

A misty mountain landscape with evergreen trees in the foreground and snow on the ground. The text is centered over the image.

REST: THE SABBATH

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WE REST FOR GOD'S PURPOSE

GENESIS 2:1-3

“THUS THE HEAVENS AND THE EARTH WERE COMPLETED IN ALL THEIR VAST ARRAY. BY THE SEVENTH DAY GOD HAD FINISHED THE WORK HE HAD BEEN DOING; SO ON THE SEVENTH DAY HE RESTED FROM ALL HIS WORK. THEN GOD BLESSED THE SEVENTH DAY AND MADE IT HOLY, BECAUSE ON IT HE RESTED FROM ALL THE WORK OF CREATING THAT HE HAD DONE.”

EXODUS 16:22-23

ON THE SIXTH DAY, THEY GATHERED TWICE AS MUCH—TWO OMERS FOR EACH PERSON—AND THE LEADERS OF THE COMMUNITY CAME AND REPORTED THIS TO MOSES. HE SAID TO THEM, “THIS IS WHAT THE LORD COMMANDED: ‘TOMORROW IS TO BE A DAY OF SABBATH REST, A HOLY SABBATH TO THE LORD. SO BAKE WHAT YOU WANT TO BAKE AND BOIL WHAT YOU WANT TO BOIL. SAVE WHATEVER IS LEFT AND KEEP IT UNTIL MORNING.’”

EXODUS 16:24-26

SO THEY SAVED IT UNTIL MORNING, AS MOSES
COMMANDED, AND IT DID NOT STINK OR GET
MAGGOTS IN IT. “EAT IT TODAY,” MOSES SAID,
“BECAUSE TODAY IS A SABBATH TO THE LORD.
YOU WILL NOT FIND ANY OF IT ON THE
GROUND TODAY. SIX DAYS YOU ARE TO
GATHER IT, BUT ON THE SEVENTH DAY, THE
SABBATH, THERE WILL NOT BE ANY.”

EXODUS 16:27-30

NEVERTHELESS, SOME OF THE PEOPLE WENT OUT ON THE SEVENTH DAY TO GATHER IT, BUT THEY FOUND NONE. THEN THE LORD SAID TO MOSES, “HOW LONG WILL YOU^[C] REFUSE TO KEEP MY COMMANDS AND MY INSTRUCTIONS? BEAR IN MIND THAT THE LORD HAS GIVEN YOU THE SABBATH; THAT IS WHY ON THE SIXTH DAY HE GIVES YOU BREAD FOR TWO DAYS. EVERYONE IS TO STAY WHERE THEY ARE ON THE SEVENTH DAY; NO ONE IS TO GO OUT.” SO THE PEOPLE RESTED ON THE SEVENTH DAY.

EXODUS 20:8-11

“REMEMBER THE SABBATH DAY BY KEEPING IT HOLY. SIX DAYS YOU SHALL LABOR AND DO ALL YOUR WORK, BUT THE SEVENTH DAY IS A SABBATH TO THE LORD YOUR GOD. ON IT YOU SHALL NOT DO ANY WORK, NEITHER YOU, NOR YOUR SON OR DAUGHTER, NOR YOUR MALE OR FEMALE SERVANT, NOR YOUR ANIMALS, NOR ANY FOREIGNER RESIDING IN YOUR TOWNS. FOR IN SIX DAYS THE LORD MADE THE HEAVENS AND THE EARTH, THE SEA, AND ALL THAT IS IN THEM, BUT HE RESTED ON THE SEVENTH DAY. THEREFORE THE LORD BLESSED THE SABBATH DAY AND MADE IT HOLY.

EXODUS 31:12-13

THEN THE LORD SAID TO MOSES, “SAY TO THE ISRAELITES, ‘YOU MUST OBSERVE MY SABBATHS. THIS WILL BE A SIGN BETWEEN ME AND YOU FOR THE GENERATIONS TO COME, SO YOU MAY KNOW THAT I AM THE LORD, WHO MAKES YOU HOLY.

EXODUS 31:14-15

“OBSERVE THE SABBATH, BECAUSE IT IS HOLY TO YOU. ANYONE WHO DESECRATES IT IS TO BE PUT TO DEATH; THOSE WHO DO ANY WORK ON THAT DAY MUST BE CUT OFF FROM THEIR PEOPLE. FOR SIX DAYS WORK IS TO BE DONE, BUT THE SEVENTH DAY IS A DAY OF SABBATH REST, HOLY TO THE LORD. WHOEVER DOES ANY WORK ON THE SABBATH DAY IS TO BE PUT TO DEATH.

EXODUS 31:16-18

THE ISRAELITES ARE TO OBSERVE THE SABBATH, CELEBRATING IT FOR THE GENERATIONS TO COME AS A LASTING COVENANT. IT WILL BE A SIGN BETWEEN ME AND THE ISRAELITES FOREVER, FOR IN SIX DAYS THE LORD MADE THE HEAVENS AND THE EARTH, AND ON THE SEVENTH DAY HE RESTED AND WAS REFRESHED.” WHEN THE LORD FINISHED SPEAKING TO MOSES ON MOUNT SINAI, HE GAVE HIM THE TWO TABLETS OF THE COVENANT LAW, THE TABLETS OF STONE INSCRIBED BY THE FINGER OF GOD.

MATTHEW 12:1-2

AT THAT TIME JESUS WENT THROUGH THE
GRAINFIELDS ON THE SABBATH. HIS
DISCIPLES WERE HUNGRY AND BEGAN TO
PICK SOME HEADS OF GRAIN AND EAT
THEM. WHEN THE PHARISEES SAW THIS,
THEY SAID TO HIM, “LOOK! YOUR
DISCIPLES ARE DOING WHAT IS
UNLAWFUL ON THE SABBATH.”

MATTHEW 12:3-5

HE ANSWERED, “HAVEN’T YOU READ WHAT DAVID DID WHEN HE AND HIS COMPANIONS WERE HUNGRY? HE ENTERED THE HOUSE OF GOD, AND HE AND HIS COMPANIONS ATE THE CONSECRATED BREAD—WHICH WAS NOT LAWFUL FOR THEM TO DO, BUT ONLY FOR THE PRIESTS. OR HAVEN’T YOU READ IN THE LAW THAT THE PRIESTS ON SABBATH DUTY IN THE TEMPLE DESECRATE THE SABBATH AND YET ARE INNOCENT?”

MATTHEW 12:6-8

TELL YOU THAT SOMETHING GREATER THAN THE TEMPLE IS HERE. IF YOU HAD KNOWN WHAT THESE WORDS MEAN, 'I DESIRE MERCY, NOT SACRIFICE,' [A] YOU WOULD NOT HAVE CONDEMNED THE INNOCENT. FOR THE SON OF MAN IS LORD OF THE SABBATH."



WE SABBATH FOR GOD'S
PURPOSE



4 RHYTHMS OF SABBATH

STOP

REST

DELIGHT

WORSHIP