- ἀπεδοκιμάσθη; μετανόιας γὰρ τόπον οὐχ εὔρεν, καίπερ μετὰ δακρύων
 he was rejected of repentance indeed place not he found although with tears
[G0593](#) [G3341](#) [G1063](#) [G5117](#) [G3756](#) [G2147](#) [G2539](#) [G3326](#) [G1144](#)
- ἐκζητήσας αὐτήν.
 having earnestly sought it
[G1567](#) [G0846](#)

For ye know that even when he afterward desired to inherit the blessing, he was rejected; for he found no place for a change of mind in his father, though he sought it diligently with tears.

- 18 Οὐ γὰρ προσελήλυθατε, ψηλαφωμένῳ καὶ κεκαυμένῳ πυρὶ,
 not indeed you have come to [that] being touched and having been kindled with fire
[G3756](#) [G1063](#) [G4334](#) [G5584](#) [G2532](#) [G2545](#) [G4442](#)
- καὶ γνόφῳ, καὶ ζόφῳ, καὶ θυέλλῃ,
 and to darkness and to gloom and to storm
[G2532](#) [G1105](#) [G2532](#) [G2217](#) [G2532](#) [G2366](#)

For ye are not come unto a mount that might be touched, and that burned with fire, and unto blackness, and darkness, and tempest,

- 19 καὶ σάλπιγγος ἤχῳ, καὶ φωνῇ ῥημάτων; ἧς οἱ ἀκούσαντες,
 and of a trumpet to [the] sound and to a voice of words which those having heard
[G2532](#) [G4536](#) [G2279](#) [G2532](#) [G5456](#) [G4487](#) [G3739](#) [G3588](#) [G0191](#)
- παρητήσαντο, μὴ προστεθῆναι αὐτοῖς λόγον;
 excused themselves [asking] not to be addressed to them [the] word
[G3868](#) [G3361](#) [G4369](#) [G0846](#) [G3056](#)

and the sound of a trumpet, and the voice of words; which voice they that heard entreated that no word more should be spoken unto them;

20 οὐκ ἔφερον γὰρ τὸ διαστελλόμενον· καὶ θηρίον θίγη τοῦ
 not they could bear indeed that being commanded If even a beast should touch the
[G3756](#) [G5342](#) [G1063](#) [G3588](#) [G1291](#) [G2579](#) [G2342](#) [G2345](#) [G3588](#)

ὄρους, λιθοβοληθήσεται;
 mountain it will be stoned
[G3735](#) [G3036](#)

for they could not endure that which was enjoined, If even a beast touch the mountain, it shall be stoned;

21 καὶ οὕτω φοβερὸν ἦν τὸ φανταζόμενον· Μωϋσῆς εἶπεν, Ἐκφοβός
 and so fearful was the thing appearing [that] Moses said greatly afraid
[G2532](#) [G3779](#) [G5398](#) [G1510](#) [G3588](#) [G5324](#) [G3475](#) [G3004](#) [G1630](#)

εἰμι, καὶ ἔντρομος.
 I am and trembling
[G1510](#) [G2532](#) [G1790](#)

and so fearful was the appearance, that Moses said, I exceedingly fear and quake:

22 ἀλλὰ προσεληλύθατε Σιών ὄρει; καὶ πόλει Θεοῦ ζῶντος, Ἱερουσαλὴμ
 but you have come to Zion Mount and [the] city of God [the] living [the] Jerusalem
[G0235](#) [G4334](#) [G4622](#) [G3735](#) [G2532](#) [G4172](#) [G2316](#) [G2198](#) [G2419](#)

ἐπουρανίῳ; καὶ μυριάσιν ἀγγέλων,
 heavenly and to myriads of angels
[G2032](#) [G2532](#) [G3461](#) [G0032](#)

but ye are come unto mount Zion, and unto the city of the living God, the heavenly Jerusalem, and to innumerable hosts of angels,

23 πανηγύρει; καὶ ἐκκλησίᾳ πρωτοτόκων, ἀπογεγραμμένων ἐν
 [to the] assembly and to [the] church of [the] firstborn having been enrolled in
[G3831](#) [G2532](#) [G1577](#) [G4416](#) [G0583](#) [G1722](#)

οὐρανοῖς; καὶ Κριτῇ Θεῷ πάντων; καὶ πνεύμασι δικαίων
 [the] heavens and to [the] judge God of all and to [the] spirits of [the] righteous
[G3772](#) [G2532](#) [G2923](#) [G2316](#) [G3956](#) [G2532](#) [G4151](#) [G1342](#)

τετελειωμένων;
 having been perfected
[G5048](#)

to the general assembly and church of the firstborn who are enrolled in heaven, and to God the Judge of all, and to the spirits of just men made perfect,

24 καὶ διαθήκης νέας μεσίτη, Ἰησοῦ; καὶ αἵματι ῥαντισμοῦ,
 and of a covenant new [the] mediator to Jesus and to [the] blood of sprinkling
[G2532](#) [G1242](#) [G3501](#) [G3316](#) [G2424](#) [G2532](#) [G0129](#) [G4473](#)

κρεῖττον λαλοῦντι παρὰ τὸν Ἄβελ.
 better things speaking than that of Abel
[G2909](#) [G2980](#) [G3844](#) [G3588](#) [G0006](#)

and to Jesus the mediator of a new covenant, and to the blood of sprinkling that speaketh better than that of Abel.

- 25 Βλέπετε μὴ παραιτήσησθε τὸν λαλοῦντα. εἰ γὰρ ἐκεῖνοι οὐκ
 Take heed lest you refuse the [one] speaking if indeed they not
[G0991](#) [G3361](#) [G3868](#) [G3588](#) [G2980](#) [G1487](#) [G1063](#) [G1565](#) [G3756](#)
- ἐξέφυγον, ἐπὶ γῆς παραιτησάμενοι τὸν χρηματίζοντα, πολὺ μᾶλλον
 escaped on earth having refused the [one] divinely instructing [them] much less
[G1628](#) [G1909](#) [G1093](#) [G3868](#) [G3588](#) [G5537](#) [G4183](#) [G3123](#)
- ἡμεῖς οἱ τὸν ἀπ' οὐρανῶν ἀποστρεφόμενοι,
 we - the [One] from [the] heavens turning away from
[G1473](#) [G3588](#) [G3588](#) [G0575](#) [G3772](#) [G0654](#)

See that ye refuse not him that speaketh. For if they escaped not when they refused him that warned them on earth, much more shall not we escape who turn away from him that warneth from heaven:

- 26 οὗ ἡ φωνὴ τὴν γῆν ἐσάλευσεν τότε; νῦν δὲ ἐπήγγελλται,
 whose - voice the earth shook at that time now moreover he has promised
[G3739](#) [G3588](#) [G5456](#) [G3588](#) [G1093](#) [G4531](#) [G5119](#) [G3568](#) [G1161](#) [G1861](#)
- λέγων, Ἔτι ἅπαξ ἐγὼ σείσω οὐ μόνον τὴν γῆν, ἀλλὰ καὶ τὸν
 saying Yet once [more] I will shake not only the earth but also -
[G3004](#) [G2089](#) [G0530](#) [G1473](#) [G4579](#) [G3756](#) [G3440](#) [G3588](#) [G1093](#) [G0235](#) [G2532](#) [G3588](#)
- οὐρανόν.
 heaven
[G3772](#)

whose voice then shook the earth: but now he hath promised, saying, Yet once more will I make to tremble not the earth only, but also the heaven.

- 27 τὸ δὲ ἔτι ἅπαξ, δηλοῖ τὴν τῶν σαλευομένων μετάρθωσιν,
 this moreover Yet once [more] signifies the of the [things] being shaken removing
[G3588](#) [G1161](#) [G2089](#) [G0530](#) [G1213](#) [G3588](#) [G3588](#) [G4531](#) [G3331](#)
- ὡς πεποιημένων, ἵνα μείνῃ τὰ μὴ σαλευόμενα.
 as [those] having been created so that should remain the things not being shaken
[G5613](#) [G4160](#) [G2443](#) [G3306](#) [G3588](#) [G3361](#) [G4531](#)

And this word, Yet once more, signifieth the removing of those things that are shaken, as of things that have been made, that those things which are not shaken may remain.

- 28 Διὸ βασιλείαν ἀσάλευτον παραλαμβάνοντες, ἔχωμεν χάριν, δι'
 Therefore a kingdom not to be shaken receiving we might have grace by
[G1352](#) [G0932](#) [G0761](#) [G3880](#) [G2192](#) [G5485](#) [G1223](#)
- ἧς λατρεύωμεν εὐαρέστως τῷ Θεῷ, μετὰ εὐλαβείας καὶ δέους.
 which we might serve well pleasingly - God with fear and reverence
[G3739](#) [G3000](#) [G2102](#) [G3588](#) [G2316](#) [G3326](#) [G2124](#) [G2532](#) [G1169](#)

Wherefore, receiving a kingdom that cannot be shaken, let us have grace, whereby we may offer service well-pleasing to God with reverence and awe:

- 29 καὶ γὰρ ὁ Θεὸς ἡμῶν πῦρ καταναλίσκον.
 also indeed the God of us [is] a fire consuming
[G2532](#) [G1063](#) [G3588](#) [G2316](#) [G1473](#) [G4442](#) [G2654](#)

for our God is a consuming fire.