

## Understanding Sabbath Rest

May 30, 2010 Oakbrook Community Church (PCA)  
Genesis 2:1-3; Heb 4:1-13; Ex 20:8-11; Dt 5:12-15 Pastor Mark W. Turner

### God Rested: Gen 2:3

- The rest of God vs. Our restlessness St. Augustine (354-430)
- Our culture & lives are often unrested – as a result of the Fall
- Hebrews 4:1-13 : Threat of missing rest : Rest is a good thing
- 4<sup>th</sup> Command: Exo 20:8-11; Deut 5:12-15
  - compare ignoring of command to rest to ignoring murder or stealing?
- We are generally overworked and unrested... why?
  - Technology
  - Culture
  - But are these the reasons? No!

### Bible talks about the need for Rest: God's Rest

#### - So what is it???

1. Promise of Rest from labors of slavery
  - Contrast Ex 20:8-1 & Deut 5:12-15 – rest because God rested, you are no longer a slave, you have value because you are God's child!
  - What is value of slave? What they do
  - What is value of son? Who they are!  
*Rest: not proving who you are by doing but basking in who you are declared to be*
2. Rest in satisfaction in God's Creation / Re-Creation Activity
  - Heb 10:13; Heb 1:3; Mk 16:19
  - Act of deep satisfaction in Christ's completed work
3. Rest because those who believe enter God's rest!
  - Hebrews 4: No Faith > No Rest
  - Rev. 14:11-13 (unbelievers will never rest - endless restless nights!; believers will rest from their labors!)

### - How Do we find this rest??? Heb 4:11-13

- Heb 4 helps us understand
- Word of God is what lays us bare (like Adam & Eve)
- We can't work enough or be good enough
- The Gospel is when our sin is exposed & Christ has covered it: then, and only then, can you ever rest!
- The Gospel is realizing that you can't ever work enough to earn God's favor and resting in Christ's work alone!

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