

Sabbath Rest

Fall Disciplines

- Fasting
- Meditation
- Simplicity

The History of the Sabbath

Genesis 2:1-3

And so the heavens and the earth were completed, and all their heavenly lights. ² By the seventh day God completed His work which He had done, and He rested on the seventh day from all His work which He had done. ³ Then God blessed the seventh day and sanctified it, because on it He rested from all His work which God had created and made.

Exodus 20:8-11

“Remember the Sabbath day, to keep it holy. ⁹ For six days you shall labor and do all your work, ¹⁰ but the seventh day is a Sabbath of the Lord your God; *on it* you shall not do any work, you, or your son, or your daughter, your male slave or your female slave, or your cattle, or your resident who stays with you. ¹¹ For in six days the Lord made the heavens and the earth, the sea and everything that is in them, and He rested on the seventh day; for that reason the Lord blessed the Sabbath day and made it holy.

Exodus 23:10-12

“Now you shall sow your land for six years and gather in its yield, ¹¹ but *in* the seventh year you shall let it rest and lie uncultivated, so that the needy of your people may eat; and whatever they leave the animal of the field may eat. You are to do the same with your vineyard *and* your olive grove.

¹² “For six days you are to do your work, but on the seventh day you shall cease *from labor* so that your ox and your donkey may rest, and the son of your female slave, as well as the stranger *residing with you, may refresh themselves.*

“The Sabbath Was Made for Man”

Mark 2:23-28

And it happened that He was passing through the grainfields on the Sabbath, and His disciples began to make their way *along* while picking the heads *of grain*. ²⁴ The Pharisees were saying to Him, “Look, why are they doing what is not lawful on the Sabbath?” ²⁵ And He *said* to them, “Have you never read what David did when he was in need and he and his companions became hungry; ²⁶ how he entered the house of God in the time of Abiathar *the* high priest, and ate the consecrated bread, which is not lawful for *anyone* to eat except the priests, and he also gave it to those who were with him?” ²⁷ Jesus said to them, “The Sabbath was made for man, and not man for the Sabbath. ²⁸ So the Son of Man is Lord, even of the Sabbath.”

Jesus and the Deeper Meaning of Sabbath

Matthew 11:28-30

“Come to Me, all who are weary and burdened, and I will give you rest. ²⁹Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰For My yoke is comfortable, and My burden is light.”

More than Physical Rest...

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Being overly busy is, in the end, a way of pursuing Godlike status. When we think we can schedule our way to significance, we're trying to supply what only God can. And we're seeking to be what only God can be: omnipresent and omnipotent. A sabbath rest, then, becomes a regular, timely reminder to us that we are not God.

Lord of Sabbath

Hebrews 4:1-11

Therefore, we must fear if, while a promise remains of entering His rest, any one of you may seem to have come short *of it*. ²For indeed we have had good news preached to us, just as they also *did*; but the word they heard did not benefit them, because they were not united with those who listened with faith. ³For we who have believed enter *that* rest, just as He has said,

“As I swore in My anger,
They certainly shall not enter My rest,”

although His works were finished from the foundation of the world.⁴ For He has said somewhere concerning the seventh *day*: “And God rested on the seventh day from all His works”; ⁵ and again in this *passage*, “They certainly shall not enter My rest.”⁶ Therefore, since it remains for some to enter it, and those who previously had good news preached to them failed to enter because of disobedience, ⁷ He again sets a certain day, “Today,” saying through David after so long a time just as has been said before,

“Today if you hear His voice,
Do not harden your hearts.”

⁸ For if Joshua had given them rest, He would not have spoken of another day after that. ⁹ Consequently, there remains a Sabbath rest for the people of God. ¹⁰ For the one who has entered His rest has himself also rested from his works, as God did from His.¹¹ Therefore let's make every effort to enter that rest, so that no one will fall by *following* the same example of disobedience.

“He is that of which the sabbath is a shadow; Jesus is the shadow-caster. He doesn’t just forgive our sins; he lets the frenetic RPMs of the heart slow down into calm sanity. And no external circumstance can threaten that rest, as we look to him.” – Dane Ortlund

Practicing and Entering Into Sabbath Rest

- Regular, Intentional Time to Leave All Pursuits and Obligations to Feast on the Person and Presence of Christ.
- Built-in Times of Refreshment with God in View
- At Least a Day a Week
- Seasons of Sabbath Rest
- Allowing and Facilitating Sabbath Rests for Others
- Resisting and Releasing Control
- Pushing Back Hard Against Fear and Anxiety
- Consistently Grateful