

## **The Necessity of Rest Outline**

### ***Genesis 2:1-3***

#### I. What is the Sabbath?

- A. From the Hebrew word “Shabbat” = “rest”
- B. Even in our culture, until recently, some form of Sabbath was practiced.
  - 1. The “Blue Laws” of the 20<sup>th</sup> century.
- C. Some religious sects still observe the Sabbath (other than the Jews).
  - 1. Seventh Day Adventists.
  - 2. “Christian Sabbatarians”
- D. Should Christians be observing the Biblical Sabbath?

#### II. **Creation Sabbath—God’s Sabbath** (Genesis 2:1-3)

- A. God’s “work” was not completed after the sixth day of creation.
  - 1. God’s work was completed when He rested, on the seventh day (2:2)
- B. God rested?
  - 1. God never gets weary, can never tire out (Isaiah 40:28).
  - 2. Rest is not just inactivity.
    - a. God’s rest wasn’t to replenish energy, but was a deep satisfaction that His work was completed and it was “very good”.
- C. This was the first Sabbath, it was God’s Sabbath.
  - 1. In all of Genesis there are no commands to observe a Sabbath, there is no designated day of worship.
- D. God “sanctified” the seventh day—separating it from all other days.
  - 1. The Sabbath was a memorial to God’s final day of creation—completion.

#### III. **Law Sabbath—Israel’s Sabbath** (Exodus 16:2-30; 20:1-10; 31:12-17).

- A. The groundwork for the Sabbath—Israel in the wilderness: Manna from heaven and gleaning instructions from God. Five days pick up the manna enough for each day, on the sixth glean double portions so that on the seventh day there will be only rest.
- B. The Sabbath becomes Law for Israel—The Ten Commandments (Ex. 20:1-10).
- C. The Sabbath is a “sign” (Ex. 31:12-17).
  - 1. A sign in the Bible points to something else.
    - a. Noah and the flood sign = rainbow.
    - b. Abraham sign = circumcision.
  - 2. This sign is serious business! If you don’t observe the Sabbath, you will be put to death!

#### IV. **The Lord of the Sabbath—Jesus’s Sabbath**

- A. By the time of Christ, the Jews had complicated the Sabbath with countless laws, rules and regulations. The essence of Sabbath rest had been lost.
- B. *Jesus was the end of Judaism!*
  - 1. Jesus brought an end to the tabernacle, the temple, the sacrificial system, and now, the Sabbath: All were “signs” pointing to something, someone else.
    - a. Jesus was the fulfillment of all the signs!
- C. Jesus confronts the Sabbath and the Jews.
  - 1. Mark 2:12-28—Walking through the grainfields on the Sabbath, picking grain.
    - a. *“The Sabbath was made for man not man for the Sabbath.”*
    - b. *“I (Jesus) am Lord of the Sabbath”*
  - 2. Luke 14:1-6; John 5:1-17

#### V. **Sabbath for the Christian—Our Sabbath**

- A. Jesus is our Sabbath rest—Hebrews 4
  - 1. We enter His rest through believing in Him (Heb.4:3).
  - 2. Our Sabbath is not a day, it is a person—Jesus Christ
  - 3. What does it mean to “be saved?”—To rest in Jesus Christ.

**“Shabbat is not a day, it is a disposition, a profound conviction that God is working while we rest” - David Roper**

***Rest – complete trust and satisfaction in the work of Jesus Christ.***

## The Necessity of Rest Pastoral Notes

### *Genesis 2:1-3*

#### Read Genesis 2:1-3

The very first Sabbath... Sabbath...from Hebrew shabbat, “to rest”... sounds simple enough... most of us like that idea... most of us could use more of it... when it comes to the Sabbath in the Bible... evidence shows that many people do not know what the Biblical Sabbath is all about... or...they are confused by it.

It certainly is not a primary consideration in our culture in this day... most of us understand that it is a Jewish thing.... Most Christians don't observe a Biblical Sabbath... and many if not most Christians don't know why we don't.... or wonder if we should.

It wasn't that long ago that our culture widely embraced a form of Sabbath... I remember no stores or restaurants would be open on Sundays... I mean none of them!...I remember when the first grocery store to open on Sundays... at 1:00 in the afternoon...after churches had all let out... my parents boycotted the store...

Even though my hometown Anaheim was a much smaller in the 50's and 60's... my childhood... and certainly a less urban city than it is now... Disneyland and I were both there and are the same age... and I remember even Disneyland was closed on Sundays.

Of course...that's unheard of now... how can you compete if not open seven days a week?...recently I read the top three fast food restaurants in America are McDonalds, Starbucks, and Chick-Fil-A...the surprise there is Chick-Fil-A... they have always been closed on Sundays... *How can they be in the number three position being closed 1/7 of the week?...*

Christians praise Chick-Fil-A for being owned by Christians who operate on Christian values... God must rewarding them for their stance on not working on Sundays!... the Christian Sabbath... but when interviewed...the Cathey family... the owners admitted that being closed on Sundays carries on the tradition of their father who like to fish on Sundays.... During church!

We had to plan to take care of grocery shopping on Saturdays... You couldn't go to a movie theater...car washes were closed... nobody went anywhere on Sundays except church...I remember getting reprimanded by my dad for asking to go outside in the yard and play football with my friends.... *Sunday is the day of rest!...you can come in and watch football on TV...but you can't play it.*

But even NFL football wasn't always televised on Sundays... blue laws — “Sunday laws.” were laws that restricted or banned activities on Sundays. Even in the United States the Supreme Court often upheld blue laws which help contribute to keeping Sundays “religious”.

Even today... There are denominations and religious sects that observe this “Sabbath day of rest”... most well-known would be the Seventh Day Adventists... who meet in their churches on Saturday... the seventh day of the week... the Sabbath is one of their primary doctrines...

There are “Christian Sabbatarians” who have made the first day of the week... Sunday... the Sabbath Day... many of the Puritans embraces a Sunday Sabbath day... along with many Reformed Christians... You may have heard of the *1689 Baptist Confession* ... It has an article stating that Christians are to treat Sunday as the new Sabbath (22.7-22.8)

Are we blowing it?... should we be actively practicing a Sabbath rest? Is this another one of the foundations that has been dismantled by our culture?... isn't it supposed to be on Saturday?... My goal this morning is for all of us to leave this place with the biblical understanding of the Sabbath.

Sabbath is indeed a foundation of our faith... and it is a foundation that has been crumbling in our culture... it is an essential part of Christianity... and we all need to understand it... and embrace it...

I want to look at the Sabbath in four distinct periods...

1. Creation Sabbath... *God's Sabbath*
2. Law Sabbath... *Israel's Sabbath*
3. The Lord of the Sabbath... *Jesus's Sabbath*
4. Sabbath for the Christian ... *Our Sabbath*

### **1. Creation Sabbath—*God's Sabbath***

Over the last couple of weeks, we've been looking at Genesis 1... the creation of the cosmos... specifically we've been looking at the six days of creation... the six unique days that God systematically created all of His creation.

Chapter 2 of Genesis zooms in on some of the most important details of His creation revealed in chapter 1... centered on His creation of man and woman... and His plan for them... chapter 2 helps explain in detail what God had just done in chapter 1... but the first three verses of chapter 2 is the transition from chapter 1 to chapter 2.

I think it really belongs at the end of chapter 1 in that it tells what went on, on the 7<sup>th</sup> day of creation.... Perhaps it was included at the beginning of chapter 2 for emphasis... because of the “specialness” of this day.... over all the other days.

We assume that creation stopped after the sixth day.... Creation did end after the sixth day... But God's work was completed on the seventh....verse 1 says **Thus the heavens and the earth were completed His work which He had done...**But careful reading of verse 2 of chapter 2... we see that what took place on the seventh day was definitely a part of God's work... **and on the seventh day God completed His work which He had done...**not on the 6<sup>th</sup>... but completed His work on the seventh.

What did He do on the 7<sup>th</sup> that completed His work?... He rested!...**He rested on the seventh day from all His work which He had done.**

Rest then is a part of God's work....The idea that God rested is interesting isn't it?... we know that God is not like us...we get tired after a few hours of work...or even the thought of work... but His attributes show us that He is all powerful.. all knowing...ever present... all everything... God does not...never gets weary... He never can tire out...

Isaiah said it clearly...40:28 **Do you not know? Have you not heard? The everlasting God, Lord, the Creator of the ends of the earth does not become weary or tired.** So why does Genesis 2:3 tell us God rested on the seventh day?...could it be that resting is more than inactivity?

The problem is that we don't really understand "rest"...we often get it confused with *leisure*... we think it's just inactivity... stop all movement, lay on the couch, doing NOTHING.... What we begin to see as we look at the Sabbath is that rest is so much more than doing nothing.

Remember each time after God created something... it said **and God saw that it was good...** over and over again... God created and God saw that it was good... at the end of the 6<sup>th</sup> day **and God saw all that He had made and behold... it was VERY good.** *If I say so Myself... this is VERY GOOD!*

He created... He looked at what He created... and He was very pleased with what He had created... all of it... when it says He rested... not to replenish His energy but **having a deep sense of satisfaction that His work was finished...** and it was very, very good!

The Hebrew word literally means to "cease and desist"...interesting legal term...cease = to stop what you're doing... desist = to stop for good!...it was a perfect work... He could stop creating... and enjoy His work...if you've ever done a very large project... build a house... or a cathedral... when the ribbon was cut... you would look at with great satisfaction... *it is finished!*.

Its somewhat like when in a courtroom the prosecutor lays out his case against the defendant... and He's presented all He has... what does he say? "*The prosecution rests his case*".

He doesn't say that then he looked for a sofa to lay down on!... no... He's satisfied... He worked hard... He did all that he needed to do... His case was finished... He was satisfied... he could "rest" his case.

**This is the very first Sabbath...** it is God's Sabbath... notice... as you read through Genesis... this is the only Sabbath... He creates Adam and Eve in this chapter... God never tells Adam and Eve to observe a Sabbath... He never tells them to rest.

And the generations from Adam and Eve are laid out early in Genesis... we get Abraham... Isaac... Jacob... not one of them are instructed to observe the Sabbath... nowhere in Genesis is there a specified day of worship for everyone to observe... this is *God's Sabbath*.

Verse 3 says **Then God blessed the seventh day and sanctified it, because on it He rested from all His work which God had created in making it.**

**Sanctified** is an important word here... it means "to set apart"... "to be hallowed" or best... "to be holy"... in other words... from the seventh day forward... God would separate the 7<sup>th</sup> day from the other 6 as being extremely special... an exalted day.

It is a special day that said "*It is all finished and it was very good*"... there would be no more creating anything... it was all done... completed... it was perfect... So God elevates the seventh day above all the other six days...

In doing so... only the seventh day will go on and be repeated over and over again... the first day of creation was over and would not repeat itself... same with the second, third, fourth, fifth, and sixth... but the seventh would be repeated as a memorial.

**Every seventh day from that time forth would be a testimony to the Creator...** I'll say this now... jumping ahead... this is something we SHOULD be doing!... here there's no instructions for us to stop all work on Saturday... close down shop... but there is a call for us to remember our Creator on that special day that repeats 52 times a year! [the reason the normal workweek ends on Friday is for this reason!]... this is God's Sabbath!

Hundreds and hundreds of years pass before we hear anything more about a Sabbath...

## **2. Law Sabbath.... Israel's Sabbath**

Turn over to Exodus 16... We have a grumbling Israel... Miraculously... two and a half months earlier... God delivered them from captivity in Egypt... splitting the sea... walking on dry land...

**Exodus 16:2-7**

**2** But the whole congregation of the sons of Israel grumbled against Moses and Aaron in the wilderness. **3** The sons of Israel said to them, “If only we had died by the Lord’s hand in the land of Egypt, when we sat by the pots of meat, when we ate bread until we were full; for you have brought us out into this wilderness to kill this entire assembly with hunger!”

**4** Then the Lord said to Moses, “Behold, I will rain bread from heaven for you; and the people shall go out and gather a day’s portion every day, so that I may test them, whether or not they will walk in My]instruction. **5** On the sixth day, when they prepare what they bring in, it will be twice as much as they gather daily.” **6** So Moses and Aaron said to all the sons of Israel, “At evening you will know that the Lord has brought you out of the land of Egypt; **7** and in the morning you will see the glory of the Lord, for He hears your grumblings against the Lord; and what are we, that you grumble against us?”

**22-26 22**

Now on the sixth day they gathered twice as much bread, two omers for each one. When all the leaders of the congregation came and told Moses, **23** then he said to them, “This is what the Lord meant: Tomorrow is a Sabbath observance, a holy Sabbath to the Lord. Bake what you will bake and boil what you will boil, and all that is left over [q]put aside to be kept until morning.” **24** So they put it aside until morning, as Moses had ordered, and it did not stink nor was there a maggot in it. **25** Then Moses said, “Eat it today, for today is a Sabbath to the Lord; today you will not find it in the field. **26** Six days you shall gather it, but on the seventh day, the Sabbath, there will be [r]none.”

**27-30**

**27** Yet it came about on the seventh day that some of the people went out to gather, but they found none. **28** Then the Lord said to Moses, “How long do you refuse to keep My commandments and My instructions? you see, this is about trust and obedience... **29** See, [t]the Lord has given you the Sabbath; for that reason He gives you bread for two days on the sixth day. Remain, everyone, in his place; no one is to leave his place on the seventh day.” **30** So the people rested on the seventh day.

That’s the first time a Sabbath is instituted for anyone... and **it’s for God’s children Israel**... and they travel the wilderness...that is a preview of what’s coming... turn over to Exodus 20...the Ten Commandments...

**Exodus 20:1-10**

**20** Then God spoke all these words, saying, **2** “I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery. **3** “You shall have no other gods [before Me.



4 “You shall not make for yourself an idol, or any likeness of what is in heaven above or on the earth beneath, or in the water under the earth. 5 You shall not worship them nor serve them; for I, the Lord your God, am a jealous God, inflicting the punishment of the fathers on the children, on the third and the fourth generations of those who hate Me, 6 but showing favor to thousands, to those who love Me and keep My commandments.

7 “You shall not take the name of the Lord your God in vain, for the Lord will not [f]leave him unpunished who takes His name in vain.

8 “**Remember the Sabbath day, to keep it holy.** Referring back to the first Sabbath... this day is now law to Israel... they are to keep the Sabbath day separated from the rest of the week... separated for God. 9 For six days you shall labor and do all your work, 10 but the seventh day is a Sabbath of the Lord your God; on it you shall not do any work, you, or your son, or your daughter, your male slave or your female slave, or your cattle, or your resident who stays with you.

The Sabbath day becomes law... In Genesis... the Sabbath was for God... now... God establishes the Sabbath for His people... something to not miss... Exodus 31.

**Exodus 31:12-17**

12 Now the Lord spoke to Moses, saying, 13 “Now as for you, speak to the sons of Israel, saying, ‘You must keep My Sabbaths; for **this is a sign between Me and you** throughout your generations, so that you may know that I am the Lord who sanctifies you. 14 Therefore you are to keep the Sabbath, for it is holy to you. Everyone who profanes it must be put to death; for whoever does any work on it, that person shall be cut off from among his people. 15 For six days work may be done, but on the seventh day there is a Sabbath of complete rest, holy to the Lord; whoever does any work on the Sabbath day must be put to death. 16 So the sons of Israel shall keep the Sabbath, to celebrate the Sabbath throughout their generations as a permanent covenant.’ 17 It is a sign between Me and the sons of Israel forever; for in six days the Lord made heaven and earth, but on the seventh day He ceased from labor, and was refreshed.”

Who’s this for?... who is God directing to observe this special Sabbath day?... **the sons of Israel**... this isn’t for the surrounding nations... or other countries... or other people groups... this is for Israel.

And this is serious business isn’t it... **whoever does any work on the Sabbath will be put to death!!!**...something else... important... God says **the Sabbath is a sign between Me and you throughout the generations.**

A sign... in the Bible, a sign points to something else... its like a symbol... there are a few very important signs God established in the Bible.

**Noah**—God promised to never destroy the world again by a flood... the sign?... a rainbow.

**Abraham**—the sign was “circumcision”... it was the idea that God was telling His people... they needed to be clean... they needed to be cleansed from their sinful lives.... circumcision would be a sign of that reality.

**Sabbath**—was a sign that pointed back to when God created His perfect creation and was so very pleased with it... but since then... like Adam... through sin you... Israel “forfeited that paradise”... the Sabbath would remind them of their need to live in righteousness....every seventh day would be a reminder....

They were to rest from their work... they were to remember their creator and the creation He designed and created... the only way they could get a taste of that paradise was through obedience to God....this Sabbath is a Sabbath of repentance.

Rest meant “complete satisfaction” with His creation... His work in Genesis... here in Exodus... for Israel... **rest is complete trust and obedience** to God... “*Trust and obey...*” think about it... you’re a Jewish farmer... the harvest is ready... you have a very limited time to get the fruit off the vine... a matter of days... if you don’t get it done... the fruit will be no good! [our farmers!]

You work hard day and night Sunday, Monday, Tuesday, Wednesday, Thursday, Friday... another day ought to do it... time is of the essence!... but tomorrow is the Sabbath!... God is saying “*Are you going to trust Me?*”

And the Sabbath... like the other signs... are pointing to something else... or should I say someone else?

### **3. The Lord of the Sabbath... *Jesus’s Sabbath***

This goes on for hundreds and hundreds of more years... hundreds of years of Sabbaths... what man tends to do with laws is to embellish them...to hyper define them...the emphasis was keeping the law over the spirit of the law...By the time Jesus came to earth... The Pharisees had added thousands of laws specifically to the keeping of the Sabbath.

In my office I have the massive 22 volume set of the Torah... the thickest one is called “*Shabbat*”... it adds to God’s instructions regarding the Sabbath... open this book up on any page and you get more manmade laws regarding the keeping of the Sabbath [open book and read]

Even today in Israel... you can see this... [my trip to Israel this year: the buffet in the Hotel, The elevator stopping on every floor]

This is the Jewish culture when Jesus begins His ministry on earth... With Jesus... nothing would remain the same!... the entire Jewish system would be shaken and even dismantled by this coming of Jesus Christ....”

For example, the tabernacle, the temple...the festivals and feasts... the sacrificial system...the priesthood and the Passover are all Old Testament pictures of Christ and His redemptive work for mankind...THEY WERE SIGNS... Jesus brought an end to all of them!...Including the Sabbath!

*“Jesus was the end of Judaism”*

Let’s look at a couple of places in the New Testament to see that Jesus confronts the Jewish Sabbath ...and He takes it to a whole new level... Mark 2

#### **Mark 2:23-24**

**23 And it happened that He was passing through the grainfields on the Sabbath, and His disciples began to make their way along while picking the heads of grain. 24 The Pharisees were saying to Him, “Look, why are they doing what is not lawful on the Sabbath?”**

Jesus and His disciples are traveling on the Sabbath... they get hungry... [they would have to be very hungry!] so they pick heads of grain... to eat... the Pharisees want to condemn them for doing that on the Sabbath.... *It’s not lawful to pick grains in a field on the Sabbath...* actually it was ok for travelers to do so... [Moses law Deuteronomy 23:24-25].

Jesus answers them saying something like... *You think what we’re doing is bad...*”

#### **Mark 2:25-26**

**25 And He \*said to them, “Have you never read what David did when he was in need and he and his companions became hungry; 26 how he entered the house of God in the time of Abiathar the high priest, and ate the consecrated bread, which is not lawful for anyone to eat except the priests, and he also gave it to those who were with him?”** David was never condemned for this act by God... but what Jesus says next is a game changer for the Sabbath.

#### **Mark 2:27**

**27 Jesus said to them, “The Sabbath was made for man, and not man for the Sabbath.**

The Sabbath by this time had lost all its purpose and meaning... it had become endless lists of laws.... Nobody was capable of keeping all of them... it had become a great burden on everyone

trying to live by them... The Sabbath was not to be a burden in which man had to conform to... but the Sabbath was to be a delight which man could enjoy....

A delight in the creation of God... the perfect paradise... and the desire to restore that paradise through repentance from sin... and even physical rest from labor... but now it had become a yoke around their necks!

And then something huge:

### **Mark 2:28**

#### **28 So the Son of Man is Lord, even of the Sabbath.”**

In other words... *You guys can say what you want about what you can and can't do on the Sabbath... I AM THE LORD OF THE SABBATH.... I am sovereign over the Sabbath... the Sabbath is anything I say that it is....* “I started the Sabbath... I can do with it anything I want!”

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[Look over at Luke 14

### **Luke 14:1-6**

**14 It happened that when He went into the house of one of the [a]leaders of the Pharisees on the Sabbath to eat bread, they were watching Him closely. 2 And there in front of Him was a man suffering from edema. 3 And Jesus responded and said to the lawyers and Pharisees, “Is it lawful to heal on the Sabbath, or not?” 4 But they kept silent. And He took hold of him and healed him, and sent him away. 5 And He said to them, “Which one of you will have a son or an ox fall into a well, and will not immediately pull him out on a Sabbath day?” 6 And they could offer no reply to this.**

Jesus didn't break any of God's regulations regarding the Sabbath... but He kept dismantling the plethora of added laws to show that He was the Lord of the Sabbath... the Sabbath would be anything He wanted it to be... one more... John 5... Things are heating up for Jesus... this miracle... this healing exposes Jesus.]

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**John 5:1-17** {Jesus heals the man at the Pool of Bethesda

**5 After these things there was a feast of the Jews, and Jesus went up to Jerusalem.**

**2 Now in Jerusalem, by the Sheep Gate, there is a pool which in Hebrew is called Bethesda, having five porticoes. 3 In these porticoes lay a multitude of those who were sick, blind, limping, or paralyzed. 5 Now a man was there who had been [f]ill for thirty-eight years. 6**

Jesus, upon seeing this man lying there and knowing that he had already been in that condition for a long time, \*said to him, “Do you want to get well?” 7 The sick man answered Him, “Sir, I have no man to put me into the pool when the water is stirred up, but while I am coming, another steps down before me.” 8 Jesus \*said to him, “Get up, pick up your pallet and walk.” 9 Immediately the man became well, and picked up his pallet and began to walk.

**Now it was a Sabbath on that day.** 10 So the Jews were saying to the man who was cured, “It is a Sabbath, and it is not permissible for you to carry your pallet.” 11 But he answered them, “He who made me well was the one who said to me, ‘Pick up your pallet and walk.’” Hey...Jesus told me to do this!...12 They asked him, “Who is the man who said to you, ‘Pick it up and walk?’” 13 But the man who was healed did not know who it was, for Jesus had slipped away while there was a crowd in that place. 14 Afterward, Jesus \*found him in the temple and said to him, “Behold, you have become well; do not sin anymore, so that nothing worse happens to you.” 15 The man went away, and informed the Jews that it was Jesus who had made him well. 16 **For this reason the Jews were persecuting Jesus, because He was doing these things on a Sabbath.** 17 **But He answered them, “My Father is working until now, and I Myself am working.”**

Jesus makes a claim of deity...being God... He takes apart the Jewish Sabbath system...which was a sign... and what that sign was referring to is now revealed in Jesus Christ...which takes us to a vital passage in the Bible... Hebrews 4.

#### **4. Sabbath for the Christian ...*Our Sabbath***

Listen carefully to this (follow along!)... In Hebrews... the writer is addressing a Jewish audience... he presents to them Jesus...who is better than the priesthood, the festivals, the tabernacle, the temple and now the Sabbath... all “signs” of the coming Messiah who is the real thing....

Hebrews 3... Jesus is greater than the Law...there is no salvation in the law... Jesus is our salvation and *rest*. {there’s a lot here, more than we can handle right now...}

Hebrews 4:1 **Therefore, let us fear, (having unbelief -ch.3) lest while a promise remains of entering His rest...There’s that word, “rest” (the Greek word for cease and desist)...any one of you may seem to have fallen short of it. (2) For indeed we have had good news proclaimed to us, just as they also; but the word that was heard did not profit those who were not united with faith among those who heard. (3) For we **who have believed** enter that rest....**

That is important!...up till here... the Sabbath has not been directly attached to *believing*...it was attached to obedience... trust... but here... you enter the rest through believing...not by doing...

**Just 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. (4) For He has spoken somewhere in this way concerning the seventh day: *And God rested on the seventh day from all His works.***

**(5) And again in this passage, “They shall not enter My rest”. (6) Therefore since it remains for some to enter it, and those who formerly had good news proclaimed to them failed to enter because of disobedience... taking about Israel.**

THEY OBSERVED THE SABBATH...BUT THEY DID NOT ENTER THE REST!...

**(7) He (God) again determines a certain day, “Today,” saying through David after so long a time just as it has been said before, “TODAY IF YOU HEAR HIS VOICE, DO NOT HARDEN YOUR HEARTS.” (8) For if Joshua had given them rest, He would not have spoken of another day after that.**

Don't let all that confuse you... what he is saying is simply... Israel... NEVER ENTERED THE REST OF THE SABBATH...they observed it with their bodies... they made lists of things they could and could not do... but they did not “trust” and “believe” and “obey” the God who gave them the Sabbath.

**(9) So there remains a Sabbath rest for the people of God. (10) For the one who has entered His rest has himself also rested from His work, as God did from His.** How did the Lord rest from His work?... in complete satisfaction!

**(11) Therefore let us be diligent to enter that rest... lest anyone fall into the same example of disobedience. (12) For the word of the Lord is living and active and sharper than any two-edged sword, and piercing so far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart**

**(13) And there is no creature hidden from His sight, but all things are uncovered and laid bare to the eyes of Him whom we have an account to give.**

What's all that mean?... JESUS IS OUR SABBATH REST!... That very first Sabbath in Genesis 2... God's Sabbath.... Pointed to the Sabbath to Israel under the Law... which called for trust and obedience... all a sign!...pointing to something else... a someone...Jesus Christ!

No longer is the Sabbath the matter of a certain day... or a set of instructions, laws...it is about our day of salvation!...verse 9 says **there is a Sabbath rest for the people of God**... for His church... For Christians... there is a Sabbath for us!... do we observe then the Sabbath day?... No!...not in the Jewish sense...

We don't rest from our labors the seventh day...Saturday is not a God ordained holy day for the Christian...we are not called to rest on a day but to rest in Him... Jesus Christ... we rest from

our works.... Our attempts to gain salvation by things we do... we give up all claims to think we can DO something to save ourselves...

What does it mean to be saved?... To rest in Jesus Christ... He is our Sabbath... We don't meet in a synagogue...we don't bring our lambs to an alter in the temple... we don't sacrifice animals... we do not go to priests.... We do not observe the feasts... days... the new moon... we don't observe the Sabbath day..... all of those things were signs pointing to the true temple... the true sacrificial lamb... the true high priest... the true Sabbath rest.... Jesus Christ.

Nathan Busniez said *We love the Sabbath not for the love of a day... but for the love of a Savior.*

I think the Christian Sabbath is a culmination of all the other Sabbaths... God's Sabbath was a complete satisfaction from His perfect work.... Our Sabbath is a complete satisfaction of the work of Jesus Christ on the cross....

As Israel was to rest—trust and obey God... we too are to trust and obey

David Roper said *Shabbat is not a day, it is a disposition, a profound conviction that God is working while we rest* (rest – complete trust and satisfaction in the work of Jesus Christ)

The penalty for not entering the rest of Jesus Christ?... death! Spiritual death that runs through eternity!

*We embrace a gospel of grace not a gospel of works.*

