

God's Top 10 List!
"Number 4: The God of Rest"
Exodus 20:8-11 (page 53)

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The Sabbath in the Old Testament

- God c o m p l e t e d the work of c r e a t i o n (Gen 2:1-3)
- God commanded seventh day to be a day of r e s t and r e m e m b r a n c e (Exodus 20:8-11; Deut 5:12-15)
- God declared the Sabbath as a s i g n to Israel of the M o s a i c (Old) Covenant (Ex 31:12-17)

The Sabbath in the New Testament

In the Gospels...

- Jesus showed that the *essence* of the Sabbath was *not* for r i t u a l but for the b e n e f i t of people (Matt 12:1-14; Luke 6:1-11)
 - √ The example of D a v i d (Matt 12:3-4); the t e m p l e p r i e s t s (Matt 12:5); the man with the w i t h e r e d h a n d (Matt 12:9-13)
- The Sabbath was meant for man's b e n e f i t rather than to be a b u r d e n. (Mark 2:27)
- Jesus showed that there is a c h a n g e in God's p r o g r a m (John 5:16-18)
 - √ God was then g u i l t y of b r e a k i n g the Sabbath
 - √ God was at w o r k, i n i t i a t i n g the New Covenant (Hebrews 7:18-19)
 - √ Jesus is L o r d of the Sabbath – as such He could set it a s i d e or a b o l i s h it altogether (Mark 2:28; Luke 6:11)

In the Epistles...

- The Law (and other OT practices) were only s h a d o w s of the r e a l i t y to come (Colossians 2:16-17; Galatians 4:9-11; Romans 14:5-8)
- J e s u s is the *Sabbath* – the R e s t – promised by God (Hebrews 4:1-13)
 - √ God intended that we would r e s t from our w o r k s as H e did from His at creation. (Hebrews 4:9-10)
- J e s u s offers us the true r e s t of God (Matthew 11:28-30)