

# There Remains a Sabbath Rest



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## We Must Strive to Rest!

*“There remains a Sabbath rest for the people of God, for whoever has entered God’s rest has also rested from his works as God did from his.*

*Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience.”  
(Hebrews 4:9-11)*

# There Remains a Sabbath Rest

## The Capstone of Creation

*“Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.” (Genesis 2:1-3)*



**There Remains a Sabbath Rest**

**The Capstone of Creation**

**שבת**

**“Rested” = *Shabath***

**“To cease. To stop”**

**“Saturday” in Spanish = “Sabado”**

# There Remains a Sabbath Rest

## A Sign of God's Covenant

*“Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates.” (Exodus 20:8-11)*



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## A Sign of God's Covenant

*“For in six days the LORD made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.” (Exodus 20:8-11)*

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## A Sign of God's Covenant

*“You shall remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there with a mighty hand and an outstretched arm. Therefore the LORD your God commanded you to keep the Sabbath day.”  
(Deuteronomy 5:12-15)*



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## Should Christians Observe the Sabbath?

### The Ten Commandments:

- You shall have no other gods before me. (Ex. 20:3)
- Remember the Sabbath day. (Ex. 20:8-11)
- Honor your father and mother. (Ex. 20:12)
- You shall not commit murder. (Ex. 20:13)
- You shall not commit adultery. (Ex. 20:14)

*“All things are lawful for me, but not all things are helpful.” (1 Corinthians 6:12)*

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## Should Christians Observe the Sabbath?

*“One person esteems one day as better than another, while another esteems all days alike. Each one should be fully convinced in his own mind.”  
(Romans 14:5)*



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## Following the Rhythms of God's Creation

*“For everything there is a season, and a time for every purpose under heaven.” (Ecclesiastes 3:1)*

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## Following the Rhythms of God's Creation

Periods of time or seasons in Scripture are most often connected to God's provision and his rule over creation.

*“On the sixth day they gathered twice as much bread, two omers each. And when all the leaders of the congregation came and told Moses, he said to them, ‘This is what the LORD has commanded: “Tomorrow is a day of solemn rest, a holy Sabbath to the LORD.” (Exodus 16:22-23, 30)*



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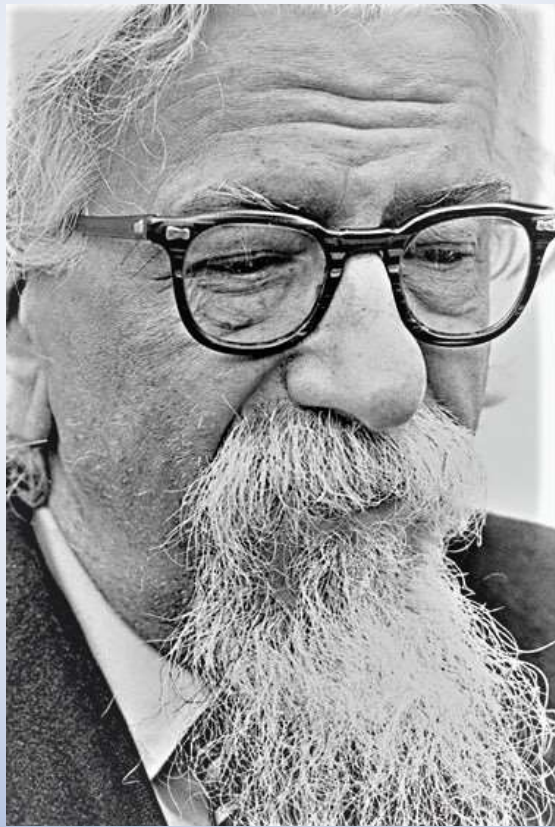
## Following the Rhythms of God's Creation

**Periods of time or seasons in Scripture are most often connected to God's provision and his rule over creation.**

*““Bake what you will bake and boil what you will boil, and all that is left over lay aside to be kept till the morning.”’...So the people rested on the seventh day.” (Exodus 16:22-23, 30)*

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## Following the Rhythms of God's Creation

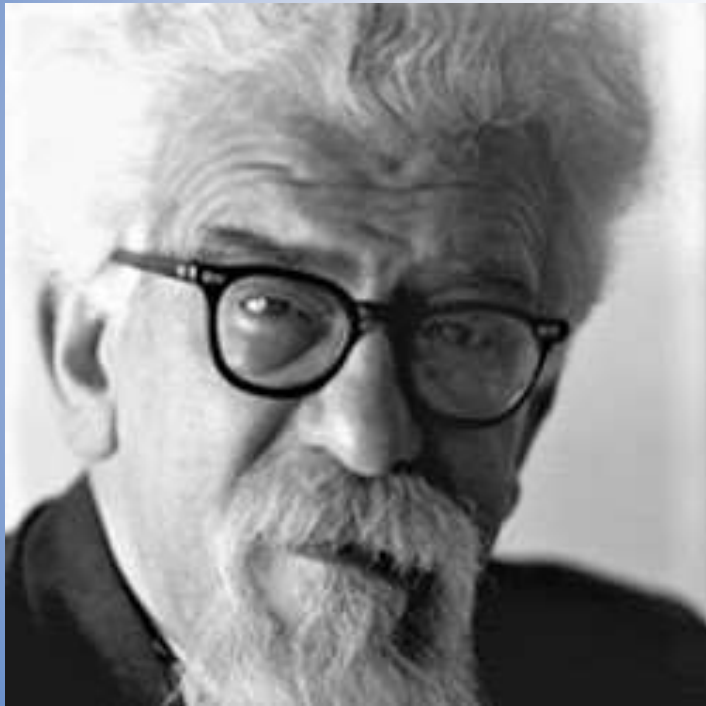


Abraham Heschel



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## Following the Rhythms of God's Creation

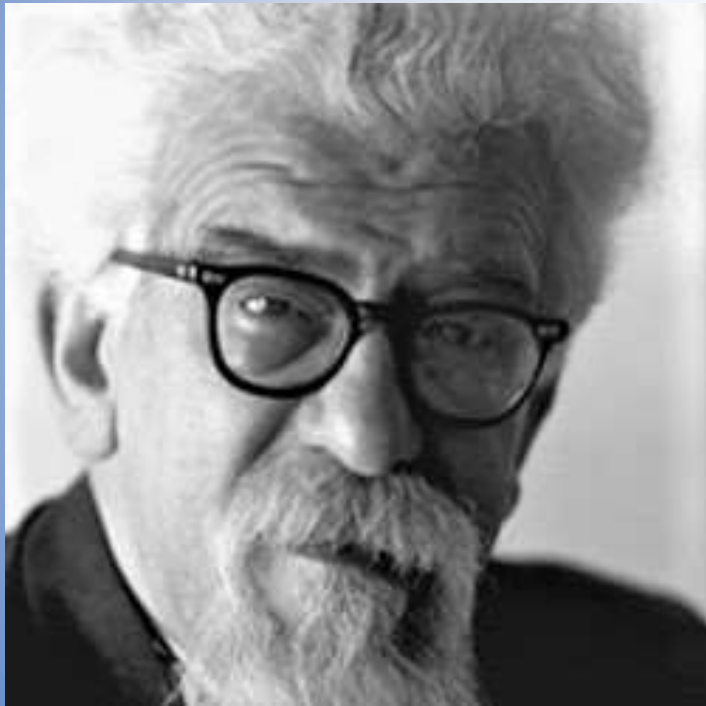


“He who wants to enter the holiness of the day must first lay down the profanity of clattering commerce, of being yoked to toil...”

– Abraham Heschel

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## Following the Rhythms of God's Creation



“He must say farewell to manual work and learn to understand that the world has already been created and will survive without the help of man.” —  
Abraham Heschel

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## Following the Rhythms of God's Creation

Entering God's rest is a safeguard against idolatry:

- You shall have no other gods before me. (Ex. 20:3)
- Remember the Sabbath day. (Ex. 20:8-11)

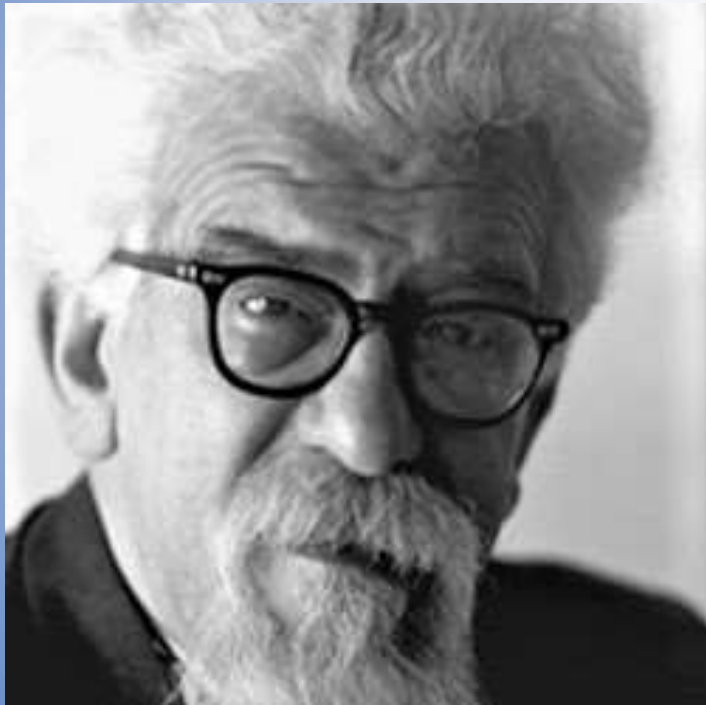
*“The LORD is my shepherd. I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul.”*

*(Psalm 23:1-3)*



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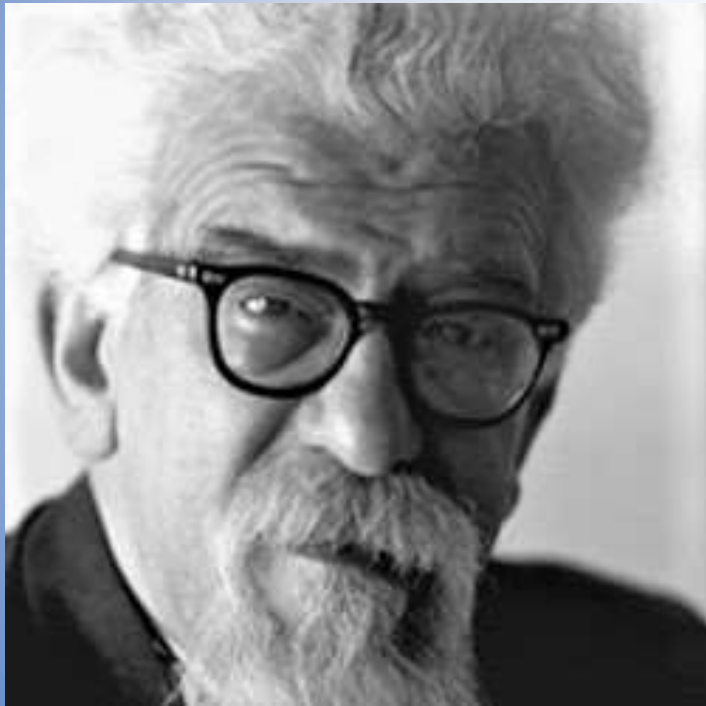
## Following the Rhythms of God's Creation



“Six days a week, we wrestle with the world, wringing profit from the earth. On the Sabbath we especially care for the seed of eternity planted in the soul.” – Abraham Heschel

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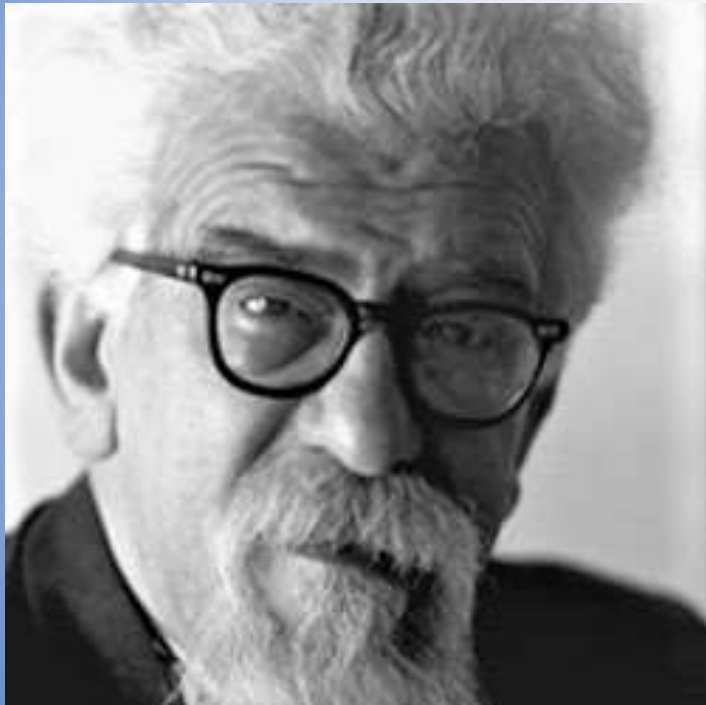
## Following the Rhythms of God's Creation



“Six days a week, we seek to dominate the world. On the seventh day we try to dominate the self.” –  
Abraham Heschel

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## Following the Rhythms of God's Creation



“The goal is creating the Sabbath as a foretaste of paradise.”

– Abraham Heschel



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## A Foretaste of Paradise

*“There remains a Sabbath rest for the people of God...Let us therefore strive to enter that rest.”  
(Hebrews 4:9-11)*

# There Remains a Sabbath Rest

## A Foretaste of Paradise

*“When I considered all that my hands had done and the toil I had expended in doing it...all was vanity and a striving after wind, and there was nothing to be gained under the sun.” (Ecclesiastes 2:11)*

“There is nothing the busy man is less busied with than living.” –Lucius Seneca

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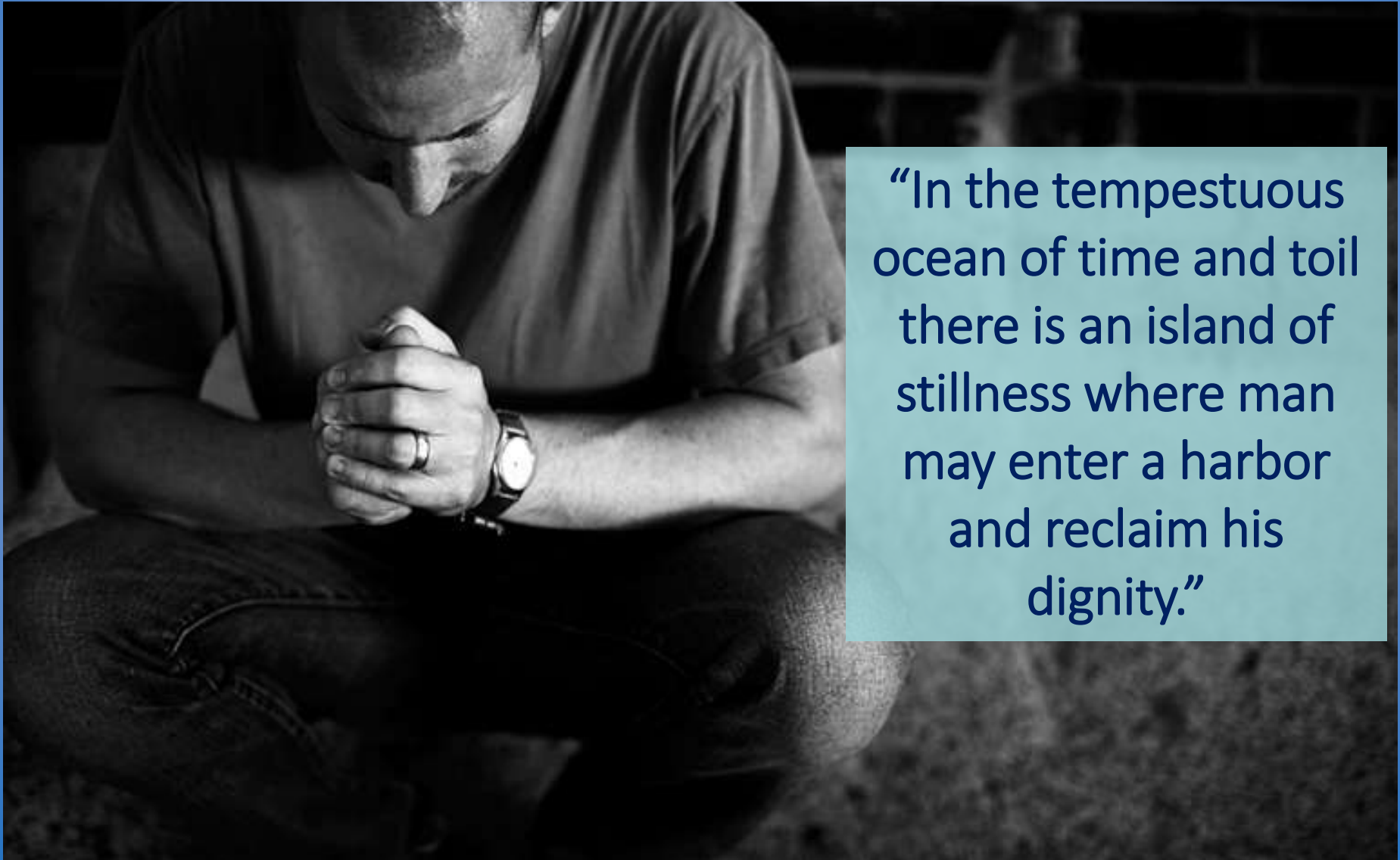
## A Foretaste of Paradise

*“My presence will go with you, and I will give you rest.” (Exodus 33:14)*

*“Come to me, all who labor and are heavy laden, and I will give you rest.” (Matthew 11:28)*



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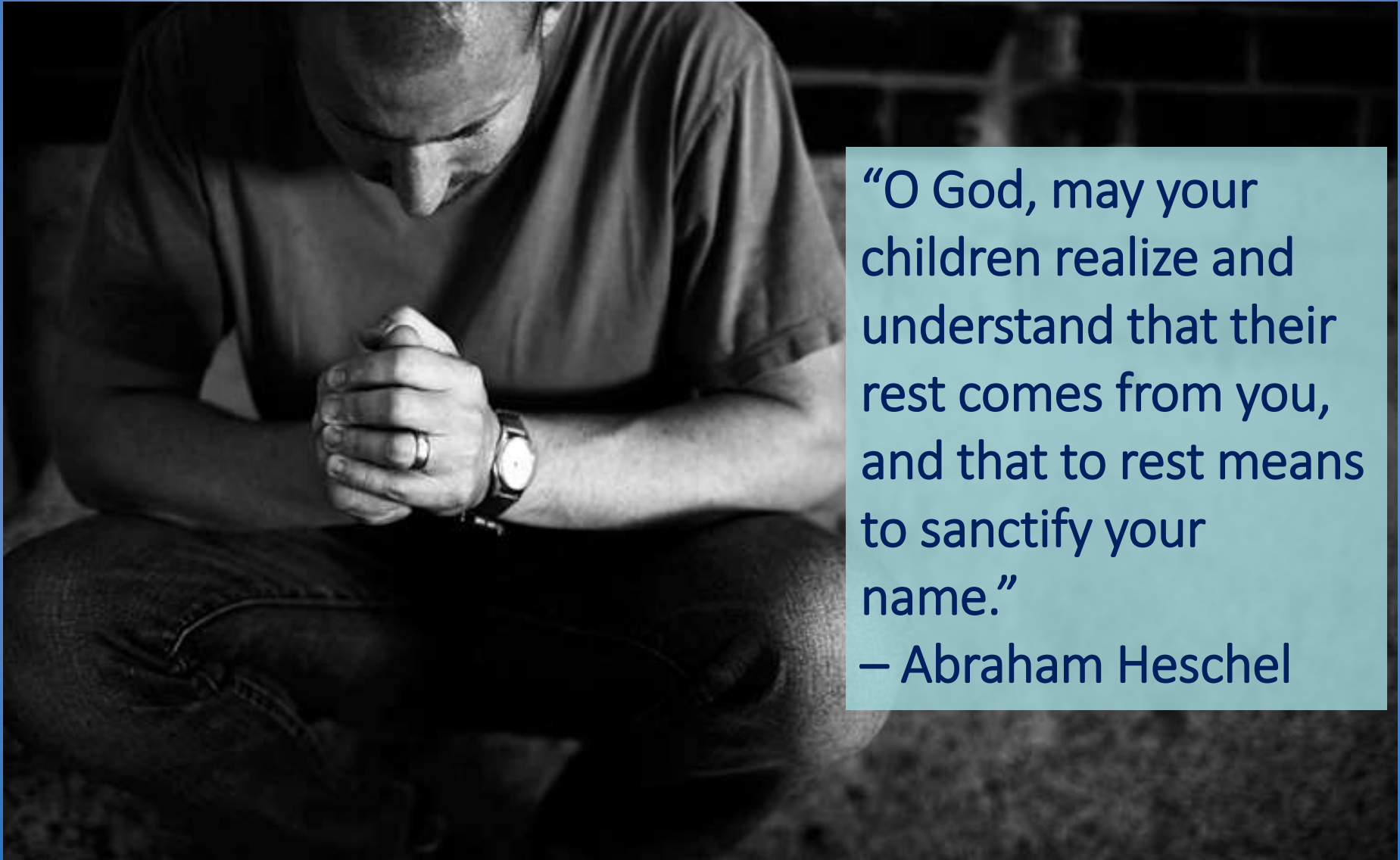
“In the tempestuous ocean of time and toil there is an island of stillness where man may enter a harbor and reclaim his dignity.”

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“That island is the Sabbath—a detachment from things, instruments, and practical affairs as well as attachment to the spirit.”

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“O God, may your children realize and understand that their rest comes from you, and that to rest means to sanctify your name.”

– Abraham Heschel



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