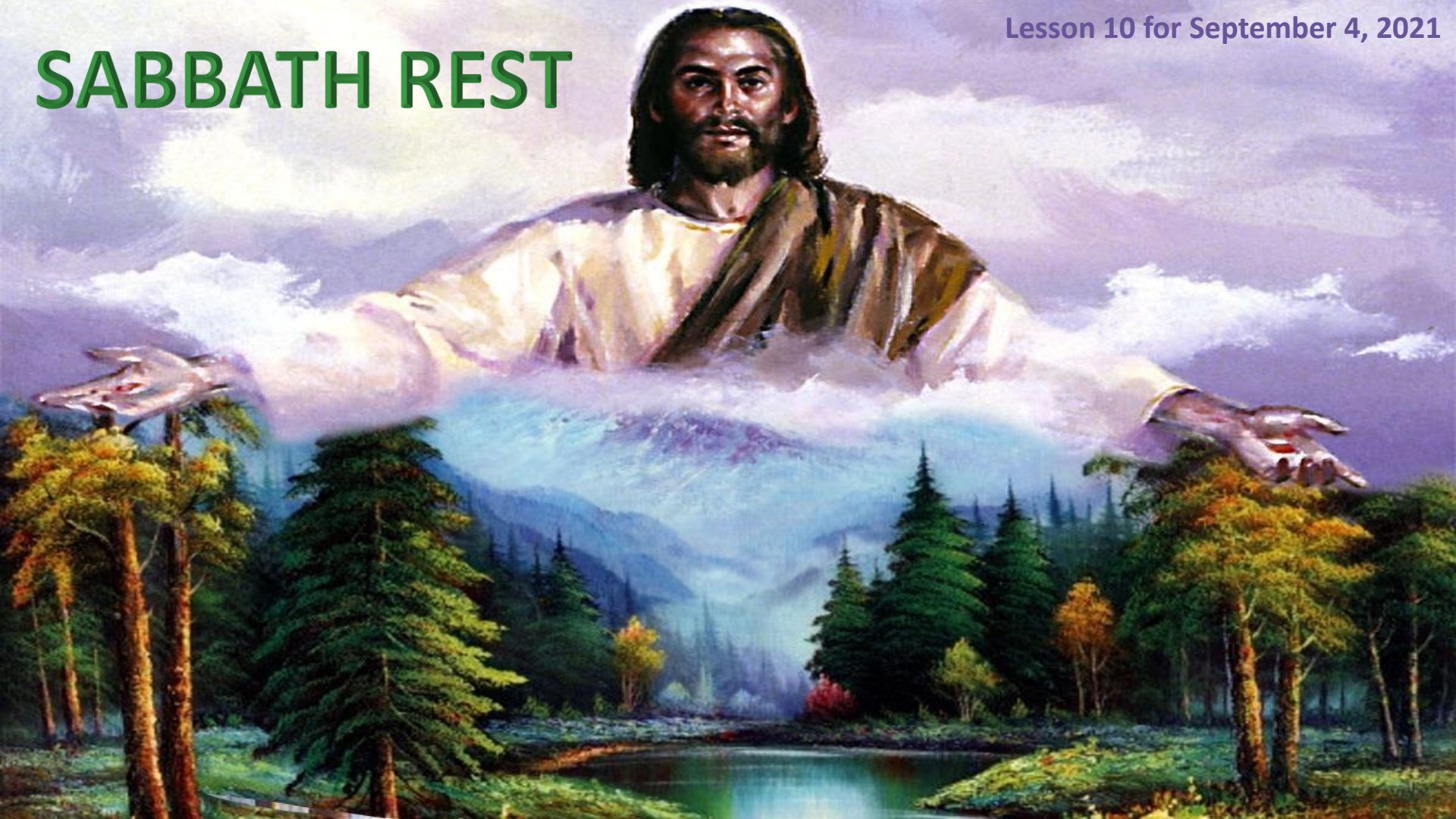


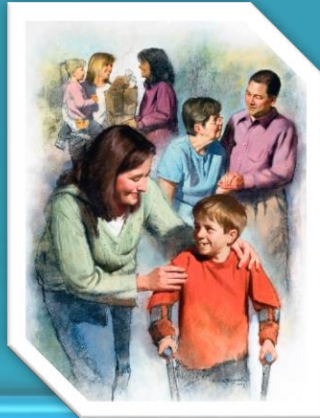
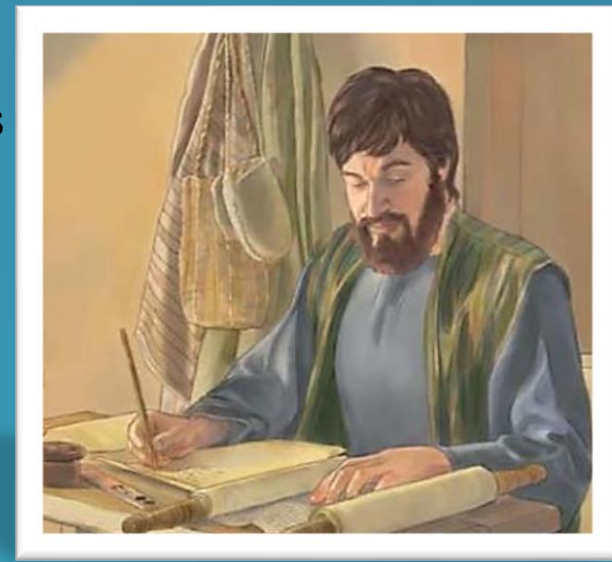
# SABBATH REST



Friday was sometimes called “the preparation day,” but the only day in the Jewish calendar with its own name was the Sabbath. Its own name means “rest.”

The Sabbath rest goes beyond physical rest. We will see that by studying the two versions of the fourth commandment, and other verses about the Sabbath and how to keep it.

How can we find rest on Sabbath?



- ➡ Rest to remember.
- ➡ Rest to be thankful.
- ➡ Rest for everyone.
- ➡ Rest to serve.
- ➡ Rest dedicated to God.



# REST TO REMEMBER

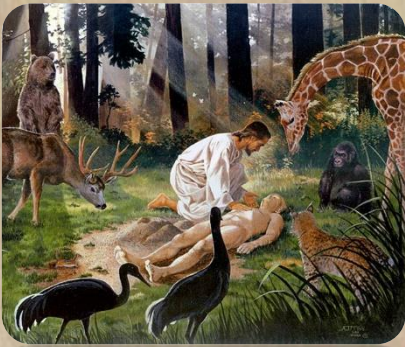
“Remember the Sabbath day, to keep it holy”  
(Exodus 20:8)

**What should we remember on Sabbath?**



The power of God. He created this world and everything on it, even human beings (Ex. 20:11; Gn. 1).

We should also remember that we were created in a special way. We are different to the other creatures on Earth. We were made in the image of God (Gn. 1:27; 9:6).



Lastly, we should remember that we are responsible for taking care of God’s creation. We are stewards of His creation (Gn. 1:28; 2:15).



After six thousand years of sin, the Sabbath is a reminder of God’s plan for us since before Creation. It gives us hope that one day we Will enjoy full communion with God again (Is. 66:23).



# REST TO BE THANKFUL

“And remember that you were a slave in the land of Egypt, and the Lord your God brought you out from there by a mighty hand and by an outstretched arm; therefore the Lord your God commanded you to keep the Sabbath day” (Deuteronomy 5:15)



Were we slaves? The Jews were, but we have never been slaves... Or have we? Let's read Romans 6:17-18.



Sin has enslaved us all, no exceptions. The Sabbath is a moment to thank God for having liberated us from the slavery of sin through the precious blood of Jesus.

The fourth commandment gives us rest with the salvation that God got for us with His mighty arm.

“Therefore you are no longer a slave but a son, and if a son, then an heir of God through Christ.” (Galatians 4:7)





# REST FOR EVERYONE

*“Six days you shall do your work, and on the seventh day you shall rest, that your ox and your donkey may rest, and the son of your female servant and the stranger may be refreshed” (Exodus 23:12)*

**This commandment was given at Creation, so it’s for everyone. Therefore, God commanded Israel to share the blessings of the Sabbath rest with everyone around them.**

**The Christian Church has received Israel’s privileges (1P. 2:9). We are also called to share these blessings with everyone around us.**



**So according to the commandment, we should treat others with love and respect. We must not abuse or mistreat anyone, not even any animal.**

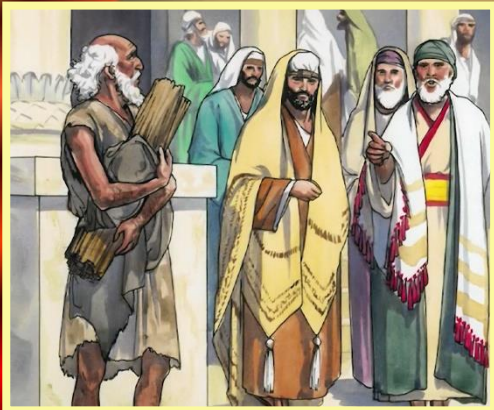
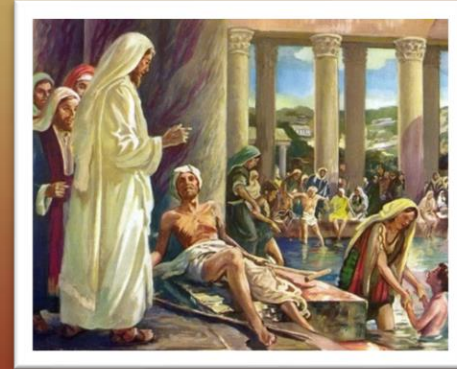


# REST TO SERVE

**"So ought not this woman, being a daughter of Abraham, whom Satan has bound—think of it—for eighteen years, be loosed from this bond on the Sabbath"  
(Luke 13:16)**



**We should not keep from serving others on Sabbath. On the contrary, the Sabbath is a day for serving others. Jesus healed people on Sabbath, although that was against the strict Pharisaic customs about rest.**



**He considered this a crucial matter. He even challenged the Pharisees by commanding a man who had just been healed to carry his bed on Sabbath. That was forbidden by their tradition, not by the commandment (Jn. 5:1-17).**

**God does not want pointless worship that does not lead to loving and caring for others (Is. 58:2-4; 13-14). The Sabbath rest involves service.**



**“According to the fourth commandment the Sabbath was dedicated to rest and religious worship. All secular employment was to be suspended, but works of mercy and benevolence were in accordance with the purpose of the Lord. They were not to be limited by time or place. To relieve the afflicted, to comfort the sorrowing, is a labor of love that does honor to God’s holy day.”**

**E. G. W. (My Life Today, August 15)**

# REST DEDICATED TO GOD

*"Surely My Sabbaths you shall keep, for it is a sign between Me and you throughout your generations, that you may know that I am the Lord who sanctifies you"  
(Exodus 31:13)*

**The Sabbath is a sign that identifies us as God's people. It reminds us that we belong to God, and that both our work and our rest are for Him.**

**This is not a sign exclusive to Abraham's physical descendants. When we accept Jesus, he become "Abraham's seed, and heirs according to the promise."  
(Gal. 3:29).**

**The Sabbath reminds us of our origin, our liberation from sin, and our responsibility for the weak.**

**The Sabbath is quality time with our Creator and Redeemer. He invites us to enter His rest (Heb. 4:9-10).**





**“The Sabbath is a sign of the relationship existing between God and His people, a sign that they are His obedient subjects, that they keep holy His law. The observance of the Sabbath is the means ordained by God of preserving a knowledge of Himself and of distinguishing between His loyal subjects and the transgressors of His law.”**

**E. G. W. (Testimonies for the Church, book 8, cp. 32, p. 198)**