



A Holy Rest
Genesis 2:1-3
January 26, 2020

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 2:3**

I. SATISFIED - NOT SLEEPY

- The creation week now finished, God saw what he had created and it was “very good/precious/beautiful” (Gen. 1:31).
- Genesis 1 presents a creation and filling that was effortless on God’s part. He spoke, and “it was so.” God does not require rest (Ps. 121).
- The Sabbath rest is for mankind. God rules the Sabbath (Mark 2:23-28).
- We are reminded of two primary things in the Sabbath:
 1. Blessings flow from God, not human effort (Exodus 14:13, 31:12-13; Rom. 9:16; Eph. 2:8-9).
 2. As image-bearers, we recognize that sovereign rest is the goal of life (Heb. 4:8-11).
- The Sabbath represents not only God’s satisfaction and completion in creation, but his mighty power as well (Deut. 5:12-15).

II. THERE REMAINS A SABBATH REST

- The Sabbath as a 6+1 cycle is the shadow, Jesus is the substance (Col. 2:16-17).
- We may rest from our “work” in salvation. The work is God’s. Nevertheless, we make every effort to enter into his rest (Titus 3:4-7; Hebrews 4:1-11).

KNOW: The Sabbath is a gift to humankind—and to his creation. We await the great Sabbath rest that God has promised to his people.

DO: Rest in God today, and prepare for your great Sabbath-rest.

Suggested Reading:

God Dwells Among Us: Expanding Eden to the Ends of the World by G.K. Beale and Mitchell Kim (LifePoint Library #231.765 BEA)

A Brief History of Sunday by Justo Gonzalez

The Day of Worship: Reassessing the Christian Life in Light of the Sabbath by Ryan McGraw (for a different perspective on the Sabbath ordinance than that advocated at LifePoint from a Christian brother)

Questions/Discovery Points for Life Groups/Families

Please Read Genesis 2:1-3

1. What does this passage tell us about creation?
2. What does it mean that God both blessed the 7th day and made it holy?
3. What is the purpose of the Sabbath?
4. What do you think the Sabbath mean for us today?
5. How might we honor the Sabbath in our day, even if we do not feel that it continues to be binding on us as a law?
6. What are your take-aways from Sunday’s message?