



## Deuteronomy 5:12-15

Observe the Sabbath day, to keep it holy, as the LORD your God commanded you. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you or your son or your daughter or your male servant or your female servant, or your ox or your donkey or any of your livestock, or the sojourner who is within your gates, that your male servant and your female servant may rest as well as you.

## Deuteronomy 5:12-15

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.

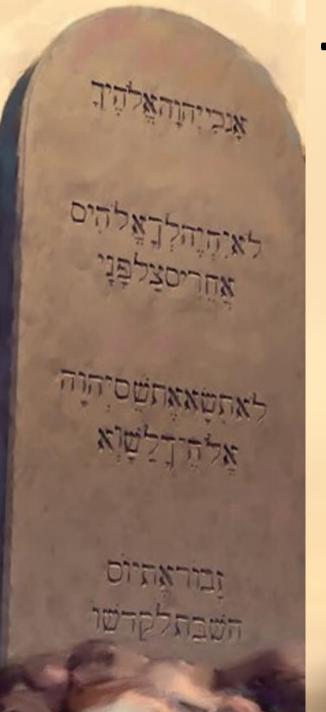
## Main Idea

Jesus Christ finished His work of redemption, obtaining for His people a sure but future rest that may now be tasted every day by faith but is especially remembered on the Lord's Day.

#### Sabbath Review

We must keep foremost in our minds that the Sabbath is about worship.

Indeed, worship is the purpose, the design, and the great delight of uncorrupted humanity.



## The Sabbath and Gospel Rest A Sabbatical Review

# A Sabbatical Review Adam

#### **Notice the Creation Connection:**

**Exodus 20:8-11** 

Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the LORD your God.

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.

#### Genesis 2:1-2

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

## How did this apply to Adam?

Genesis 2:8

And the LORD God planted a garden toward the east, in Eden; and there He placed the man whom He had formed.

The garden was a place of worship, a place of delight and satisfaction in the LORD, a place of rest.

#### But this rest was lost:

Genesis 3:17-19

Cursed is the ground because of you;
In toil you shall eat of it all the days of your life.
Both thorns and thistles it shall grow for you;
And you shall eat the plants of the field;
By the sweat of your face You shall eat bread,
Till you return to the ground.

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Till you return to the ground.

The *ease* of physical labor is **NOT** what was lost by Adam's disbelief.

Toil and sweat are signs of the inability to sabbath, the inability to delight in the LORD, to be satisfied, and to rest in Him.

#### Notice:

Genesis 5:28-29

And Lamech lived one hundred and eighty-two years, and became the father of a son.

Now he called his name Noah, saying,

"This one shall give us rest from our work and from the toil of our hands arising from the ground which the LORD has cursed."

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## It was sabbath that was lost!

## **A Sabbatical Review**

Adam

#### Israel

#### **Notice the Egypt Connection**

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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.

#### Israel's Labor Promised

Genesis 15:13
And God said to Abram,
"Know for certain that your descendants
will be strangers in a land that is not theirs,
where they will be enslaved and oppressed
four hundred years."

Exodus 1:13-14

And the Egyptians compelled the sons of Israel to labor rigorously; and they made their lives bitter with hard labor in mortar and bricks and at all kinds of labor in the field, all their labors which they rigorously imposed on them.

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# But God delivered them *for* rest, that is, *for* worship!

#### **Exodus 12:31**

Then *Pharaoh* called for Moses and Aaron at night and said, "Rise up, get out from among my people, both you and the sons of Israel; and **go**, worship the LORD, as you have said."

**Exodus 33:14** 

And He said, "My presence shall go with you, and I will give you rest."

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But they lost this rest when they rebelled in disbelief and were removed from God's presence.

#### A Sabbatical Review

Adam

Israel

#### **The Church**

#### **Our Condition of Unrest**

#### **Romans 8:6-8**

For the mind set on the flesh is death, but the mind set on the Spirit is life and peace, because the mind set on the flesh is hostile toward God; for it does not subject itself to the law of God, for it is not even able to do so; and those who are in the flesh cannot please God.

#### **Galatians 4:8**

However at that time, when you did not know God, you were slaves to those which by nature are no gods.

We were in a condition of enmity toward God and of captivity to sin and to endless labor and toil, enslaved to works that would not work!

There was no rest for our souls!

#### But thanks be to God in Christ!

Colossians 1:13-14

For He delivered us from the domain of darkness, and transferred us to the kingdom of His beloved Son, in whom we have redemption, the forgiveness of sins.

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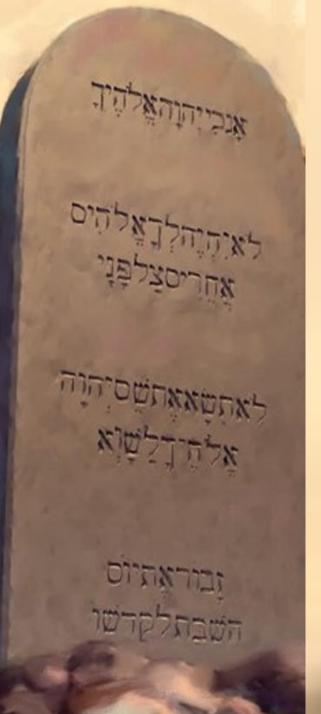
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#### Colossians 1:13-14

For He delivered us from the domain of darkness, and transferred us to the kingdom of His beloved Son, in whom we have redemption, the forgiveness of sins.

# This is the redemption foreshadowed and illustrated by the redemption of Israel out of Egypt.



## The Sabbath and Gospel Rest

A Sabbatical Review

#### The Believer's Rest

## Matthew 11:28 Come to Me, all who are weary and heavy-laden, and I will give you rest.

### What is this rest?

# The Believer's Rest It is a state.

#### **Romans 5:1-2**

Therefore having been justified by faith, we have peace with God through our Lord Jesus Christ, through whom also we have obtained access by faith into this grace in which we stand; and we exult in hope of the glory of God.

## Enmity has been removed!

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## God is not just a pacifier; He is a peacemaker!

### We are now in a state of grace!

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#### by faith into this grace in which we stand;

#### The Believer's Rest

It is a state.

## It is an experience.

#### **Romans 5:1-2**

Therefore having been justified by faith, we have peace with God through our Lord Jesus Christ, through whom also we have obtained access

#### by faith into this grace in which we stand;

## You can taste grace now by faith!

#### **Romans 5:1-2**

Therefore having been justified by faith, we have peace with God through our Lord Jesus Christ,

#### through whom also we have obtained access

#### by faith into this grace in which we stand;

#### You can exult now and rest!

#### **Romans 5:1-2**

Therefore having been justified by faith, we have peace with God through our Lord Jesus Christ, through whom also we have obtained access by faith into this grace in which we stand;

Philippians 4:4
Rejoice in the Lord always;
again I will say, rejoice!

We can sabbath now in this way every day!

#### The Believer's Rest

It is a state.

It is an experience.

## It is a future hope.

#### **Romans 5:1-2**

Therefore having been justified by faith, we have peace with God through our Lord Jesus Christ, through whom also we have obtained access by faith into this grace in which we stand;

### Our ultimate rest is a future hope!

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#### Hebrews 4:9

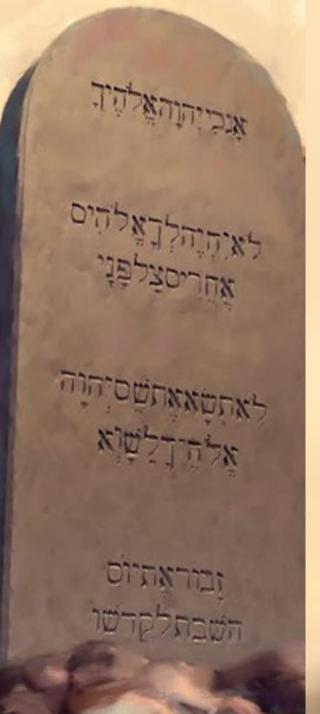
For if Joshua had given them rest, He would not have spoken of another day after that.

#### Hebrews 4:9

For if Joshua had given them rest, He would not have spoken of another day after that.

## There remains therefore a Sabbath for the people of God.

# There is a Sabbath yet to come in which we will fully and finally rest in the pure delight of our Lord!



## The Sabbath and Gospel Rest

A Biblical Narrative

The Believer's Rest

## The Lord's Day and Its Uses

## A Revealing Question

Am I *required* to keep the Sabbath as a Christian?

## The Lord's day and things we know

 Jesus was resurrected, appeared, and gave His Holy Spirit on the first day of the week.

#### John 20:1

Now on the first day of the week Mary Magdalene came early to the tomb, while it was still dark, and saw the stone already taken away from the tomb.

#### John 20:19

When therefore it was evening, on that day, the first day of the week, and when the doors were shut where the disciples were, for fear of the Jews, Jesus came and stood in their midst, and said to them, "Peace be with you."

#### Acts 2:1 and 4

And when the day of Pentecost had come, they were all...filled with the Holy Spirit.

## The Lord's day and things we know

- Jesus was resurrected, appeared, and gave His Holy Spirit on the first day of the week.
- Almost immediately the church began to meet on the first day of the week (our Sunday).

#### **Acts 2:1**

And when the day of Pentecost had come, they were all together in one place.

**Acts 20:7** 

And on the first day of the week, when we were gathered together to break bread...

1 Corinthians 16:2

On the first day of every week let each one of you put aside and save, as he may prosper, that no collections be made when I come.

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And when the day of Pentecost had come, they were all together in one place.

**Acts 20:7** 

And on the first day of the week, when we were gathered together to break bread...

1 Corinthians 16:1-2

Now concerning the collection for the saints, as I directed the churches of Galatia, so do you also.

On the first day of every week let each one of you put aside and save, as he may prosper, that no collections be made when I come.

## The Lord's day and things we know

- Jesus was resurrected, appeared, and gave His Holy Spirit on the first day of the week.
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- The historic church has always gathered on the first day of the week and precisely because this was the day of Jesus' resurrection.

## The Lord's day and things we know

- Jesus was resurrected, appeared, and gave His Holy Spirit on the first day of the week.
- Almost immediately the church began to meet on the first day of the week (our Sunday).
- The historic church has always gathered on the first day of the week and precisely because this is the day of Jesus' resurrection.
- The first day of the week was designated "The Lord's Day" by the apostle John and by virtually all of the church since.

## Revelation 1:10 I was in the Spirit on the Lord's day, and I heard behind me a loud voice like the sound of a trumpet...

## The Lord's day and things we know

- There is no command in the New Testament to celebrate a Sabbath as a day.
- Where the Sabbath or Days are mentioned, there are cautions connected to freedoms.

#### Romans 14:5-6

One man regards **one day** above another, another regards every day alike. Let each man be fully convinced in his own mind. **He who observes the day**, observes it for the Lord...

#### Colossians 2:16-17

Therefore let no one act as your judge in regard to food or drink or in respect to a festival or a new moon or a Sabbath day-- things which are a mere shadow of what is to come; but the substance belongs to Christ.

## How then should we use the Lord's Day, our Sunday?

## The Lord's Day and Its Uses

#### As a remembrance

#### **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.

Sunday reminds us that we were enemies and slaves, but that we are no more!

#### The Lord's Day and Its Uses

As a remembrance

## As a pledge

The Sabbath was given as a pledge of future hope, a token of rest to come.

Our Sunday celebration is a pledge of our future hope, a token of the glorious gathering and the eternal rest to come.

#### Revelation 7:9-10

After these things I looked, and behold, a great multitude, which no one could count, from every nation and all tribes and peoples and tongues, standing before the throne and before the Lamb, clothed in white robes, and palm branches were in their hands and they cry out with a loud voice, saying, "Salvation to our God who sits on the throne, and to the Lamb."

#### Conclusions:

We have been brought into the rest of Christ and are called to be satisfied and to sabbath every day.

The Lord's Day is given to you as an invaluable gift, as a means of grace leading you in and to true rest.