

Sabbath: The Relevance of Rest



“The truth is, we’re always a bit restless. We’re supposed to be...It is a divine ruse to keep us from making permanent settlement this side of eternity. Our citizenship is in heaven. Between now and then we live as sojourners, Bedouins, exiles, tent dwellers. There is always a little sand in the sheets. There is always a sense that *over there* is better than right here. If ever we achieved perfect Sabbath here, then the eternal rest that Sabbath hints at would become irrelevant. God lets us groan now to woo us heavenward.”

- Mark Buchanan

“Let no one apologize for the powerful emphasis Christianity lays upon the doctrine of the world to come...We do well to think of the long tomorrow.”

A.W. Tozer

“It is since Christians have largely ceased to think of the other world that they have become ineffective in this one.”

C.S. Lewis

WEEK ONE: SABBATH IS A TIME TO REST FROM
MAKING A LIVING.

WEEK TWO: SABBATH IS A TIME TO REFLECT ON
HOW I AM LIVING.

WEEK THREE: SABBATH IS A TIME TO RESTORE
STRENGTH FOR LIVING.



Sabbath

⁸ Remember the Sabbath day, to keep it holy...

¹¹ 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

¹⁵ 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

²⁷ And he said to them, “The Sabbath was made for man, not man for the Sabbath. ²⁸ So the Son of Man is lord even of the Sabbath.”

Mark 2:27-28

WEEK ONE: SABBATH IS A TIME TO REST FROM MAKING A LIVING.

WEEK TWO: SABBATH IS A TIME TO REFLECT ON HOW I AM LIVING.

WEEK THREE: SABBATH IS A TIME TO RESTORE STRENGTH FOR LIVING.

WEEK FOUR: SABBATH IS A TIME TO RESET MY PERSPECTIVE ON LIVING.



Sabbath

I. THERE IS A SABBATH-REST STILL AVAILABLE.



Hebrews 4:1-13

Sabbath

4 Therefore, while the promise of entering his rest **still stands**, let us fear lest any of you should seem to have failed to reach it. ² For good news came to us just as to them, but the message they heard did not benefit them, because they were not united by faith with those who listened. ³ For we who have believed enter that rest, as he has said, “As I swore in my wrath, ‘They shall not enter my rest,’”

although his works were finished from the foundation of the world. ⁴ For he has somewhere spoken of the seventh day in this way: “And God rested on the seventh day from all his works.” ⁵ And again in this passage he said, “They shall not enter my rest.”

⁶ Since therefore **it remains** for some to enter it, and those who formerly received the good news failed to enter because of disobedience, ⁷ again he appoints a certain day, “Today,” saying through David so long afterward, in the words already

quoted,

“Today, if you hear his voice,
do not harden your hearts.”

⁸ For if Joshua had given them rest, God would not have spoken of another day later on. ⁹ So then, **there remains a Sabbath rest** for the people of God, ¹⁰ for whoever has entered God's rest has also rested from his works as God did from his.

¹¹ Let us therefore **strive to enter** that rest, so that no one may fall by the same sort of disobedience.

¹² For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.

¹³ And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account.

Hebrews 4:1-13

I. THERE IS A SABBATH-REST STILL AVAILABLE.

A. Full Inheritance of God's Kingdom



Hebrews 4:1-13

Sabbath

I. THERE IS A SABBATH-REST STILL AVAILABLE.

A. Full Inheritance of God's Kingdom

- Residence in the Land
- Reigning from the Land

“Something awful has happened; something terrible. Something worse, even, than the fall of man. For in that greatest of all tragedies, we merely lost Paradise—and with it, everything that made life worth living. What happened since is unthinkable: we’ve gotten used to it.”

John Eldredge

I. THERE IS A SABBATH-REST STILL AVAILABLE.

A. Full Inheritance of God's Kingdom

- Residence in the Land
- Reigning from the Land

B. Failed Entrance Under Moses (No Faith)



I. THERE IS A SABBATH-REST STILL AVAILABLE.

- A. Full Inheritance of God's Kingdom
 - Residence in the Land
 - Reigning from the Land
- B. Failed Entrance Under Moses (No Faith)
- C. Failed Endurance Under Joshua (No Faithfulness)



I. THERE IS A SABBATH-REST STILL AVAILABLE.

- A. Full Inheritance of God's Kingdom
 - Residence in the Land
 - Reigning from the Land
- B. Failed Entrance Under Moses (No Faith)
- C. Failed Endurance Under Joshua (No Faithfulness)
- D. Future Inheritance Remains

I. THERE IS A SABBATH-REST STILL AVAILABLE.

- A. Full Inheritance of God's Kingdom
 - Residence in the Land
 - Reigning from the Land
- B. Failed Entrance Under Moses (No Faith)
- C. Failed Endurance Under Joshua (No Faithfulness)
- D. Future Inheritance Remains
 - Residence in the Kingdom by Faith
 - Reigning in the Kingdom by Faithfulness

²³ Whatever you do, work heartily, as for the Lord and not for men, ²⁴ knowing that from the Lord you will receive the **inheritance** as your **reward**. You are serving the Lord Christ.

Colossians 3:23-24

II. THERE IS A SABBATH-REST TO BE ANTICIPATED.



Hebrews 4:1-13

Sabbath

“C.S. Lewis once observed that when we discover desires within us that this world cannot satisfy, it should make us wonder if we were designed for another world. And if we entertain that possibility, we might also begin to wonder if what is wrong in this world will never really be fixed till we get to the next. Maybe the pie we most want, the pie we were meant to enjoy, really is in the sky.”

Larry Crabb

“What we feel now, we will not always feel. Our disappointment is itself a sign, an aching, a hunger for something better. And faith is, in the end, a kind of homesickness—for a home we have never visited but have never once stopped longing for.”

Philip Yancey

II. THERE IS A SABBATH-REST TO BE ANTICIPATED.

A. Appreciation for My Future Residence



Hebrews 4:1-13

Sabbath

“The crisis of hope that afflicts the church today is a crisis of imagination. Our pictures of heaven simply do not move us; they are dull and syrupy. Therefore, so is our faith, our hope, and our love of heaven.”

Peter Kreeft

II. THERE IS A SABBATH-REST TO BE ANTICIPATED.

- A. Appreciation for My Future Residence
- B. Anticipation of My Future Review



¹⁰ Why do you pass judgment on your brother? Or you, why do you despise your brother? For we will all stand before the judgment seat of God; ¹¹ for it is written,

“As I live, says the Lord, every knee shall bow to me, and every tongue shall confess to God.”

¹² So then each of us will **give an account of himself** to God.

Romans 14:10-12

II. THERE IS A SABBATH-REST TO BE ANTICIPATED.

- A. Appreciation for My Future Residence
- B. Anticipation of My Future Review
- C. Adjustments for My Future Reign



“Our greatest fear should not be of failure,
but of succeeding at something that
doesn't really matter.”

-Anonymous

“Indeed, if we consider the unblushing promises of reward and the staggering nature of the rewards promised in the Gospels, it would seem that Our Lord finds our desires not too strong, but too weak. We are half-hearted creatures, fooling about with drink and sex and ambition when infinite joy is offered us, like an ignorant child who wants to go on making mud pies in a slum because he cannot imagine what is meant by the offer of a holiday at the sea. We are far too easily pleased.”

C.S. Lewis

