

## Sabbath Rest

### \*\*\* Record \*\*\*

#### *Pray*

- The original Sabbath was on Saturday.
- The seventh day of creation. Gen 2:2-3
- Observing the Sabbath is one of the Ten Commandments.

Jesus debated the Jews on the topic of the Sabbath observance and declared that the Son of Man (Jesus) is Lord of the Sabbath. We are told to set aside a day and make it holy unto the Lord.

Now when Jesus died and rose again, the tradition changed to the Sabbath being observed on the Sunday in accordance with practice in the early Christian church.

Sabbath was a day of rest and religious service.

2<sup>nd</sup> Century AD – Sunday the first day of the week became the day of worship.

The term Lord's Day came to mean the first day of the week.

When I was a kid – Most people had weekends off

Saturday was a rest day and Sunday was the Lord's day

God told us to observe the Sabbath day and keep it holy.

Question: Is the Sabbath a day of rest?

The short answer is yes. But maybe not in the way you think

I'll come back to that the rest issue in a bit

We live in a paradoxical age

- TV, Radio, Sound and pictures from great distances
  - Yet many fail to tune their souls to hear God
- Bullet Trains, supersonic Jets, Fast Cars
  - Yet fail to reach across the street to help someone in need
- Cities, Villages and towns with many people
  - Yet so many people are alone

- Many Seek rest in:
  - Vacations
  - Alcohol
  - Drugs
  - Mood Stabilizers
  - Anti-Depressants
    - Yet rest is available in Christ Jesus
- Telephones that can call anywhere on the planet
  - Yet we fail to communicate with family & friends

So why when we have all of this technology, knowledge and comforts available to us do we suffer from?

- Exhaustion
- Frustration
- Competition
- Neglect
- Loneliness

As Christians we are supposed to find our rest in Jesus Christ.

Should we observe a day of rest? YES!

There are two distinct meanings of Sabbath. This is where the confusion for many Christians and even Pastors with limited biblical training.

Let's look at both:

- God ordained that we set aside the seventh day as a day of rest.
- This is where the seventh day Adventists come into play
  - They keep the Sabbath but deny the Lord of the Sabbath
  - Michael the Arch Angel not the son of God
- Exodus 31:14-17
  - *Keep the Sabbath holy. You have six days to do your work, but the Sabbath is mine, and it must remain a day of rest. If you work on the Sabbath, you will no longer be part of my people, and you will be put to death. Every generation of Israelites must respect the Sabbath. This day will always serve as a reminder, both to me and to the Israelites, that I made the heavens and the earth in six days, then on the seventh day I rested and relaxed.*
- Exodus 16:22-23
  - *However, on the sixth day of the week, everyone gathered enough to have four quarts, instead of two. When the leaders reported this*

*to Moses, he told them that the LORD had said, "Tomorrow is the Sabbath, a sacred day of rest in honor of me. So gather all you want to bake or boil, and make sure you save enough for tomorrow*

- Leviticus 23:3
  - *You have six days when you can do your work, but the seventh day of each week is holy because it belongs to me. No matter where you live, **you must rest on the Sabbath and come together for worship.** This law will never change*
  
- Mark 2:28
  - *Some Pharisees asked Jesus, "Why are your disciples picking grain on the Sabbath? They are not supposed to do that!" Jesus answered, "Haven't you read what David did when he and his followers were hungry and in need? It was during the time of Abiathar the high priest. David went into the house of God and ate the sacred loaves of bread that only priests are allowed to eat. He also gave some to his followers." Jesus finished by saying, "People were not made for the good of the Sabbath. The Sabbath was made for the good of people. So the Son of Man is Lord over the Sabbath.*
  
- *Jesus is Lord over the Sabbath...*
- *Jesus explains that we need to rest*
  
- Hebrews 4:3,4
  - *Only people who have faith will enter the place of rest. It is just as the Scriptures say, "God became angry and told the people," "You will never enter my place of rest!" "God said this, even though everything has been ready from the time of creation. In fact, somewhere the Scriptures say that by the seventh day, God had finished his work, and so he rested*
  
- Hebrews 4:10,11
  - *On that day God's people will rest from their work, just as God rested from his work. We should do our best to enter that place of rest, so that none of us will disobey and miss going there, as they did*
  
- Psalms 46:10
  - *"Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth*
  
- We are told to be still and know he is God

- Not Channel surf in our heads
- Not plan what to do after church
- Not Sleep in Service
- Not think about our Jobs
  - To be still here means to quiet your mind and mediate on the Lord.
  - To think about what God has done for you this week
  - To spend time in relationship with him

God is not saying that we all need to have mental and physical rest for our health, but the Sunday service is not meant to be a hostel for your weekly nap. We are supposed to rest but as we read: You must rest on the Sabbath and come together for Worship. There are two components.

- Rest from your weekly labor
- Come to the House of the Lord for Worship
- Sabbath activities should be focused on God NOT on Self
  
- Isaiah 58:12-14a
  - *You will rebuild those houses left in ruins for years; you will be known as a builder and repairer of city walls and streets. But first, you must start respecting the Sabbath as a joyful day of worship. You must stop doing and saying whatever you please on this special day. Then you will truly enjoy knowing the LORD*

A few more clarifying scriptures:

- Matthew 12:5-12
  - *Haven't you read in the Law of Moses that the priests are allowed to work in the temple on the Sabbath? But no one says that they are guilty of breaking the law of the Sabbath. I tell you that there is something here greater than the temple. Don't you know what the Scriptures mean when they say, "Instead of offering sacrifices to me, I want you to be merciful to others?" If you knew what this means, you would not condemn these innocent disciples of mine. So the Son of Man is Lord over the Sabbath. (Mark 3. 1- 6; Luke 6. 6- 11) Jesus left and went into one of the Jewish meeting places, where there was a man whose hand was crippled. Some Pharisees wanted to accuse Jesus of doing something wrong, and they asked him, "Is it right to heal someone on the Sabbath?" Jesus answered, "If you had a sheep that fell into a ditch on the Sabbath, wouldn't you lift it out? People are worth much more than sheep, and so it is right to do good on the Sabbath*

- Luke 13:12-16
  - *When Jesus saw the woman, he called her over and said, "You are now well." He placed his hands on her, and right away she stood up straight and praised God. The man in charge of the meeting place was angry because Jesus had healed someone on the Sabbath. So he said to the people, "Each week has six days when we can work. Come and be healed on one of those days, but not on the Sabbath." The Lord replied, "Are you trying to fool someone? Won't any one of you untie your ox or donkey and lead it out to drink on a Sabbath? This woman belongs to the family of Abraham, but Satan has kept her bound for eighteen years. Isn't it right to set her free on the Sabbath*

Jesus wants us to care for each other on the Sabbath. He made it plain that he was the Lord of the Sabbath and he clarified the intent of the Sabbath for us.

God was clear in Exodus 20:10,11 where he says:

- *but the seventh day of each week belongs to me, your God. No one is to work on that day-- not you, your children, your slaves, your animals, or the foreigners who live in your towns. In six days I made the sky, the earth, the oceans, and everything in them, but on the seventh day I rested. That's why I made the Sabbath a special day that belongs to me*

- Sabbath should be about rest
- Sabbath should be about worship
- Sabbath should be about fellowship
- Sabbath should be about Joy
  - The joy of the Lord is your strength
- Sabbath should be about Freedom
  - It is for freedom that the Lord of the Sabbath set us free
- Sabbath should be about showing the Love of the Lord to each other

Here is the major point for today, if you take away one thing let it be this...

While physical rest is a part of the Sabbath and we are instructed to set aside a day of rest, the Sabbath is also about worship... Why? Because our rest is in Jesus Christ.

Israel prospered because they obeyed the Sabbath and trusted God. The Sabbath rest was about stopping and trusting in God instead of trusting in their own labors.

The Law was a foreshadow of what our Lord Jesus Christ would be and what he would do. The Laws and guidelines pointed our path to the Savior Jesus. The fulfillment of all the Law would be found in him. Remember Jesus said he came to fulfill the Law.

Jesus is the revelation

- Hebrews 1:1,2
  - *God, who at various times and in various ways spoke in time past to the fathers by the prophets, has in these last days spoken to us by His Son, whom He has appointed heir of all things, through whom also He made the worlds; who being the brightness of His glory and the express image of His person, and upholding all things by the word of His power, when He had by Himself purged our sins, sat down at the right hand of the Majesty on high,*
  
- Colossians 2:14-17 CEV
  - *God wiped out the charges that were against us for disobeying the Law of Moses. He took them away and nailed them to the cross. There Christ defeated all powers and forces. He let the whole world see them being led away as prisoners when he celebrated his victory. Don't let anyone tell you what you must eat or drink. Don't let them say that you must celebrate the New Moon festival, the Sabbath, or any other festival. These things are only a shadow of what was to come. But Christ is real!*

*NKJV*

*having wiped out the handwriting of requirements that was against us, which was contrary to us. And He has taken it out of the way, having nailed it to the cross. Having disarmed principalities and powers, He made a public spectacle of them, triumphing over them in it. So let no one judge you in food or in drink, or regarding a festival or a new moon or sabbaths, which are a shadow of things to come, but the substance is of Christ.*

Jesus Is the Sabbath. The Sabbath is a symbol of Jesus and is now a New Testament reality. Our rest is in him.

Our rest is in Jesus. Our time is in worship of him who set us free.

- Hebrews 4:9:16
  - *So then, there remains a Sabbath rest for the people of God, for whoever has entered God's rest has also rested from his works as God did from his. Let us therefore strive to enter that rest, so that*

*no one may fall by the same sort of disobedience. For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account. Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.*

So you see our rest is in Jesus the Lord of the Sabbath. We are to set aside a day and make it holy. In that day we are to rest and to Worship him in whom we find rest.

Jesus said come to me all you who are weary and I will give you rest...

Jesus did good on the Sabbath, because he was the Lord of the Sabbath. He is the fulfillment of the Law and is he in whom we rest.

- Sabbath should be about rest
- Sabbath should be about worship
- Sabbath should be about fellowship
- Sabbath should be about Joy
- Sabbath should be about Freedom
- Sabbath should be about showing the Love of the Lord to each other
- Sabbath should be about doing good and the will of the Lord

*Summary:*

Remember that we read in Mark 2:27 that the sabbath was made for man, not man for the sabbath?

Jesus is telling us that the sabbath was instituted to give man rest from his labors. We do need physical rest, but Jesus came to give us rest from laboring to achieve our own salvation by works.

- We can now forever cease trying to earn our salvation.
- We no longer have to labor to earn Gods favor.
- We can rest in Jesus because of his mercy and grace.

- The Lord of the sabbath has paid the price so we can now rest in him seven days a week.

Bottom line... The sabbath is a day set aside to rest in him and to worship him.

*Prayer*