

Image of God: A Theology of Sabbath Rest

Sunday, November 10, 2019 --- Genesis 2:1 – 3

Come unto Me all you who are weary and heavy laden, and I will give you rest. – Jesus

It makes sense to think of Sabbath observance as one of our most honest and practical indicators of authentic faith. The extent and depth of our Sabbath commitment is the measure of how far we have progressed in our discipleship and friendship with God. Norman Wirzba

1. God's Day of Rest

So God blessed the seventh day and made it holy, because on it God rested from all His work that He has done in creation. Genesis 2:3

2. Israel's Day of Rest

Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is Sabbath to the Lord your God. Exodus 20:8 – 10

3. Man's Day of Rest

Jesus said to them, 'The Sabbath was made for man, not man for the Sabbath. So, the Son of Man is Lord even of the Sabbath.' Mark 2:27 - 28

4. The Christian's Rest

There remains a Sabbath rest for the people of God, for whoever has entered God's rest has also rested from his works as God did from His. Hebrews 4:9 - 10

5. The Sabbath-Rest Principle

He said to them, 'Come away by yourselves to a quiet place and rest a while.' Mark 6:31

Questions for Reflection and Discussion:

- i. What was your understanding of the Sabbath growing up? How did you observe it?
- ii. How do you think Jesus redefined the Sabbath for His followers?
- iii. What is the link between the Promised Land and the Christian's rest?
- iv. What would observing Sabbath rest look like for you, and how would it help you?