

Sabbath



REST FOR GOD'S PEOPLE

Today's Scripture Reading



MATTHEW 12:1-8

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Matthew 12:1-8



⁵ Or have you not read in the Law how on the Sabbath the priests in the temple profane the Sabbath and are guiltless? ⁶ I tell you, something greater than the temple is here. ⁷ And if you had known what this means, ‘I desire mercy, and not sacrifice,’ you would not have condemned the guiltless. ⁸ For the Son of Man is lord of the Sabbath.”

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Genesis 1



³ And God said, “Let there be light,” and there was light. ⁴ And God saw that the light was good. And God separated the light from the darkness. ⁵ God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day. ⁶ And God said, “Let there be an expanse in the midst of the waters, and let it separate the waters from the waters.” ⁷ And God made the expanse and separated the waters that were under the expanse from the waters that were above the expanse. And it was so.

Genesis 1



⁸ And God called the expanse Heaven. And there was evening and there was morning, the second day.

¹³ And there was evening and there was morning, the third day.

¹⁹ And there was evening and there was morning, the fourth day.

²³ And there was evening and there was morning, the fifth day.

Genesis 1



³¹ And God saw everything that he had made, and behold, it was very good. And there was evening and there was morning, the sixth day.

Genesis 2:1-3



¹ Thus the heavens and the earth were finished, and all the host of them. ² 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. ³ 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.

SABBATH means **REST**

When you think of rest, what comes to mind?



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Signs of Covenants



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Rainbow - Covenant with Noah (Gen 6)

Circumcision - Covenant with Abraham (Gen 17:10)

Sabbath - Covenant with Moses (Ex 16:23-29; 31:12,17)

Exodus 31:12-17



¹² And the Lord said to Moses, ¹³ “You are to speak to the people of Israel and say, ‘Above all you shall keep my Sabbaths, for this is a sign between me and you throughout your generations, that you may know that I, the Lord, **sanctify you**. ¹⁴ You shall keep the Sabbath, because it is holy for you. Everyone who profanes it shall be put to death. **Whoever does any work on it**, that soul shall be cut off from among his people.

Exodus 31:12-17



¹⁵ Six days shall work be done, but the seventh day is a Sabbath of solemn rest, holy to the Lord. Whoever does any work on the Sabbath day shall be put to death.

¹⁶ Therefore the people of Israel shall keep the Sabbath, observing the Sabbath throughout their generations, as a covenant forever. ¹⁷ It is a sign forever between me and the people of Israel that in six days the Lord made heaven and earth, and on the seventh day **he rested and was refreshed.**”

Ten Commandments: Exodus 20



1. You shall have no other gods before Me.
2. You shall not make idols.
3. You shall not take the name of the LORD your God in vain.
4. **Remember the Sabbath day, to keep it holy.**
5. Honor your father and your mother.
6. You shall not murder.
7. You shall not commit adultery.
8. You shall not steal.
9. You shall not bear false witness against your neighbor.
10. You shall not covet.

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The Sabbath as a DAY is no longer required



Romans 14:1-6: ¹ As for the one who is weak in faith, welcome him, but not to quarrel over opinions. ² One person believes he may eat anything, while the weak person eats only vegetables. ³ Let not the one who eats despise the one who abstains, and let not the one who abstains pass judgment on the one who eats, for God has welcomed him. ⁴ Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for the Lord is able to make him stand.

The Sabbath as a DAY is no longer required



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.** ⁶ The one who observes the day, observes it in honor of the Lord.

The Sabbath as a DAY is no longer required



Colossians 2:16-17: ¹⁶ Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day. ¹⁷ These are a shadow of the things that were to come; the reality, however, is found in Christ.

The Sabbath is now experienced through Jesus only



Hebrews 4:1-11: ¹ **Therefore, since the promise of entering his rest still stands,** let us be careful that none of you be found to have fallen short of it.

⁴ For somewhere he has spoken about the seventh day in these words: “On the seventh day God rested from all his works.” ⁵ And again in the passage above he says, “They shall never enter my rest.” ⁶ **Therefore since it still remains for some to enter that rest, and since those who formerly had the good news proclaimed to them did not go in because of their disobedience,**

The Sabbath is now experienced through Jesus only



Hebrews 4:1, 4-11: ⁷ **God again set a certain day, calling it “Today.”** This he did when a long time later he spoke through David, as in the passage already quoted: “Today, if you hear his voice do not harden your hearts.” ⁸ For if Joshua had given them rest, God would not have spoken later about another day.

⁹ **There remains, then, a Sabbath-rest for the people of God;** ¹⁰ **for anyone who enters God’s rest also rests from their works, just as God did from his.**

The Sabbath is now experienced through Jesus only



Hebrews 4:1-11: ¹¹ Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.

The Sabbath is now experienced through Jesus only



Christ offers the ultimate rest, through offering Himself He offers salvation.

What does this mean for you?



Ask yourself, **“Lord do I find rest in you?”**

Then ask your spouse or someone you trust,
“How does the Lord’s rest affect my life?”

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