

DAY OF REST

God's gift to us * He is worthy * Accept the gift

In Genesis, we learn about the creation...

*"And on the **seventh day** God ended His work which He had done, and He rested on the **seventh day** from all His work which He had done. 3 Then **God blessed the seventh day and sanctified it**, because in it He rested from all His work which God had created and made." (Genesis 2:2)*

Why did God rest on the seventh day? **Do you think God was tired?** Or was it a gift from God knowing that we would need rest?



GOD MADE...

THE SEVENTH DAY SABBATH (Saturday)

MAN MADE...

THE FIRST DAY LORD'S DAY (Sunday)

Do the Ten Commandments still apply today?

LOVE GOD

Commandments 1-4

LOVE YOUR NEIGHBOR

Commandments 6-10

We show our LOVE to GOD by following the 4th Commandment

*"Remember the **Sabbath day**, to keep it holy. Six days you shall labor and do all your work, but the **seventh day is the Sabbath** of the Lord your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, **and rested the seventh day**. Therefore, **the Lord blessed the Sabbath day and hallowed it.**"*

(Exodus 20:8-11)

God gave us Sabbaths as a sign between Him and us

God said, "I also gave them My Sabbaths, to be a sign between them and Me, that they might know that I am the Lord who sanctifies them. 13 Yet the house of Israel rebelled against Me in the wilderness; they did not walk in My statutes; they despised My judgments"

God said, "Do not walk in the statutes of your fathers, nor observe their judgments, nor defile yourselves with their idols. 19 I am the Lord your God: Walk in My statutes, keep My judgments, and do them; 20 hallow My Sabbaths, and they will be a sign between Me and you, that you may know that I am the Lord your God." (Ezekiel 20)

- **Jesus is the Lord of the Sabbath** (Matthew 12)
- "Now after the **Sabbath**, as the first day of the week began to dawn, Mary Magdalene and the other Mary came to see the tomb." (Matthew 28:1 – It was the seventh day of the week)
- "Then Paul, as his custom was, went in to them, and for three **Sabbaths** reasoned with them from the Scriptures." (Acts 17)

Therefore, the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations as a **PERPETUAL covenant.**

(Exodus 31:16)

PERPETUAL = everlasting, endless

First Steps:

- Prepare on Friday
- Unplug on Saturday
- Read the 4th Commandment to see how God describes the Sabbath
- Show your love to God during the day by remembering the sacrifice of His son, your baptism, the bible, prayer, evangelism/testimony and His commandments
- Enjoy your day of rest!
- He is worthy!
- God created this work/rest cycle for our good because He loves us!

