

Title: Sabbath : Re-envisioning Rest

Matthew 11:28-30, 12:9-14

“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light. He went on from there and entered their synagogue. And a man was there with a withered hand. And they asked him, “Is it lawful to heal on the Sabbath?” —so that they might accuse him. He said to them, “Which one of you who has a sheep, if it falls into a pit on the Sabbath, will not take hold of it and lift it out? Of how much more value is a man than a sheep! So it is lawful to do good on the Sabbath.” Then he said to the man, “Stretch out your hand.” And the man stretched it out, and it was restored, healthy like the other. But the Pharisees went out and conspired against him, how to destroy him.”

Matthew 11:28-30, 12:9-14**Main Idea: Only Jesus can provide the true rest my soul is searching for.**

Sabbath and Rest Defined: cease, desist, spiritual refreshment, reverent worship, play, stop working, dwell, settle

- Salvific Rest
- Day 7 Rest
- Ultimate Rest

Jesus Re-envisions Sabbath Rest in Three Ways**I. Yesterday's Commandment**

- Promoted by God in Genesis 2
- Practiced by Israel in OT
 - Land, War, Year of Jubilee
- Perverted by religious leaders
 - 39 principal classes of Sabbath breaking from the Talmud, Maccabean War, Pompey

Main Idea: Only Jesus can provide the true rest my soul is searching for.**II. Today's Rehearsal**

- “It's not a commandment we are bound to; it's a promise we're invited to.” **Missy Takano**
- What needs restoring in your life today?

Main Idea: Only Jesus can provide the true rest my soul is searching for.**III. Tomorrow's Promise**

“For if Joshua had given them rest, God would not have spoken later about another day. There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his. Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.” **Hebrews 4:8-11**

“Then the angel showed me the river of the water of life, as clear as crystal, flowing from the throne of God and of the Lamb 2 down the middle of the great street of the city. On each side of the river stood the tree of life, bearing twelve crops of fruit, yielding its fruit every month. And the leaves of the tree are for the healing of the nations. 3 No longer will there be any curse. The throne of God and of the Lamb will be in the city, and his servants will serve him. 4 They will see his face, and his name will be on their foreheads. 5 There will be no more night. They will not need the light of a lamp or the light of the sun, for the Lord God will give them light. And they will reign for ever and ever.”

Revelation 22:1-5**Main Idea: Only Jesus can provide the true rest my soul is searching for.**

“Cease from what is necessary. Embrace that which gives life.”

Buchanan, The Rest of God

What is one thing you **are not** going to do today?

What is one thing you **are** going to do today?

Bibliography:

- *The Bible Exposition Commentary* - Warren Wiersbe
- *Holman New Testament Commentary: Matthew* - Stuart Weber
- *NIV Bible dictionary* - Douglas & Tenney
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- *The Rest of God* - Mark Buchanan
- **Articles:**
 - *Bible Project: Keeping the sabbath is it still relevant to Christians today* - Takano
 - *The Culmination of Sabbath Rest in Revelation* - Fischer

