

WORK and REST (Part 2 of 2 sermon series)
Selected Passages

God rested on the seventh day of creation. Jesus rested and instructed His disciples to take rests. But more than physical rest, God's command is to take a rest day each week and make it holy, designated for God. Jesus offers more; Sabbath which was a mere shadow of what was to come can now be fully realized in Jesus (Col 2:16), who is the Lord of Sabbath. To those who believe the gospel, Jesus offers Sabbath rest.

- I. God rested on the seventh day of creation and made it holy (Gen 2:2-3).
- II. God commanded the Israelites to observe rest and keep it holy (Exo 20:8-11).
- III. Prayer, Reading of the Scripture and Preaching the Word of God were practiced on the day of rest (Acts 16:13; 13:27; 15:21; 13:14, 44; 17:2).
- IV. The church eventually gathered on the first day of the week for rest and worship (Acts 20:7; 1Cor 16:2).
- V. Jesus declared that it is not unlawful to do acts of mercy and meet others' needs on the day of rest (Matt 12:12; John 9:14).
- VI. Jesus is the Lord of the Sabbath (Mark 2:23-27).
- VII. Jesus offers Sabbath-rest to all those who obey the gospel (Heb 4:1-11).
- VIII. Jesus offers all to come to Him and find rest (Matt 11:28-30).

APPLICATIONS:

1. Be intentional in keeping your rest day for the Lord.
2. Come to Jesus and find spiritual rest.