

The Sabbath of Creation

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

—Genesis 2:1-3 ESV

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—Genesis 2:1-3 ESV

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“There was nothing to add to what God had done, and He entered a rest from creating, a rest marked by the knowledge that everything He had made was very good (Gen. 1:31). So we should think of the rest as something like the satisfaction that comes from accomplishment, for the completion of a task, from the exercise of creativity.” —Leon Morris

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The Sabbath of the Law

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⁸“Remember the Sabbath day, to keep it holy. ⁹Six days you shall labor, and do all your work, ¹⁰but 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, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates.

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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.
—Exodus 20:8-11^{ESV}

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The Sabbath of Daily Life

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A Sabbath rest is important to us because:

1. It's a God-given pattern.

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A Sabbath rest is important to us because:

2. Failing to observe a Sabbath is destructive.

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The clock is my dictator; I shall not rest. It makes me lie down only when exhausted. It leads me into deep depression, it hounds my soul. It leads me in circles of frenzy for activities' sake. Even though I run frantically from task to task, I will never get it all done, for my "ideal" is with me.

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Deadlines and my need for approval, they drive me. They demand performance from me, beyond the limits of my schedule. They anoint my head with migraines, my inbox overflows. Surely fatigue and time pressure shall follow me all the days of my life. And I will dwell in the bonds of frustration forever.

— Christine and Tom Sine

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A Sabbath rest is important to us because:

3. It resets our focus on God and His work, rather than us and ours.

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Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth! —Psalm 46:10 ESV

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The Sabbath of Christ

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²⁸Come to Me, all who labor and are heavy laden, and I will give you rest. ²⁹Take My yoke upon you, and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.

—Matthew 11:28-29 ESV

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It is finished!

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¹Therefore, while the promise of entering His rest still stands, let us fear lest any of you should seem to have failed to reach it. ²For good news came to us just as to them, but the message they heard did not benefit them, because they were not united by faith with those who listened...

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⁹So then, there remains a Sabbath rest for the people of God, ¹⁰for whoever has entered God's rest has also rested from his works as God did from His.

—Hebrews 2:1-2, 9-10 ESV

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²⁸Have you not known? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; His understanding is unsearchable. ²⁹He gives power to the faint, and to him who has no might He increases strength.

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³⁰Even youths shall faint and be weary, and young men shall fall exhausted; ³¹but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.

—Isaiah 40:28-31 ESV

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