

*Introduction:* Humanity is restless. Lack of sleep. Not at peace. At war. Unbalanced: We are lazy and overwork at the same time. But think of Abraham under an oak tree, processing life . . .

**1. Genesis 1:31-2:1**

"Rest" - Hebr. נָחַם, meaning "to cease". Point of Interest: Gen 2:2 Hebrew "on the **seventh** day God ended His work"; LXX "on the **sixth** day".

"And **on the seventh day** God ended **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 in it **He rested** **from all His work** which God had created and made."

*Note:* with "days" beginning in the evening, God embedded the Good News that literal rest precedes work, and thus, spiritually, grace precedes works. Adam and Eve's first full day together was Sabbath, leading *from the beauty of creation to the adoration of the Creator.*

**If you like what He made you can love Who made it!**

**Link to Hebrews 4: "rest" 8x!**

*The Chain of Quotations in Hebrews:*

Heb 1:3 - Ps 110:1; Heb 1:5 - Ps 2:7; Heb 1:7 - Ps 104:4; Heb 1:9 - Ps 45:6-7; Heb 1:10 - Ps 102:25-27; Heb 1:13 - Ps 110:1; Heb 2:8 - Ps 8:4-6; Heb 2:12 - Ps 22:22; Heb 2:13 - Isa 8:17-18; Heb 3:5 - Num 12:7; Heb 3:7 - Ps 95:7b-11; Heb 3:15 - Ps 95:7b-8; Heb 3:17 - Num 14:29, 3; Heb 4:3 - Psalm 95:11. **But Heb 4:4 . . . Genesis 2:2!**

"Therefore, since a promise remains of entering His **rest**, let us fear lest any of you seem to have come short of it. 2 For indeed the gospel was preached to us as well as to them; but the word which they heard did not profit them, not being mixed with faith in those who heard *it*. 3 For we who have believed do enter that **rest**, as He has said: "So I swore in My wrath, '*They shall not enter My rest,*' although the works were finished from the foundation of the world. 4 **For He has spoken in a certain place of the seventh day in this way: "And God rested on the seventh day from all His works";** 5 and again in this place: "They shall not enter My **rest**." 6 Since therefore it remains that some *must* enter it, and those to whom it was first preached did not enter because of disobedience, 7 again He designates a certain day, saying in David, "*Today,*" after such a long time, as it has been said: "Today, if you will hear His voice, Do not harden your hearts." 8 For if Joshua had given them **rest**, then He would not afterward have spoken of another day. 9 There remains therefore a **rest** for the people of God. 10 For he who has entered His **rest** has himself also ceased from his works as God *did* from His. 11 Let us therefore be diligent to enter **that rest**, lest anyone fall according to the same example of disobedience. 12 For the word of God *is* living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart."

**2. The 4th Commandment**

**Creation:** Exodus 20:8-11

**Redemption:** Deuteronomy 5:15 - Exodus = Sabbath rationale rooted in present truth

**Case study:** Numbers 15:32-36 - death penalty establishes the value of what the law seeks to protect. Preparation Day (Mt 27:62; Mk 15:42; Lk 23:54; Jn 19:14,31; Nehemiah 13:15-22 - Great Controversy!)

**Relationship, social justice, equality:** Sabbath "belonging to Jehovah your God" is super-relational: you, son, daughter, servant, maid-servant, cattle, stranger = 7 subjects/entities

### 3. Jewcology - Land Rest

Ex 23:11; Lev 25:2-4; 26:33-35. Violation leads to expulsion! 2 Chron 36:21 "until the land had enjoyed her Sabbaths. As long as she lay desolate she kept Sabbath, to fulfill seventy years." Actual context of Jer 25:11! - Jer 25:11-14.

### 4. Singing about Rest

Psalm 4:8 "I will both lie down in peace, and sleep; For You alone, O Lord, make me dwell in safety."

### 5. Grief Recovery

Mark 6:31-32: "And He said to them, "Come aside by yourselves to a deserted place and rest a while." For there were many coming and going, and they did not even have time to eat. 32 So they departed to a deserted place in the boat by themselves."

### 6. Matthew 11:28-30

OT Background: Jer 6:16-19 - Threat of Babylonian Captivity: "Thus says the LORD: "Stand in the ways and see, And ask for the old paths, where the good way *is*, And walk in it; **Then you will find rest for your souls.** But they said, 'We will not walk *in it.*' 17 Also, I set watchmen over you, *saying*, "Listen to the sound of the trumpet!' But they said, 'We will not listen.' 18 Therefore hear, you nations, And know, O congregation, what *is* among them. 19 Hear, O earth! Behold, I will certainly bring calamity on this people—The fruit of their thoughts, **because they have not heeded My words nor My law, but rejected it.**"

**7. Death-Penalty:** Jesus' lordship demonstrated in Sabbath healings (Matthew 12); then v14 - death penalty! "Then the Pharisees went out and plotted against Him, how they might destroy Him."

### 8. The Cross

John 19:30 Friday - "It is Finished" - Sabbath is anticipation of the resurrection!

Example: Nicodemus: accepted Jesus during the Sabbath hours!

Example: Alan Lewis - *Between Cross and Resurrection - A Theology of Holy Saturday*

### 9. Personal Rest: Psalm 23 & Philippians 4:6-7


**10. Revelation 14:13** - "Then I heard a voice from heaven saying to me, "Write: '**Blessed** are the dead who die in the Lord from now on.' " "Yes," says the Spirit, "that they may **rest** from their **labors**, and their **works** follow them'" (Sabbath Language). - Funeral frequent: Isa 57:1-2.

### Conclusion

Glen Rose - Animal Rest Area

Examples: Chernobyl Animal Repopulation

Covid Lockdown: Striped dolphins in Venice Canals

 Rest restores life now and looks forward to full restoration in the future!