

## **Genesis: In Him is Rest**

**Genesis 2:1-3** Thus the heavens and the earth, and all the host of them, were finished. <sup>2</sup> 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. <sup>3</sup> Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.

- **And He rested on the seventh day:** God did not need rest on the seventh day because He was tired. He **rested** to show His creating work was done, to give a pattern to man regarding the structure of time (in seven-day weeks), and to give an example of the blessing of rest to man on the seventh day.
  - God does not need a day off, but man needs to see the rest of God and know he can enter into it by the finished work of Jesus.
  - **Psalm 121:4** Behold, He who keeps Israel Shall neither slumber nor sleep.
- **Then God blessed the seventh day and sanctified it:** On all other days of creation, this is not seen. This day is more special than the others.
  - Other days end with “So the evening and the morning were the [x] day.” This day does not because it is symbolic of something that would be permanent. God’s rest for us isn’t confined to one literal day. In Jesus, God has an *eternal* Sabbath rest for His people

**Most of the things that God instituted in the Old Testament are pictures of something greater in the New Testament.** The Bible refers to this as being shadows of something greater. The tabernacle is a shadow of the throne room of heaven. Passover is a shadow of Jesus’ sacrifice and deliverance of us.

- **Hebrews 10:1** For the law, having a shadow of the good things to come, *and* not the very image of the things, can never with these same sacrifices, which they offer continually year by year, make those who approach perfect.

- **Colossians 2:16-17** So let no one judge you in food or in drink, or regarding a festival or a new moon or sabbaths,<sup>17</sup> which are a shadow of things to come, but the substance is of Christ.

**The rest of God here is symbolic of the rest that we see throughout Scripture.**

- To understand it, we must look at the Sabbath, because that is what God initiated here when it says:
- **Genesis 2:3** Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.

## **The Sabbath**

### **Exodus 16:16-30**

This is where manna first came. God instructs them to take 1 portion each day for 5 days, then on the 6<sup>th</sup> day take 2 portions. On the 7<sup>th</sup> day no manna will come, so they do not have to go gather, they can rest.

- This is the people's first experience with the Sabbath.
- God kind of forced the Sabbath on them by not providing anything for them to gather.
- But it taught them that resting was keeping His commandments.
- This also showed them that trusting God to provide for your physical needs is resting in Him.

## **The Command**

**Exodus 20:8-11** "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* the Sabbath of the Lord your God. *In it* you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who *is* within your gates. <sup>11</sup> For *in* six days the Lord made the heavens and the earth, the sea, and all that *is* in them, and rested the seventh day. Therefore the Lord blessed the Sabbath day and hallowed it.

- What are they resting from?
- What work?
- They are resting from the work that sustains them. That provides life for them.

## How does the Sabbath work under the New Testament?

### Are we still supposed to observe the Sabbath?

- **Colossians 2:16-17** So let no one judge you in food or in drink, or regarding a festival or a new moon or sabbaths, <sup>17</sup> which are a shadow of things to come, but the substance is of Christ.
- **Galatians 4:9-11** But now after you have known God, or rather are known by God, how *is it that* you turn again to the weak and beggarly elements, to which you desire again to be in bondage? <sup>10</sup> You observe days and months and seasons and years. <sup>11</sup> I am afraid for you, lest I have labored for you in vain.
- Since we are not under the law we are not bound to observe the Sabbath, although, the physical rest provided by it is beneficial
- However, the Sabbath was a shadow of things – in other words points to something better.
- What is the better?

**Hebrews 4:1-5** Therefore, since a promise remains of entering His rest, let us fear lest any of you seem to have come short of it. <sup>2</sup> 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*. <sup>3</sup> 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. <sup>4</sup> 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*”; <sup>5</sup> and again in this *place*: “*They shall not enter My rest.*”

- **The first part of rest in God is our salvation.**

- Just as the Israelites were to cease from their works, we are to cease from doing works to earn salvation.
- Our level of righteousness has nothing to do with our works, or with clean living, rather it is based entirely on our faith and in believing in God.
- **Romans 4:4-5** Now to him who works, the wages are not counted as grace but as debt. <sup>5</sup> But to him who does not work but believes on Him who justifies the ungodly, his faith is accounted for righteousness
- **Ephesians 2:8** For by grace you have been saved through faith; and that not of yourselves, it is the gift of God;

What we do is not related to our righteousness, rather it is related to what we believe. We can only behave according to what we believe.

- **Romans 3:20-22** Therefore by the deeds of the law no flesh will be justified in His sight, for by the law *is* the knowledge of sin. <sup>21</sup> But now the righteousness of God apart from the law is revealed, being witnessed by the Law and the Prophets, <sup>22</sup> even the righteousness of God, through faith in Jesus Christ, to all and on all who believe. For there is no difference;
- So when our behavior does not line up with what we refer to as Holy living, it is not because we are becoming unrighteous, but that we are behaving according to a belief that is based in a lie.

**The second part of the rest of God is for those who already believe – sanctification.**

**Hebrews 4:9-11** There remains therefore a rest for the people of God. <sup>10</sup> For he who has entered His rest has himself also ceased from his works as God *did* from His. <sup>11</sup> Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience.

- Here, the author of Hebrews is clearly speaking to those already saved.
- And it also shows that it is possible to live and not enter His rest.
- But after being saved, what are we resting from?

**Exodus 31:12-13** Now the Lord spoke to Moses, saying, <sup>13</sup>“Now as for you, speak to the sons of Israel, saying, ‘You must keep My Sabbaths; for *this* is a sign between Me and you throughout your generations, so that you may know that I am the Lord who sanctifies you.

- God clearly states here that the Sabbath is a sign to show that it is God who sanctifies us.
- This must have been a little confusing to the Hebrews. Why is ceasing from work on the Sabbath a sign of God sanctifying them?
- But it is very clear that it will one day be very clear what is happening here.
- The Sabbath teaches us about Sanctification. That even that is God’s work.
- We rest from sanctifying ourselves. That is God’s work.
- Sanctify – kaw-dash – to be made clean, purify
- **Galatians 3:2-3** This only I want to learn from you: Did you receive the Spirit by the works of the law, or by the hearing of faith? <sup>3</sup>Are you so foolish? Having begun in the Spirit, are you now being made perfect by the flesh?

**The purpose of the Sabbath is to point to a time where we would cease working to be righteous and allow God to make us righteous. Not just for salvation, but in sanctification**

- We enter the rest of God when we cease from our works.
- We have to be diligent to enter that rest.
  - Diligent means to make effort, labor
- Our rest is allowing the life of Christ to live through us. But that is not doing nothing.
- It is a ceasing from making our right standing with God all about what we are doing. It is about what we are believing
- But we must work, make effort, to believe. Stop trusting in our own flesh and trust in Him.

- **Galatians 2:20-21** I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the *life* which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.<sup>21</sup> I do not set aside the grace of God; for if righteousness *comes* through the law, then Christ died in vain.”

We have one work we must do. Jesus said so:

**John 6:29** Jesus answered and said to them, "This is the work of God, that you believe in Him whom He sent."

Rest – Jesus is our Sabbath. That’s why we rest in Him and celebrate on Sunday – resurrection day.