

THE REST OF THE HOLY SABBATH

I. PURPOSE

The glory of God's (Elohim's) holiness is contained in the Sabbath. He made the Sabbath for man. Man, through the rest of the Sabbath, can be refreshed with the same blessings that God (Elohim) received. God (Elohim) rested on the Sabbath and was refreshed. This refreshing continued in the Son, in whom the fullness of the godhead dwelled. Jesus (Yahshua) the Son, for an example to the world, kept the Sabbath in obedience to his Father. To this day, there remains a rest for the people of God (Elohim). Everyone should labor to enter the Sabbath rest. Today we learn the importance of the Sabbath rest.

Memory Verse: Heb 4:9 There remaineth therefore a rest to the people of God.

II. BACKGROUND TEXTS FOR DISCUSSION

A. The holy rest

1. We must cease from our work on the Sabbath as God (Elohim) did. Exodus 31:12-18; Isa. 28:1-12.
2. The rest of the holy Sabbath is the will of God (Elohim). Heb. 4:1-16.

B. A day to cease from work

1. God (Elohim) provides and his people rest on the Sabbath. Exodus 16:22-30.
2. Jesus (Yahshua) followed the law and kept the Sabbath, beginning Friday night when the Sabbath began. Luke 4:16; Luke 4:31; Mark 6:1-2; Luke 6:1-9.

III. CONCLUSIONS AND REVIEW

A. Did Abraham keep the Sabbath?

