

Genesis 2:1-3 (NASU) ... “¹ Thus the heavens and the earth were completed, and all their hosts. ² By the seventh day God completed His work which He had done, **and He rested** on the seventh day from all His work which He had done.”

Exodus 16:26-30 (NASU) ... “²⁶ Six days you shall gather it, but on the seventh day, the **sabbath**, there will be none.” ²⁷ 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? ²⁹ "See, the Lord has given you the **sabbath**; therefore He gives you bread for two days on the sixth day. Remain every man in his place; let no man go out of his place on the seventh day." ³⁰ So the people rested on the seventh day.”

Exodus 20:8-11 (NASU) ... “⁸ Remember **the sabbath day**, to keep it holy. ⁹ "Six days you shall labor and do all your work, ¹⁰ **but the seventh day is a sabbath of the Lord your God**; in it you shall not do any work, you or your son or your daughter, your male or your female servant or your cattle or your sojourner who stays with you. ¹¹ "For in six days the Lord made the heavens and the 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.”

To begin, we must come to understand and remember ... “**HONORING THE SABBATH**” of GOD ... is about the reverence of: “**RESTING IN AND RELYING ON GOD AND THE PROVISION OF HIM ... AND NOT OURSELVES.**”

This Sabbath day was tied back to the creation. Specifically the seventh day. The day when God rested from all His work of creation.

- **Sabbath** is from the Hebrew word “**shabath**” and/or the Greek word “**sabbaton**” which means “*a cessation from labor, an intermission, to cease and desist from exertion, to rest*”.

At one level the Sabbath is a time to cease from our own work; to rest. **But it would also seem to be an invitation from God to participate in His own rest.** To harken back to the garden. To be in fellowship with God, leaving the chaos of this world behind for a time. And to look forward to a time when we can once again reside in the garden, free from the labors of this world, and reveling in God’s presence.

The Sabbath Is God Restoring Rest. When God created first day, second day, third day, fourth day, fifth day, sixth day, on the seventh day He rested. He didn't take a nap. He didn't go to sleep. He looked back at what he had labored, saw how good a job He did. He looked at what He had done ... *"and He entered into"* the enjoyment of His accomplishment. He rested. He then instituted resting. It's in our Ten Commandments.

The Ten Commandments says: *"The seventh day you shall keep holy as unto the Lord and it shall be a Sabbath for you"*. He not only had a Sabbath day. He instituted for Israel a Sabbatical year, a Sabbath year, every seven years. Then, every 49 years, there was another Sabbath, a Jubilee Sabbath.

God Also Built The Sabbath Into Life. Every seventh day, God's people, the Jews, were not allowed to work. They were not allowed to work. God produced manna so that they would have more than enough on the sixth day to cover the seventh day.

- He said ... ***"Because on the seventh day I want you to look back and remember where your source was, that the only reason you got through six days was because of My work, because any work you did had to depend on some work I did"***.

There is nothing you do on six days that doesn't borrow from something He did on His six days. If he didn't do what He did on His six days, you couldn't rest on your seventh day because you would have no source to draw from. ***"So on the seventh day I want you to be reminded that I am your provider, I am your source, and I am going to take care of you on the seventh day because you remembered me and remembered me as your source"***.

The Sabbath was revealed in Exodus 16:23, 29; Nehemiah 9:13-14, and made a part of the law; Exodus 20:8-11. It was invested with the character of a ***"sign"*** between Jehovah and Israel, and a perpetual reminder to Israel of their separation to God, Exodus 31:12-17.

The Promised Land represented God's rest; a return to the garden; a land flowing with milk and honey; free from the slavery and oppression they had experienced. But they failed to enter for the same reason Adam and Eve were expelled from the garden; ***for disobedience***.

The Book of Hebrews was written to warn Jewish Christians in particular ... not to abandon the Christian faith and return to Judaism; then the meaning of *"entering God's rest"* may be understood as an affirmation of Pauline doctrine: **salvation comes not by striving to obey the Jewish Law but by faith in Christ's atoning grace**. Entering God's rest is entering an eternal Sabbath from the works of the Law. A believer avoids falling away by affirming his faith in Jesus as the True high priest.

God promised rest to the people of Israel, but they failed to enter that rest because of disobedience stemming from unbelief (Hebrews 3:19). God has promised a rest for His own today - peace in the midst of trial, and victory in spite of seeming impossible problems.

Keep in mind that the readers of Hebrews were going through a time of testing (10:32-39; 12:3-14; 13:13) and were tempted, like Israel of old, to “go back” into the old life. God had promised them a rest of victory, yet they were in danger of falling short of it. God had given them the Word, but they would not “**mix it with faith**” (4:2) and apply it to their own lives. Again, note the importance of the Word of God in the life of the Believer.

The writer's argument proceeds like this: God has promised a rest to His people (v. 1), but Israel failed to enter that rest (4:6). **His promise still stands**, because Joshua (v. 8) did not give them this spiritual rest ... even though he did lead them into national rest (cp. Josh. 23:1). Otherwise, David would never have spoken about this rest centuries later in Psalm 95.

According to the Bible, entering God's rest is a state where God manages his creation without sin and rebellion. Hebrews 4:9-10 says that people of God should keep the Sabbath to follow God's example, and that those who enter God's rest also rest from their own works, as God does.

“⁶ Since therefore it remains that some must enter it, and those to whom it was first preached did not enter because of disobedience, ⁷ again He designates a certain day, saying in David, “Today,” after such a long time, as it has been said: “Today, if you will hear His voice, Do not harden your hearts.” ⁸ For if Joshua had given them rest, then He would not afterward have spoken of another day. ⁹ There remains therefore a rest for the people of God. ¹⁰ For he who has entered His rest has himself also ceased from his works as God did from His.”

In the New Testament (ACTS 2 FORWARD) ... the new covenant, all nine of the Ten Commandments are repeated. The tenth one is not. That is, one of the ten is not repeated. **“Keep the Sabbath” is not repeated in the New Testament.** It's only repeated in the Old Testament. **Now, the reason why God didn't repeat that commandment in the New Testament ... is because He shifted a day!**

In the Old Testament, it was to finish God's work ... In the New Testament, it was to start a new work when Jesus arose on Sunday morning! The Resurrection of Jesus instituted a new day. In the Old Testament, you looked back at what God did in six days. In the New Testament, you look forward to what God's gonna do in the new day because you're beginning a whole new regimen.

IN THE OLD TESTAMENT ... GOD GAVE 10 COMMANDMENTS TO FOLLOW ...

Speaking of the purposes of the Law ... Paul said in Galatians 3:24-25 (KJV) ... ²⁴ ***Wherefore the law was our schoolmaster to bring us unto Christ, that we might be justified by faith. ²⁵ But after that faith is come, we are no longer under a schoolmaster.***

IN THE NEW TESTAMENT ... JESUS COMPLETED AND KEPT “ALL 10 COMMANDMENTS PERFECTLY” ...

THEREFORE, AFTER FULFILLING THE LAW ON THE DAY OF HIS RESURRECTION ... **JESUS INSTITUTED A NEW DAY – “IT WAS THE 8TH DAY OF CREATION” ... AS A RESULT OF THE COMPLETION OF HIS WORK ...**

SINCE IN THE “NEW DAY” ... THE 7TH DAY, THE SABBATH DAY REST ... IS NOW ... IN REMEMBERING HIS WORK AND RELYING IN HIM ... “NOT ON A SATURDAY – NOT ON YOURSELF – NOT ON ANYBODY, OR ANYTHING ELSE”!!!

CONCLUSION

“There remaineth, therefore, a rest to the people of God” ... Literally “keeping of the Sabbath”. **This rest relates to God's Sabbath rest. That is, it is a rest of satisfaction, not a rest after exhaustion. God was not tired after creating the worlds; the “rest” of Genesis 2:2 speaks of completion and satisfaction.**

It is a “Sabbath of the soul”. This is the “**rest of faith**” that Jesus promises in Matthew 11:28-30 ... **“Come unto Me, all ye that labor and are heavy laden, and I will give you rest. Take My yoke upon you, and learn of Me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For My yoke is easy, and My burden is light.”**

The “**rest**” of Matthew 11:28 **is salvation**, and it is a gift that we receive by faith. The rest of 11:30, is what we find day by day as we take His yoke and surrender!