

3 **"And God Rested..."****Genesis 2:1-3 (Page 2)**

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4 **Sabbath**

- To cease or desist from work; to rest
- A cessation of activity for the purpose of rest, reflection & renewal

5 **The principle of rest:**

- God is timeless
- God does not need rest
- God established rest for man
- Man is not timeless & needs rest
- In embracing rest, we affirm there is only one God

6 **The principle of rest:**

- Genesis 1:26-27
- Focus on togetherness
- Focus on rest
- Focus on the Lord!

7 **God's covenant with Israel**

- Exodus 20:8-11
- Deuteronomy 5:15
- Exodus 1:13-14
- Exodus 3:7
- Exodus 6:9

8 **Sabbath from Israel's perspective:**

- A weekly reminder of God's deliverance from slavery in Egypt
- An enduring principle of regular rest
- The Sabbath day's journey

9 **Disregarding God's principle**

- French Republican Calendar
- 1793-1805
- Attempt to de-Christianize France
- Move from 7-day to 10-day week
- One rest day in 10
- Very unpopular with workers

10 **Does the Sabbath Law apply to Us?**

- Hebrews 4:9-10
- Acts 15:29
- Romans 14:5-6
- Galatians 5:13
- Salvation or Daily Life?

11 **The principle of rest:**

- God is timeless
- God does not need rest
- God established rest for man
- Man is not timeless & needs rest
- In embracing rest, we affirm there is only one God
- The Sabbath is for our flourishing and for God's glory!

12 **Questions to Consider:**

1. What do you believe it means to be "free in Christ"?
2. As you consider the principle of Sabbath, what do you think is your best way to rest?
3. Do you think rest is best experienced alone or with others? Why?
4. What do you think Jesus meant when He said: "The Sabbath was made for man, not man for the Sabbath" (Mark 2:27)?