

# **Sabbath Rest**

**2-9-25**

Hebrews 4:9–10 (ESV)

<sup>9</sup> So then, there remains a Sabbath rest for the people of God, <sup>10</sup> for whoever has entered God's rest has also rested from his works as God did from HIS.

**This is God's intended experience for each and every person who trusts Jesus as their Savior. We are to enjoy a Sabbath rest, experiencing God's rest, just as God rested after HE created all things. Resting in God not striving with the concerns of this world. The OT gives us a physical picture.**

Exodus 20:8–10 (ESV)

<sup>8</sup> Remember the Sabbath day, to keep it holy. <sup>9</sup> Six days you shall labor, and do all your work, <sup>10</sup> but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work.

**Many Christians see this as we should not work on Sundays and go to church. However, Hebrews is telling us something much more profound. We are to have a continuous rest united with Jesus where we don't worry or strive totally trusting in God. The NT clarifies this:**

Colossians 2:16–17 (NIV)

<sup>16</sup>Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day.

<sup>17</sup>These are a **shadow** of the things that were to come; **the reality**, however, is found in Christ.

**The Sabbath is an OT shadow of the NT reality of Christ. Jesus is our Sabbath Rest. All of Hebrews 3&4 tells us that our Christian Walk should be a Sabbath Rest. Let us review these two chapters. In Hebrews 3:1, it tells us that Jesus is the Apostle (NT) and High Priest (OT), and HE is greater than Moses and the Law. The explanation continues; Moses brought the Hebrews out of Egypt, God gave them the Ten Commandments, they rebelled and spent 40 years in the desert where they learned to be totally dependent on God, then Joshua brought them into the Promise Land. This account is an OT physical picture of the NT Christian experience. Remember Colossians 2:17: These are a shadow of the things that were to come; the reality, however, is found in Christ. Jesus figuratively saves us out of OT Egypt.**

**However, we don't depend on HIM and trust HIM as we should. Therefore, we wander around in the wilderness learning to depend solely on Jesus, then depending on Jesus we enter the Promise Land, the Sabbath Rest of God with spiritual rain falling from heaven, streams of water flowing, crops and fruit spring up from the ground. This is why God is pleading with us to stop our striving and totally trust in HIM depending on HIM in all circumstances living in HIS Sabbath Rest.**

Hebrews 4:9–10 (ESV)

<sup>9</sup> So then, there remains a Sabbath rest for the people of God, <sup>10</sup> for whoever has entered God's rest has also rested from his works as God did from HIS.

**Now the Apostle Paul shows us how to live in the Sabbath Rest of God.**

Galatians 2:20 (ESV)

I have been crucified with Christ. It is no longer I who live, but Christ who lives in me.

**As Major Ian Thomas would say, “Let God be God in the man.” Simply put let God be the Hand in the glove. Brothers and sisters, I don’t mean to be cruel, and I am the worst of sinners, but many Christians live the wilderness and don’t have any concept of living in the Sabbath Rest of God. Thus, Hebrews now uses a very interesting word for entering God’s Sabbath rest; Strive or be diligent and determined.**

Hebrews 4:11 (ESV)

Let us therefore “strive” to enter that rest, so that no one may fall by the same sort of disobedience.

**We are to “strive” to rest and not to be fearful or worry trusting God in everything. Rest takes some diligence on our part. We are called to enjoy the Sabbath Rest of God. Plus, not to rest is disobedience. Our Sabbath Rest is Jesus!**

Acts 4:12 (ESV)

And there is salvation in no one else, but Jesus our Sabbath Rest for there is no other name under heaven given among men by which we must be saved.