

# God Rested

## The Pattern – set by God

Genesis 2:1-3

### **God set the pattern for humans to rest**

1. He rested Himself by admiring His work in Creation
2. He blessed the 7<sup>th</sup> day as a day of prosperity
3. He sanctified the 7<sup>th</sup> day making it holy and religious

### **Application – We should follow God's pattern of rest**

1. We rest by taking one day in seven to focus on what God has done
2. We should take advantage of the built in blessing that comes with resting one day in seven
3. We ought to set apart one day in seven as a holy day for God's purposes

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## The Principles – Come out of Israel's experience

Exodus 20:8-11

**God commanded Israel to rest on the 7<sup>th</sup> day as a memorial of His love for them**

1. Israel was to rest by remembering how God met their needs in the wilderness
2. Israel was to rest by remembering how God freed them from their bondage in Egypt
3. Israel was to rest by remembering the covenant God had with them

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## The Principles – Come out of Israel's experience

Exodus 20:8-11

### **Application – There are principles in the 4<sup>th</sup> commandment we ought to follow**

1. We ought to take one day out of seven to remember how God met our needs in the past
2. We should take one day out of seven to remember how God set us free from the bondage of sin through the blood of Christ
3. We would do well to set aside one day out of seven to remember the promises of God found in Christ through the New Covenant

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## The Practice – For New Testament believers

Heb. 4:8-9; Rom. 14; Col. 2:1-17

### *God provides a permanent rest in Christ for all those who are born again*

1. Jesus taught how the Sabbath rest was made for man, not man for the Sabbath and that He was Lord of the Sabbath. The Sabbath was to be used for man's benefit and God's glory
2. Jesus and the apostles taught how rest and the 4<sup>th</sup> commandment is fulfilled in Christ. And that keeping the 4<sup>th</sup> commandment as a means of justification does not make a man righteous before God

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## The Practice – For New Testament believers

Heb. 4:8-9; Rom. 14; Col. 2:1-17

### **Application – Our attitude toward God's rest is significant in being able to enjoy it**

1. The keeping of the Sabbath, like the rest of God's law is a matter of the heart. Taking one day out of seven to focus, remember and worship God cannot be forced on men. A genuine believer will look forward to making it his habit of life to take one day out of seven to worship God (Heb 10:25; 1 Peter 2:9-10), thus a day of rest is not a burden but a reward
2. Taking one day out of seven to rest does not have anything to do with one's salvation. You are not born again because you go to church once a week. Faith in Christ is what makes one righteous not keeping the law. Romans 10:4 *"For Christ is the end of the law for righteousness to everyone who believes."* Under the New Covenant, God writes His law on our hearts. Thus, in Christ the 4<sup>th</sup> commandment is fulfilled and the practice of taking one day out of seven to rest as God did in Genesis is a what we should long for as the new person in Christ longs to be with God for a day of fellowship.