

## HANDOUT 5 – GOD’S REST

### Sabbath Rest:

- In the beginning...  
God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation. (Gen 2:3 ESV)
- The Lord gave the Sabbath to the people.  
See! The LORD has given you the Sabbath...(Ex 16:29 ESV)
- The Lord made all the necessary provisions so the people did not have to work on the Sabbath.  
...therefore on the sixth day he gives you bread for two days. Remain each of you in his place; let no one go out of his place on the seventh day. (Ex 16:29 ESV)
- Resting on the Sabbath was an act of obedience and a test of the people's belief in God's promises.  
On the seventh day some of the people went out to gather [manna], but they found none. And the LORD said to Moses, "How long will you refuse to keep my commandments and my laws? (Ex 16:27-28 ESV)  
*Note that this was before the giving of the Mosaic Law.*

**H7673** שָׁבַת *shābath shaw-bath'* A primitive root; to **repose**, that is, *desist* from exertion; used in many implied relations (causatively, figuratively or specifically): - (cause to, let, make to) cease, **celebrate**, cause (make) to fail, keep (sabbath), suffer to be lacking, leave, put away (down), (make to) rest, rid, still, take away.

- The Sabbath rest is a significant pause, an emphasis, a celebration of the work completed thus far – specifically the creation of a habitat, a place where God and man can dwell and fellowship together, e.g. Eden, Promised Land, etc.

### God's Rest

- Deliverance from slavery and entering the habitat God has created for us.
- Dwelling with and fellowshiping with God in this habitat.  
**Deu 12:10-12 NAS77** "When you cross the Jordan and live in the land which the LORD your God is giving you to inherit, and He gives you **rest from all your enemies** around *you* so that you live in security, **(11)** then it shall come about that **the place in which the LORD your God shall choose for His name to dwell**, there you shall bring all that I command you: your burnt offerings and your sacrifices, ... **(12)** "And **you shall rejoice before the LORD your God**, ...
- We have a present, spiritual rest in our deliverance from sin and death and the indwelling of the Holy Spirit.  
**Mat 11:28-30 NIV** "Come to me, all you who are weary and burdened, and I will give you rest. **(29)** Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. **(30)** For my yoke is easy and my burden is light."
- But we also have a very real, physical rest in the future during the 1000 yr reign.  
**Isa 11:10 NIV** In that day the Root of Jesse will stand as a banner for the peoples; the nations will rally to him, and his **place of rest** will be glorious.
- And after that will be a final, real, physical rest in the New Jerusalem.  
**Rev 21:1-3 NIV** Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away, and there was no longer any sea. **(2)** I saw the Holy City, the new Jerusalem, coming down out of heaven from God, prepared as a bride beautifully dressed for her husband. **(3)** And I heard a loud voice from the throne saying, "Now the dwelling of God is with men, and he will live with them. They will be his people, and God himself will be with them and be their God.