

**“The Day of Rest”**  
**Genesis 2:1-3**

Canon City EFC

6-18-17

**MAIN IDEA:** Christ “is” our Sabbath/rest and we set aside this Holy day for God’s glory, not in legalism, but in delight for God’s rejuvenating rhythm for us.

**SUPPORTING IDEAS:**

Three biblical truths about the Sabbath (day of rest)

The “day of rest” was/is : ( Sabat, Sabbath)

1. Created by God for His glory (Read **Genesis 2:1-3**)
  - a. Rest was about being finished, not weariness **2:1 it was finished**
  - b. God took pleasure in His work **1:31 It was “very” good**
  - c. God honoring, while setting a pattern about work and rest **2:3 Blessed** (*satisfied in God, God’s favor*) *it and made it Holy* ( *set apart -for God*)
2. Created for God’s people to express God’s glory and receive His blessings (Read **Ex 20:8-11; Isa 58:13-14**)
  - a. God created a rhythm for creation and man **Ex 20:8 Remember** *He is talking to all God’s people all households( even livestock!.* **Keep it Holy** *set one day a week aside from work and with God, Work was good!* **Col 3:23** *says we are to work well for God’s glory. But the body and the Spirit need rest. The body needs to stop working one day a week. Our mind and spirit need to stop thinking of work and be with God in praise and meditation. “Stop see that God is very good”*
  - b. It would bless His people (read **Isa 58:13-14**) **14. Bring delight, Honor, Feeds you God’s promises. Hebrews 3:10-11 “They shall not know my rest”** *those you do not rest in God’s ways*
  - c. About honoring God’s Glory God the Father, Son, Holy Spirit in our lives.

3. Finished by/in Christ. (**Mt 12:8,5:17b; 11: 28-29;; Eph 2:8**)
  - a. Completed in Christ. Christ Jesus is our rest/Sabbath! **Mt 12:8 “Lord of the Sabbath”**

Not by the law, but in Christ we passionately honor the Sabbath. **Colo 2: 16-17 say that the substance of the Sabbath belongs to Christ”** *Christ is our complete and eternal rest.* READ **Mt 11:28-29 Eph 2:8**

**Response:** To take a day to honor and rest in Christ is not a burdon, but a gift and an invitation to be celebrated!! It brings true rest and blessings to each of us, our families and the family of God. It is a light on a hill for the lost!! We are God’s people and He is our God in word and deed.

**CONCLUSION**

How is the Sabbath designed by God to bring us rest in body and Spirit? Why is the rhythm of the seventh day set apart from the other six? What does it say about work? Why must we turn work off one day a week?

How does making a day about praising and glorifying God bring His people rest and rejuvenation?

What have been your thoughts and actions about the Sabbath day? What is God’s word challenging you to see?

Why is the day, (Saturday or Sunday) not the issues but our heart and desire to fine rest in God through Christ on Sabbath, the issue? Why is it so amazing, looking back to Genesis and the Law, and such a blessing that Christ is our Sabbath and our rest?