

**THE REWARDS OF KEEPING THE SABBATH**

**I. PURPOSE**

The rest of the Holy Sabbath awaits those who believe the word of God (Elohim). Within this rest is the power from the LORD (Yahweh) to refresh both mind and body. God (Elohim) first received this blessing of refreshing, for he rested on the Sabbath and was refreshed, that is, revived. This power to revive was also experienced by Jesus (Yahshua) who kept the Sabbath as commanded by the law of God (Elohim). Jesus (Yahshua) received the refreshing of the Sabbath through the resurrection from the dead, which occurred on the Sabbath day. Today we learn about the rewards of keeping both the seventh day Sabbath and God's (Elohim's) annual Sabbaths.

Memory Verse: Lev 19:30 Ye shall keep my sabbaths, and reverence my sanctuary: I am the LORD.

**II. BACKGROUND TEXTS FOR DISCUSSION**

A. Power to revive

1. The power to refresh was placed in the Sabbath by the LORD (Yahweh). Exodus 31:12-18; Isa. 28:1-12.
2. The same power of refreshing is available to all that obey. Isa. 56:1-8.

B. Resurrection power

1. The ultimate power of the Sabbath is its resurrection power. Matt. 28:1-10; Romans 8:1-11.
2. Eternal life awaits those who keep the Sabbath. Matt. 19:16-30; Ezek. 20:12-20; Rev. 22:12-21.

**III. CONCLUSIONS AND REVIEW**

- A. What two things did God (Elohim) tell Israel is shown when we keep the Sabbath?