

## 'THE REST OF THE STORY' (A Scriptural Position on the Sabbath)

### The Creation Sabbath of God

**Genesis 2:1-3** The finale day of a perfect creation week / no work, blessing, sanctity  
(This apparently will be resumed in the renovated earth Millennial Kingdom/  
**Isaiah 66:22-23**)

### The Law of Moses Sabbath

**Exodus 20:8-11** Commandment #4 / reiterated with modification 40 years later/  
**Deuteronomy 4:12-15**

#### *Specific details:*

**Exodus 23:10-12** / Sabbath years; **Exodus 31:12-17** / a sign with Israel; **Exodus 35:1-3** / disobey & die  
**Leviticus 19:30** / sanctuary worship; **Lev. 23:3** / no work at home; **Lev. 25:1-18** / Sabbath-Jubilee  
**Numbers 15:32-36** / case history; **Numbers 28:9-10** / 2 lambs offering;  
**Deuteronomy 15** / debts & **31** / read Law; **Nehemiah 10, 13** – no shopping or business

### The Sabbath Law of Jesus

Sabbath is for His Lordship (**Matthew 12:8**) and doing ministry (**Matthew 12:12**)  
Sabbath is for man's benefit (**Mark 2:27-28**) and teaching Bible (**Luke 6:6**)

### The Sabbath in Acts

For evangelizing (especially Jews) (**Acts 17:2-3**) with Christian worship on Sunday (**Acts 20:7**)  
No mention of Sabbath-keeping in the Jerusalem Council Decree (**Acts 15:19-21, 28-29**)

### The NT Sabbath Position

**Romans 14:5-9** / no OT legal 'day' anymore; **Colossians 2:16-17** / meaning fulfilled in Christ;  
**Hebrews 4:1-10** / Sabbath rest is now faith in the Person of Christ & His finished work for us.

### Discussion Group Questions:

- Discuss the comparisons between the OT Sabbath Day (Saturday) of rest and the NT fulfillment of the eternal, spiritual rest we have in Christ when we believe.
- Although Christians aren't obliged to legalistically keep the Saturday Sabbath, how can the concept of having a restful day of 'no work', calmly enjoying our family and friends, meditation on God's goodness and His Word, be a good thing for us physically, mentally and spiritually?
- Note and discuss the comparison in **Hebrews 4:8-9** between Joshua (note: his name is the Hebrew form of Jesus) leading Israel into the land, and the Lord Jesus leading Christians into the promised land of His peace and rest.
  - Will there be battles to establishing a calm, peaceful, Christian life, like the opposition that confronted Joshua when trying to enter God's land of 'rest'?
  - What are some of the things that come up to resist getting 'sabbath rest' in Christ?
  - What can be done to 'enter His rest' in your Christian life?
- Talk about the difficulties of witnessing to people who depend on their good works and religion to achieve peace with God, instead of resting their faith in the 'finished work' of Christ. How do you overcome this resistance to 'totally resting one's faith in Christ alone' when witnessing?