

A:

Adam Mabry:

“Not taking a Sabbath break doesn’t make you lose your salvation... but never bothering to make time to rest with God should make you at least begin to ask yourself whether you have really ever experienced salvation – whether you really know him in the first place.”

How do we rest weekly?

Though we are not obliged to keep the Sabbath in an identical way to Israel, the way Israel kept the Sabbath is analogous to how we are to.

We are to submit

To the weekly pattern of 6 days of work and 1 day of rest, by taking a full day off each week to rest physically and spiritually (or over 2 days).

We are to Sabbath

To rest spiritually by gathering with God’s people (twice!?) to remember who rules and rescues, and to anticipate the rest that is to come.

To rest physically by recuperating and enjoying God’s world (avocation and recreation; see 1 Timothy 4:4-5).

AJ Swoboda:

“Sabbath is God’s eternal way of helping us worship our good God and not worship the good work he has given us to do.”

Application: **Take a day off each week**

EQUIP MEN (6)

Introduction

Godly men aim to glorify God

“So whether you eat or drink or whatever you do, do it all for the glory of God?” (1 Corinthians 10:31)

We learn how to do this from THE godly man

Jesus read the Bible. Jesus prays. Jesus loves the church. Jesus slept.

Jesus didn’t just care about daily rest (sleep), He also cared about weekly rest.

He rested at the end of the creation week.

He rested during His life.

He rested at His death.

Rest is about being like God and being with God

“By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.” (Genesis 2:2-3)

Q: Who was resting together on the seventh day (the Sabbath)?

Q: What did rest mean for God?

Q: What did God do by resting on the Sabbath?

Adam Mabry:

“Sabbath is a time of rest, holy to the Lord. It is time that is given to God, to receive refreshment from God.”

Godly men will rest one day each week

Q: Do you/did you find it easy to take a day off from your work?

Q: Why is it hard to rest?

Why do we need to rest weekly?

Q: What were God’s people, Israel, to do on their weekly day of rest?

“There are six days when you may work, but the seventh day is a Sabbath of rest, a day of sacred assembly. You are not to do any work; wherever you live, it is a Sabbath to the LORD.” (Leviticus 23:3)

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Q: Why were they not to do any work on the Sabbath?

“Six days do your work, but on the seventh day do not work, so that your ox and your donkey may rest and the slave born in your household, and the alien as well, may be refreshed.” (Exodus 23:12)

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Q: Why were they to assemble on the Sabbath?

“Also I gave them my Sabbaths as a sign between us, so they would know that I the LORD made them holy.” (Ezekiel 20:12)

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We rest to be refreshed and to remember

Q: What two things, will keeping the Sabbath, encourage the Israelites to remember?

“Remember the Sabbath day by keeping it holy. Six days you shall labour 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, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.” (Exodus 20:8-11)

“Observe the Sabbath day by keeping it holy, as the LORD your God has commanded you. Six days you shall labour 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, neither you, nor your son or daughter, nor your manservant or maidservant, nor your ox, your donkey or any of your animals, nor the alien within your gates, so that your manservant or maidservant may rest, as you do. Remember that you were slaves in Egypt and that the LORD your God brought you out of there with a mighty hand and an outstretched arm. Therefore the LORD your God has commanded you to observe the Sabbath day.” (Deuteronomy 5:12-15)

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Q: If we do not rest each week, what are we saying?

“Then Jesus said to them, “The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath.” (Mark 2:27-28)

“There remains, then, a Sabbath-rest for the people of God; for anyone who enters God’s rest also rests from his own work, just as God did from his. Let us, therefore, make every effort to enter that rest.” (Hebrews 4:9-11)