Then Moses went up from the plains of Moab to Mount Nebo, the headland of Pisgah which faces Jericho, and the LORD showed him all the land-Gilead, and as far as Dan, all Naphtali, the land of Ephraim and Manasseh, all the land of Judah as far as the Western Sea, the Negeb, the circuit of the Jordan with the lowlands at Jericho, city of palms, and as far as Zoar. The LORD then said to him, "This is the land which I swore to Abraham, Isaac and Jacob that I would give to their descendants. I have let you feast your eyes upon it, but you shall not cross over."