

Sabbath Rest

Isaiah 66:1-2 (ESV) *Thus says the LORD, "Heaven is my throne, and the earth is my footstool; what is the house that you would build for me, and what is the place of my rest? ² All these things my hand has made, and so all these things came to be, declares the LORD. But this is the one to whom I will look: he who is humble and contrite in spirit and trembles at my word.*

Hebrews 4:8-10 (ESV) *For if Joshua had given them rest, God would not have spoken of another day later on. ⁹ So then, there remains a Sabbath rest for the people of God, ¹⁰ for whoever has entered God's rest has also rested from his works as God did from his.*

What is Sabbath Rest?

1. "...make every effort to enter God's rest..."
2. God's rest and our rest are two sides of the same coin

Hebrews 4:9 (ESV) *So then, there remains a Sabbath rest for the people of God...*

3. God does not want what we have; he wants who we are

Hebrews 4:1 (ESV) *Therefore, while the promise of entering his rest still stands, let us fear lest any of you should seem to have failed to reach it.*

4. It is possible to enter Sabbath rest and it is possible to miss it

Genesis 2:2-3 (ESV) *And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. ³ 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.*

5. Rest is not in the Sabbath, it is in God
6. Sabbath rest is reflected in the "sea of glass..." (Rev. 4:6)
7. Sabbath rest is not about doing nothing, it is about completing all

8. Sabbath rest is found in God permeating us, resulting in being irradiated with the shalom of God

John 3:34 (ESV) *For he whom God has sent utters the words of God, for he gives the Spirit without measure.*

- a. Salvation is the gateway, not the goal. Our relationship with Christ moves through a pattern: personal relationship / intimate relationship / organic relationship

Six ways to enter the Sabbath rest of God

Matthew 11:28-29 (ESV) *Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹ Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.*

1. We must come to Jesus
2. Cease striving: Being fully yielded and completely dependent

Psalms 46:10 (ESV) Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!"

3. Knowing God's ways

Hebrews 3:10 (ESV) *Therefore I was provoked with that generation, and said, 'They always go astray in their heart; they have not known my ways.'*

Isaiah 66:1-2 (ESV) *Thus says the LORD: "Heaven is my throne, and the earth is my footstool; what is the house that you would build for me, and what is the place of my rest? ² All these things my hand has made, and so all these things came to be, declares the LORD. But this is the one to whom I will look: he who is humble and contrite in spirit and trembles at my word.*

4. Humility: teachable, submissive

1 Peter 5:5-7 (ESV) *Likewise, you who are younger, be subject to the elders. Clothe yourselves, all of you, with humility toward one another, for God opposes the proud but gives grace to the humble. ⁶ Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, ⁷ casting all your anxieties on him, because he cares for you...*

5. Contrite of spirit: sensitivity to sin

1 Peter 5: (ESV) *But this is the one to whom I will look: he who is humble and contrite in spirit*

Psalms 32:5 (ESV) *I acknowledged my sin to you, and I did not cover my iniquity; I said, "I will confess my transgressions to the LORD," and you forgave the iniquity of my sin. Selah*

6. Trembles at God's Word: a readiness to obey; a holy love for the will of God

Psalms 119:9-11 (ESV) *How can a young man keep his way pure? By guarding it according to your word. ¹⁰ With my whole heart I seek you; let me not wander from your commandments! ¹¹ I have stored up your word in my heart, that I might not sin against you.*