

The Sabbath Rest of God

The 4th Biblical Principle for Life

Hebrews 4:1-11

The fourth principle may seem unusual but it has great implications, not just for remembering the Sabbath day (which happens to be Saturday), but the much deeper spiritual principles behind the Sabbath Day of rest.

I. The Writer of Hebrews Gives Us Some Insight

- A. He speaks of the rest Joshua failed to provide (because of the stubbornness of the people)
- B. This passage, to which we shall return, speaks allegorically of Canaan
- C. Canaan was to be for the Hebrews a land flowing with milk and honey, a land of abundant fruitfulness, even though there were enemies
- D. It was a promised land, but one which the Hebrews failed to fully enjoy because of their failure to trust in the Lord to work on their behalf

II. The Sabbath Day Has a Rich Heritage in Biblical History

- A. We are first introduced to the Sabbath, or seventh, day in creation
- B. Creation was completed by the evening of the sixth day, including the creation of human beings, and God rested—the first day of human creation was in the day of God's rest
- C. The seventh day was to be a day when all labor ceased and human beings could enjoy the rest ***of*** God, and rest ***with*** God, without any expectations
- D. More than that, human beings were born into the rest of God in a world fully prepared for them and all their needs: it was out of that rest that all their own labor was intended to flow

III. The Meaning of Sabbath Rest

- A. Six days was adequate for all the work human beings needed to do in order to provide for themselves and their families—the seventh day was intended to be a special day of fellowship with God and spiritual refreshment and restoration for another week of work; additionally, each day begins with rest (evening and morning, the 1st day)
"It is vain for you to rise up early and stay up late, eating the bread of painful labors, for the Lord gives to His beloved even while they are sleeping" Psalm 127:2)
- B. Moreover, our work was to flow out of our rest with God—herein lies the deeper meaning of the Sabbath Rest of God
- C. The person who has entered into His rest has ceased from all their own labors. This does not mean that they do no more work; but that their work arises from the energy and power of God's Spirit—we rest while He works in and through us
- D. Furthermore, we do no more work than God desires of us (weariness in well-doing often comes from doing many things God has not desired or appointed for us)

IV. How Do We Enter This Rest?

- A. By being filled with the Holy Spirit
- B. "Go to Jerusalem and do NOTHING until the Holy Spirit comes upon you; then you will receive power to be My witnesses" Acts 1:4
- C. "You will be baptized with the Holy Spirit not many days from now" Acts 1:5
- D. The Holy Spirit fills us for holiness and service, and baptizes us in power for effective ministry