

Recovering Rest

Today we look at God's establishment of the Sabbath

Genesis 2:1-3

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

Exodus 16:22-26

22 On the sixth day they gathered twice as much bread, two omers each. And when all the leaders of the congregation came and told Moses, 23 he said to them, "This is what the Lord has commanded: 'Tomorrow is a day of solemn rest, a holy Sabbath to the Lord; bake what you will bake and boil what you will boil, and all that is left over lay aside to be kept till the morning.'" 24 So they laid it aside till the morning, as Moses commanded them, and it did not stink, and there were no worms in it. 25 Moses said, "Eat it today, for today is a Sabbath to the Lord; today you will not find it in the field. 26 Six days you shall gather it, but on the seventh day, which is a Sabbath, there will be none."

Exodus 20:8-11

8 "Remember the Sabbath day, to keep it holy. 9 Six days you shall labor, and do all your work, 10 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, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. 11 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.

OBSERVATIONS

- ◆ On the 7th day of Creation, God _____, the Hebrew word Shabbat.
- ◆ Our rest is from _____, more than busyness.
- ◆ Restlessness is caused by our sin.
- ◆ Only Christ can bring us perfect peace and rest.
- ◆ The Sabbath is a picture of our future _____ with God.

APPLICATION *for Daily Living*

What is keeping you from experiencing rest in Christ?

Jesus says in John 14:27, "Peace I leave with you, my peace I give to you. Not as the world gives do I give to you."

What things have been keeping you from experiencing the rest and peace that is in Christ?

What changes can you make to experience rest in Christ?

Notes:

QUESTIONS *for discussion*

When was the last time you truly experienced rest in Christ?

What does a Sabbath look like for you?

Why did Jesus heal so often on the Sabbath?

In what ways does God show us how to live by his example?

Would you rather have a very productive day at the office, or observing a restful Sabbath? Why?