

Understanding Sabbath Rest (Ps. 46:10)

Guided Growth with Pastor Keith @ CBC Sunday, Aug. 3rd

“The son of man is Lord of the Sabbath” (Mt. 12:8; Mk 2:28; Lk 6:5)

After God delivered Israel from 400 years of bondage through the 10 plagues against Egypt and her gods (Ex. 1-12), he led Israel to Mt. Sinai and established His covenant with them. (Ex. 19:4-6)
“Ye have seen what I did unto the Egyptians, and how I bare you on eagles' wings, and brought you unto myself. Now therefore, if ye will obey my voice indeed, and keep my covenant, then ye shall be a peculiar treasure unto me above all people: for all the earth is mine: And ye shall be unto me a kingdom of priests, and an holy nation.”

In the next chapter God spoke his 10 commandments to His people. (Ex. 20:1-17)

Notice their reaction and Moses' response: 18 *“All the people saw the thunders, and the lightnings, the noise of the trumpet, and the mountain smoking: and when the people saw it, they removed, and stood afar off.*

19 *And they said unto Moses, Speak thou with us, and we will hear: but let not God speak with us, lest we die.*

20 *Moses said Fear not: for God is come to prove you, and that his fear may be before your faces, that ye sin not.”*

While we're no longer bound to the Sabbath or dietary laws (Col. 2:16,17); God's instructions about the Sabbath are the most detailed of all the 10 commandments.

Let's take a brief look at what God reveals about this important principle

And how it might relate/apply to us.

God's Purposes for the Sabbath

1. Remember ***“remember the sabbath day”*** Ex. 20:8

Remember (zākar) to mark, mention, be mindful. (“Sabbath” mentioned 474 times in the Bible!)

A. God set aside one day in 7 for us to intentionally remember him and what he has done:

1) In Creation Vs 11 *“who made heaven and earth”*

2) In Redemption Vs 2 *“Which brought thee up out of the house of bondage”*

2. Rest ***“remember the sabbath day”*** Sabbath (from šābat) to cease, stop, rest

Translated cease (47x), rest (11x), away (3x), celebrate (1x).

Vs 11 *“the LORD made heaven and earth...and rested”* (nûaḥ: to rest or cease (from a task or labor)

Gen. 2:1 *“... and he rested on the seventh day from all his work which he had made. 2 And God blessed the seventh day, and sanctified it”*

Mark 2:27,28 *“The sabbath was made for man, And not man for the sabbath ”*

Mt 11:28 *“Come unto me, all ye that labor and are heavy laden, and I will give you rest.”* (Anapauō: repose, refresh)

3. Rejoice ***“remember the sabbath day”*** Sabbath (from šābat) to cease and celebrate!

Gen. 1:31 *“God saw every thing that he had made, and, behold, it was very good.”*

A. If God celebrated his works, Shouldn't we stop and do the same? Ps. 19; Ps. 150

Phil. 4:4-6 *“Rejoice in the Lord always, and again I say Rejoice. (chairō: be joyful)...*

...Be careful (merimnāō, : anxious, distracted) for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep (phroureō : guard) your hearts and minds through Christ Jesus.”

4. Renew/Rededicate vs 8 ***“keep it holy”*** 11 ***“wherefore the LORD blessed the sabbath and hallowed it!”*** (qādaš: to clean, consecrate, dedicate)

God ordained a weekly time for reflection, renewal, and rededication!

5. Rely on God's Provision

A. God provided twice as much manna on the 6th day to get them through the 7th.

Ex. 16:22-30 Remember Mt 6:11 *"Give us this day our daily bread."*

B. God promised enough harvest the 6th year to Provide through the 8th year.

Ex. 23:10-12 *"six years thou shalt sow thy land, and shalt gather in... But the seventh year thou shalt let it rest and lie still; that the poor of thy people may eat... In like manner thou shalt deal with thy vineyard, and with thy oliveyard. Six days thou shalt do thy work, and on the seventh day thou shalt rest: that thine ox and thine ass may rest, and the son of thy handmaid, and the stranger, may be refreshed."*

nāpāṣ:, to be breathed upon, i.e. (figuratively) refreshed

Conclusion:

After Israel's long bondage, God delivered and directed them, giving them his "authoritative prescriptions" for pardon, protection and peace.

They failed to follow God's directions about Remembering, Resting, Rejoicing, Rededicating and Relying on God, with tragic results.

In Lev. 26 God warned them about the consequences of ignoring Him and His ways.

Lev. 26:27 *"And if ye will not for all this hearken unto me, but walk contrary unto me; 28 Then I will walk contrary unto you also in fury; and I, even I, will chastise you seven times for your sins... 32 And I will bring the land into desolation: and your enemies which dwell therein shall be astonished at it. 33 And I will scatter you among the heathen, and will draw out a sword after you: and your land shall be desolate, and your cities waste. 34 Then shall the land enjoy her sabbaths, as long as it lieth desolate, and ye be in your enemies' land; even then shall the land rest, and enjoy her sabbaths. 35 As long as it lieth desolate it shall rest; because it did not rest in your sabbaths, when ye dwelt upon it."*

This is what the future 70 year Babylonian captivity was based on. Jer. 25 and 29

Application:

While we are not bound to this 4th commandment in this age of Grace, is it possible that we might be experiencing some negative consequences as we fail to prioritize the principles such as: Remembering, Resting, Rejoicing, Rededicating, and Relying on God?

Isaiah 30:15 *"thus saith the Lord GOD, the Holy One of Israel:*

In returning and rest shall ye be saved; in quietness (šāqat: peace, stillness) and in confidence (biṭḥâ: trust) shall be your strength: and ye would not."

Will you?



Ps. 46:1 *"God is our refuge and strength, a very present help in trouble..."*

10 *Be still, and know that I am God:... I will be exalted in the earth."*

Will you let him be exalted in and through your life?