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Do you hear cars or waves?

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CORE VERSE

Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.

Genesis 2:3

After God created the world in Genesis 1, He did not need to rest. He is God! He doesn't get tired like us. He has all of the power He needs to do anything He chooses. So why would the God who made the universe take a break? Because

He knew that we would need one. He was establishing a pattern of work and rest for us to follow. Like a good father who models positive behavior for his children, so our heavenly Father modeled a healthy pattern of living for us.

USE THE SPACE BELOW TO HELP YOU REMEMBER THIS VERSE. FEEL FREE TO WRITE, DRAW OR DESIGN IN WAYS THAT MAKE SENSE TO YOU.

READ EXODUS 20:8-11.

God's command to the Israelites to keep the Sabbath day holy was one of the first He gave to them, along with the rest of the Ten Commandments. He clearly cared deeply that His people follow His instructions about how to schedule their week.

As we studied in the second lesson in this book, the word holy can mean "separated" or "set apart." A holy thing is not like all of the other things. God's people have been set apart from the rest of humanity as belonging to Him (1 Peter 2:9). We are holy. And God commanded the Israelites to set apart the Sabbath (or seventh) day as special, not like any of the other days (v. 8).

How was it to be special? First, they were to give that day to the Lord. Second, they weren't to do any work. At all. Including the kids and the servants and the out-of-town visitors (vv. 9-10). Period.

This command is not like the others in the Ten Commandments. For one, it's the only command God says that He did first. He worked for six days in creating the world and then rested on the seventh day. He commanded them to do what He had done (v. 11).

Second, it's the only one that is not also repeated in some way in the New Testament teachings to followers of Jesus. We know that Jesus kept the Sabbath; He kept all of the Law perfectly (Matthew 5:17-18). We also know that when Jesus fulfilled the Law, He freed those of us who trust in Him from the need to follow the Jewish Law for our salvation (Romans 8:2). The New Testament makes it clear that Christians are still

expected not to worship idols, steal, commit adultery, etc.

(Colossians 3). But it also makes clear that we have been freed from the requirement to keep the Sabbath from Friday sundown to Saturday sundown as it was spelled out in the Law (Colossians 2:16-17).

So instead of gathering to keep the Sabbath together on Saturdays as the Jews had always done, the Christians eventually started to meet on the first day of the week instead of the seventh. They saw themselves as freed from strict Sabbath observance.

But many Christians still observe a kind of Sabbath day of rest on Sundays or another day of the week. As Jesus taught, ... *"The Sabbath was made for man, and not man for the Sabbath"* (Mark 2:27).

Human beings need rest. We need renewal. God made us that way. He doesn't intend for us to work endlessly until we collapse from exhaustion. He modeled a healthy pattern for us in His own creation work, with a day of healing rest every week.

God designed His Sabbath command for Israel's good. A disciple of Jesus will benefit from following God's pattern of work and rest.

CORE CONCEPTS

God designed an essential pattern for rest and renewal.

SABBATH:

Seventh day, a day of religious observance and abstinence from work, originally commanded by God in the Law to be kept from Friday evening to Saturday evening

QUESTIONS TO EXPLORE OVER THE NEXT TWO DAYS

- » WHAT DID THE SABBATH MEAN TO JESUS WHEN HE LIVED HERE ON EARTH?
- » WHAT ARE THE HEALTH BENEFITS OF REST AND/OR SABBATH?
- » WHAT ARE SOME DIFFERENT WAYS TO EXPERIENCE REST AND RENEWAL?
- » WRITE YOUR OWN QUESTION: