

Entering His Rest  
Lesson #21  
pg. 1



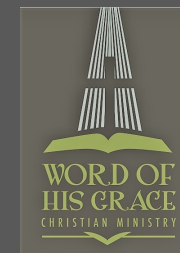
Word of His Grace  
Christian Ministry

Sharing the gospel of Jesus Christ through the exposition of God's Holy Word, the Bible.

Compiled by Pastor Angel.  
Please submit any friendly questions to:

[wordofhisgracecm@gmail.com](mailto:wordofhisgracecm@gmail.com)

**Note:** These guides are not meant to be exhaustive. Also, other than our logo below, we do not own the rights to any background or inserted pictures.



Entering His Rest  
Lesson #21  
pg. 2



The importance of finding rest is an integral part of the Creation account and our redemption. This in part was highlighted in the institution of the Sabbath day. What is the significance of the Sabbath? Is finding rest still relevant for today? What type of rest has God given to his people? Let us consider the topic by turning to the pages of Scripture.

### When is the Sabbath first mentioned?

“Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God ended his work which he had made; and he rested the *seventh day* from all his work which he had made. And God *blessed* the seventh day, and *sanctified* it: because that in it he had rested from all his work which God created and made” ([Genesis 2:1-3](#)).

**NOTE:** At Creation, we see God blessing the seventh day (*which is now referred to as [Saturday](#)*) and setting it apart as an ongoing weekly cycle of time.

### What is the purpose of the Sabbath?

“For in six days the LORD *made* heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD *blessed* the sabbath day, and hallowed it” ([Exodus 20:11](#)).

Entering His Rest  
Lesson #21  
pg. 3

# Sabbath

THE FORGOTTEN PLEASURES OF A DAY OF REST



“Moreover also I gave them my *sabbaths*, to be a *sign* between me and them, that they might know that I am the LORD that *sanctify* them” (Ezekiel 20:12).

**NOTE:** The seventh day Sabbath was given to man for the express purposes of physical rest, spiritual renewal, and fellowship with his Creator.

## What does the 4th Commandment say regarding the Sabbath?


“*Remember* the sabbath day, to keep it *holy*. Six days shalt thou labour, and do all thy *work*: But the seventh day is the *sabbath of the LORD* thy God: in it thou shalt not do *any work*, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates” (Exodus 20:8-10).

## How was the Sabbath observed?

“Six days shall work be done: but the seventh day is the sabbath of *rest*, an *holy convocation*; ye shall do *no work* therein: it is the *sabbath of the LORD* in all your dwellings” (Leviticus 23:3).

**NOTE:** The Sabbath of the Lord was a call to cease from unnecessary work and commerce by acknowledging the Creator in holy convocation.

Entering His Rest  
Lesson #21  
pg. 4



*Worship*  
A  
Holy Convocation

A **Holy Convocation** is to assemble by summons. Aside from corporate worship at church and resting, many also spend the Sabbath day by doing charitable works. Like visitations, feeding the homeless, serving one's community with acts of kindness, spending time with family and friends, enjoying the outdoors, and other recreational activities.

As we will also see in the New Testament, Jesus allowed for humanitarian works of love towards one's fellow man.

### How did Jesus and the apostles observe the Sabbath?

“And he came to Nazareth, where he had been brought up: and, as his *custom was*, he went into the *synagogue* on the sabbath day, and stood up for to read” (**Luke 4:16**).

“For they that dwell at Jerusalem, and their rulers, because they knew him not, nor yet the voices of the prophets which are read *every sabbath day*, they have fulfilled them in condemning him” (**Acts 13:27**).

“And he reasoned in the *synagogue every sabbath*, and persuaded the Jews and the Greeks” (**Acts 18:4**).

Entering His Rest  
Lesson #21  
pg. 5

Luke 4:16



Did Jesus say anything about the Sabbath day?

“And he said unto them, The *sabbath* was made for *man*, and not man for the sabbath” (Mark 2:27).

“And he said unto them, What man shall there be among you, that shall have one sheep, and if it fall into a pit on the sabbath day, will he not lay hold on it, and lift it out? Wherefore it is lawful *to do well* on the *sabbath days*” (Matthew 12:11-12).

“And he saith unto them, Is it lawful *to do good* on the *sabbath days*, or to do evil? *to save life*, or to kill? But they held their peace” (Mark 3:4).

**NOTE:** Jesus healed on the Sabbath to help people, to glorify God, and to remind people that “*the Sabbath was made for man*” (Mark 2:27), not the other way around. The religious leaders by their traditions and regulations had made the Sabbath a burden rather than a blessing. See Luke 13:14-16.

“And he said unto them, That the *Son of man* is *Lord* also of the *sabbath*” (Luke 6:5).

*Jesus* who is God, the very author who gave the law, states that He has all authority. Jesus freed the Sabbath from the burdensome regulations and traditions of the religious leaders.

Entering His Rest  
Lesson #21  
pg. 6



Assembly  
REQUIRED

## Is the Sabbath still relevant for Christians?

“There remaineth therefore a rest for *the people of God*” (Hebrews 4:9).

“Here is the patience of the saints: here are *they* that keep the *commandments of God*, and the *faith of Jesus*” (Revelation 14:12).

“If ye *love me*, keep my *commandments*” (John 14:15).

“Not forsaking the *assembling of ourselves together*, as the manner of some is; but exhorting one another: and *so much the more*, as ye see the day approaching” (Hebrews 10:25).

**NOTE:** As can be seen, a Sabbath rest is implied. There is no *specific language* instructing worship on a *specific day* in the New Testament; however, the call to assemble as the people of God is important for worship and fellowship.

### On which day should we worship?

Some Christians worship on the *seventh day* of the week (*Saturday*), while others worship on the *first day* of the week (*Sunday*).

**NOTE:** This is a matter of one’s personal faith and Christian practice. This *is not a salvation* issue! A day does not save, *Jesus does!*

Entering His Rest  
Lesson #21  
pg. 7

# Seventh day or First day?



**NOTE:** Some Christians appeal to the *first day* of the week (*Sunday*) as the new day of worship.

**A CLOSER LOOK:** There are only eight passages in the Bible that specifically reference the *first day* of the week. They are:

- 1) **Matthew 28:1** simply recounts the narrative of Christ's resurrection.
- 2) **Mark 16:2** also recounts the narrative of Christ's resurrection.
- 3) **Mark 16:9** recounts Christ's resurrection.
- 4) **Luke 24:1** also recounts Christ's resurrection.
- 5) **John 20:1** also recounts Christ's resurrection.
- 6) **John 20:19** says the disciples are in hiding for fear of the Jews. Also, with it being "*evening*", makes this Saturday night, see **Gen. 1:5, 8, 13; Leb. 23:32** for *evening and morning* equaling one day of time.
- 7) **Acts 20:7** says the disciples and Paul met to break bread (*or have a meal*), which continued until midnight (*or Saturday evening*).
- 8) **1 Corinthians 16:2** says believers were "*lay by him in store*" or personally set aside a monetary collection for the saints in Jerusalem, see *verses 3-4*.

**Didn't Jesus "*fulfill the law*", thereby doing away with the Sabbath?**

"Think not that I am come to *destroy the law*, or the prophets: I am not come to destroy, but to *fulfill*" (**Matthew 5:17**).

Entering His Rest  
Lesson #21  
pg. 8

WHAT IS THE DIFFERENCE BETWEEN  
**THE CEREMONIAL LAW,  
THE MORAL LAW, AND  
THE JUDICIAL LAW**  
IN THE OLD TESTAMENT?

On the contrary, Jesus' came so "That the *righteousness of the law* might be fulfilled in us, who walk not after the flesh, but after the *Spirit*" (Romans 8:4).

What about "nailed to the cross" and "shadow of things to come"?

"Blotting out the *handwriting of ordinances* that was against us, which was contrary to us, and took it out of the way, *nailing it* to his cross" (Colossians 2:14).

"Let no man therefore judge you in meat, or in drink, or in respect of an holyday, or of the new moon, or of the *sabbath days*: Which are *a shadow of things to come*; but the body is of Christ" (Colossians 2:16-17).

*Handwriting in ordinances* refers to the law of commandments contained in ordinances or ceremonial laws, see *Eph. 2:13-17*. Tension between Jews & Gentiles were over the ceremonial laws.

Offerings and sacrifices are here related to the sacrificial system & festivals. The plural *sabbath days* point to the *Jewish festivals*, see *Eze. 45:17*; *Heb. 10:1-10*. Also, the book of *Leviticus* makes a distinction between the *feast days* and the weekly *Sabbath*. see *Lev. 23:2-3, 37-38*.

**NOTE:** There are distinctions between the

Entering His Rest  
Lesson #21  
pg. 9



Ceremonial, Moral, and Judicial laws among the Jews found in the Old Testament. *Ceremonial laws* dealt with the feasts days & sacrificial system.

*Moral law* the (*Ten Commandments*), is universal and reveals sin to all of mankind. *Judicial law* with the social order. Interactions between citizens and things like restitution.

Christians today are *free in Christ* and exercise their *personal faith* with *freedom of conscience*.

What about “One man esteemeth one day above another”?

“One man esteemeth *one day* above another: another esteemeth *every day* alike. Let every man be fully persuaded in his own mind” (*Romans 14:5*).

*Verse 16* speaks of “*eating*” & *not eating (fasting)* in relation to days, which points back to the ceremonial law.

Where to find physical and spiritual rest?

“For he that is entered into *his rest*, he also hath ceased from his own works, *as God* did from his” (*Hebrews 4:10*).

Our *ultimate rest* is *Jesus Christ*! Christians have stopped working (*for salvation*) & joyfully rest in *Christ’s righteousness* by faith! *Jesus is our rest!*