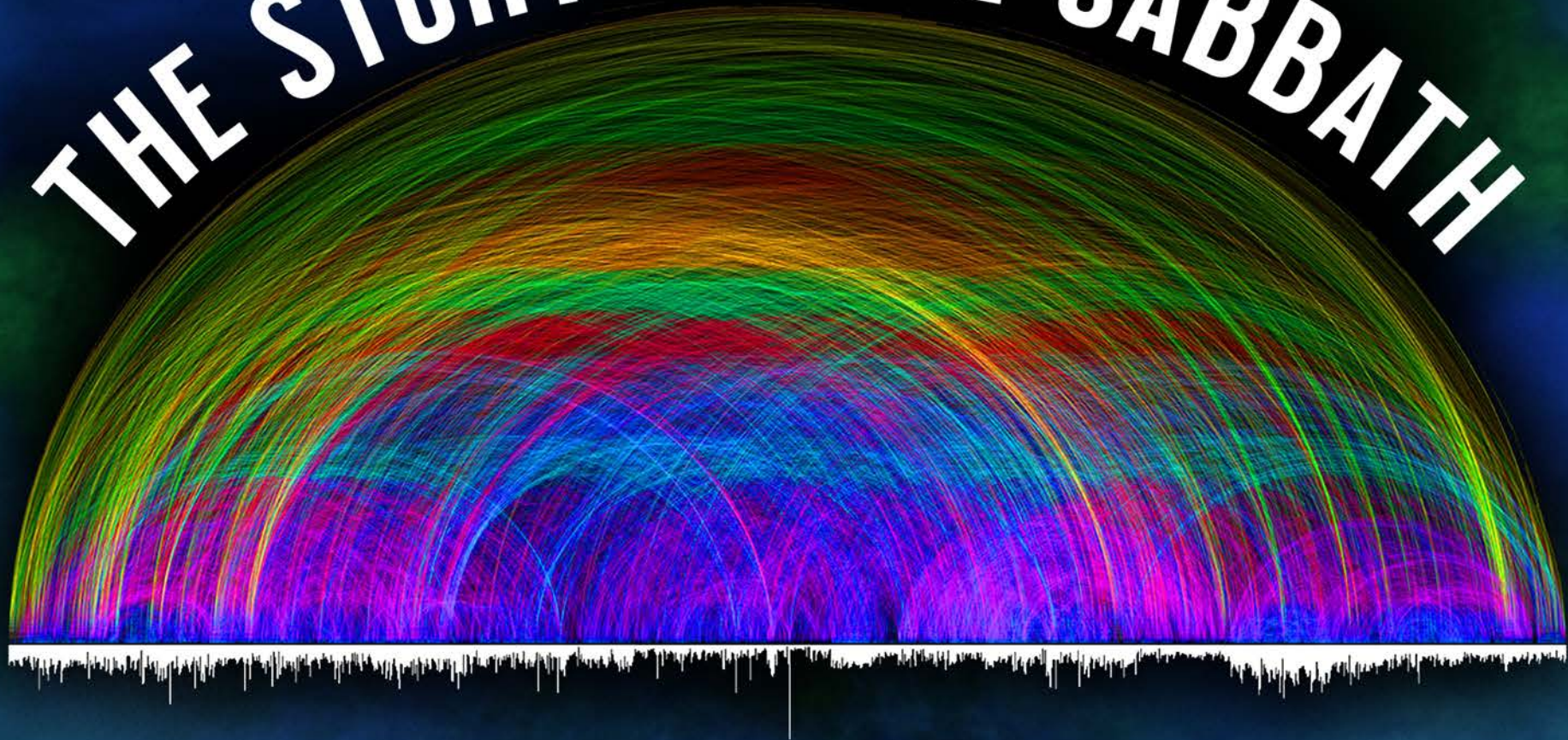


# THE STORY OF THE SABBATH



**1. God blesses the seventh day  
as a sacred day of rest.**



## Genesis 2:1–3

<sup>1</sup> Thus the heavens and the earth were finished, and all the host of them. <sup>2</sup> And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. <sup>3</sup> So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.



## Exodus 31:17

“...on the seventh day he rested **and was refreshed.**”



## Exodus 23:12

“...on the seventh day you shall rest; that your ox and your donkey may have rest, and the son of your servant woman, and the alien, **may be refreshed.**”



**2. God gives Israel Sabbath rest as a sign of creation and redemption.**



## Exodus 20:11

For in six days the LORD made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.



## Deuteronomy 5:15

You shall remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there with a mighty hand and an outstretched arm. Therefore the LORD your God commanded you to keep the Sabbath day.





## Exodus 31:13

“Above all you shall keep my Sabbaths,  
for this is a sign between me and you  
throughout your generations...”



So when I lose my way, find me  
When I lose love's chains, bind me  
At the end of all my faith,  
till the end of all my days  
When I forget my name, remind me

— Andrew Peterson



## Leviticus 25:20–22

<sup>20</sup> “And if you say, ‘What shall we eat in the seventh year, if we may not sow or gather in our crop?’ <sup>21</sup> I will command my blessing on you in the sixth year, so that it will produce a crop sufficient for three years. <sup>22</sup> When you sow in the eighth year, you will be eating some of the old crop; you shall eat the old until the ninth year, when its crop arrives.”



## Isaiah 58:13–14

- <sup>13</sup> “If you turn back your foot from the Sabbath,  
from doing your pleasure on my holy day,  
and call the Sabbath a delight  
and the holy day of the LORD honorable;  
if you honor it, not going your own ways,  
or seeking your own pleasure, or talking idly;  
<sup>14</sup> then you shall take delight in the LORD,  
and I will make you ride on the heights of the earth...”



## Jeremiah 17:27

“But if you do not listen to me, to keep the Sabbath day holy, and not to bear a burden and enter by the gates of Jerusalem on the Sabbath day, then I will kindle a fire in its gates, and it shall devour the palaces of Jerusalem and shall not be quenched.”



## Ezekiel 20:12

“I gave them my Sabbaths, as a sign between me and them, that they might know that I am the LORD who sanctifies them.”



## Leviticus 26:34–35

<sup>34</sup> “Then the land shall enjoy its Sabbaths as long as it lies desolate, while you are in your enemies’ land; then the land shall rest, and enjoy its Sabbaths. <sup>35</sup> As long as it lies desolate it shall have rest, the rest that it did not have on your Sabbaths when you were dwelling in it.”



## 2 Chronicles 36:21

<sup>21</sup> ...until the land had enjoyed its Sabbaths. All the days that it lay desolate it kept Sabbath, to fulfill seventy years.





## Ezekiel 44:24

They shall keep my laws and my statutes in all my appointed feasts, and they shall keep my Sabbaths holy.



## Isaiah 66:22–23

- 22 “For as the new heavens and the new earth  
that I make  
shall remain before me, says the LORD,  
so shall your offspring and your name remain.
- 23 From new moon to new moon,  
and from Sabbath to Sabbath,  
all flesh shall come to worship before me,  
declares the LORD.”



**3. Christ fulfills the Sabbath and invites all people to find rest in him.**



## Luke 4:16–21

<sup>16</sup> And he came to Nazareth, where he had been brought up. And as was his custom, he went to the synagogue on the Sabbath day, and he stood up to read. <sup>17</sup> And the scroll of the prophet Isaiah was given to him. He unrolled the scroll and found the place where it was written,



## Luke 4:16–21

18 “The Spirit of the Lord is upon me,  
because he has anointed me  
to proclaim good news to the poor.  
He has sent me to proclaim liberty to the captives  
and recovering of sight to the blind,  
to set at liberty those who are oppressed,  
19 to proclaim the year of the Lord’s favor.”

21 And he began to say to them, “Today this Scripture  
has been fulfilled in your hearing.”



## Galatians 4:10–11

<sup>10</sup> You observe days and months and seasons and years!

<sup>11</sup> I am afraid I may have labored over you in vain.



## Colossians 2:16

Therefore let no one pass judgment on you in questions of food and drink, or with regard to a festival or a new moon or a Sabbath.



## Romans 14:5

One person esteems one day as better than another, while another esteems all days alike. Each one should be fully convinced in his own mind.





**4. Believers now rest in Christ and press on to inherit his final rest.**



## Hebrews 4:8–11

<sup>8</sup> For if Joshua had given them rest, God would not have spoken of another day later on. <sup>9</sup> So then, there remains a Sabbath rest for the people of God, <sup>10</sup> for whoever has entered God's rest has also rested from his works as God did from his. <sup>11</sup> Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience.



## Matthew 11:28–29

<sup>28</sup> “Come to me, all who labor and are heavy laden, and I will give you rest. <sup>29</sup> 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.”



## Revelation 21:22–23

<sup>22</sup> And I saw no temple in the city, for its temple is the Lord God the Almighty and the Lamb. <sup>23</sup> And the city has no need of sun or moon to shine on it, for the glory of God gives it light, and its lamp is the Lamb.



## Revelation 22:5

<sup>4</sup> They will see his face, and his name will be on their foreheads. <sup>5</sup> And night will be no more. They will need no light of lamp or sun, for the Lord God will be their light, and they will reign forever and ever.



# THE STORY OF THE SABBATH

