

Sabbath: Work and Rest

Salt and Light for the King

March 2023

Exodus 20:8-11 “Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.”

I The Biblical Story of Sabbath Rest

- Creation: Work, then Sabbath rest (Gen 2:2-3, 15)

Gen 2:2-3 And on the seventh day God finished his **work** [*mal'kah*] that he had done, and he **rested** [*sabbath*] on the seventh day from all his **work** [*mal'kah*] that he had done. So God **blessed** [*barak*] the seventh day and **made it holy** [שׁוֹבֵט], because on it God **rested** [*sabbath*] from all his **work** [*mal'kah*] that he had done in creation.

Were Adam & Eve obligated to keep Sabbath — to imitate God's pattern of 6 day work & 1 day rest ?

- Fall: Work *under* the curse (Gen 3:17-19)

Gen 3:17-19 “...cursed is the ground because of you; in pain you shall eat of it all the days of your life; thorns and thistles it shall bring forth for you; and you shall eat the plants of the field. By the sweat of your face you shall eat bread, till you return to the ground, for out of it you were taken; for you are dust, and to dust you shall return.

- Redemption:

- Redemption under the Old Covenant (Exod 20:8-11; 31:13-16; Deut 5:12-15)

- Redemption under the New Covenant (Mt 11:28-30; Heb 3:7-4:13)

- Restoration (Heb 4:8-13; Rev 14:13)

II Sabbath Under Old Covenant Redemption

- Exod 16:22-30 **Manna for the Sabbath**

- Context: _____ (Neh 9:9-15)
- An object lesson of _____
- Admonition: _____
- Prohibition: _____

- Exod 20:8-11 **The 4th Commandment**

- “Remember”: _____
- “Sabbath Day” = _____ & _____
 - Weekly rhythm: 6 days of _____ + 1 day of _____
- “to keep it holy” : _____
- “blessed” : _____
- Prohibition: no _____ nor _____
- Admonition: _____
- For whom? _____
- Who observes it? _____
- Reason #1 : The LORD ceased to _____ and _____ (Gen 2:2-3; Exod 20:11)
- Reason #2 : The LORD _____ Israel from Egypt (Deut 5:12-15)

- Various Texts Sabbath in the Pentateuch
 - Exod 31:13-16 Sabbath = _____ of the Old Covenant

 - Reminders to keep sabbath
 - Exod 35:2-3

 - Lev 16:31 (29-34)

 - Lev 19:3 (1-4)

 - Lev 19:30

 - Num 28:9-10

 - Sabbath keeping/breaking (Lev 26:2; 34-35; Num 15:32)

- Sabbath and Other Jewish Holidays/Ceremonies
 - Lev 23 _____

 - Lev 25:1-6 _____

- Various Texts The Historical Books & Prophets
 - Good Kings _____ the priests and Levites to _____ the ceremonial calendar, including the Sabbath (1 Chron 23:30-32; 2 Chron 2:4-5; 8:12-14; 31:3)
 - Sabbath regulated _____ for priests (Lev 24:1-9; 1 Chron 9:32; 2 Ki 11:5, 9 / 2 Chron 23:4, 8)
 - Israel profaned the Sabbath as they pursued idolatry
 - Isaiah 1:12-14 (2-20)
 - Jeremiah 17:19-27
 - Ezekiel 20:1-32
 - Ezekiel 22:8, 26 (1-31; see further 23:36-38)
 - Hosea 2:10-11
 - Amos 8:4-6 (1-14)
 - Sabbath and Holidays became like “C&E Christians” (2 Ki 4:23)
 - God promised Sabbath restoration
 - Sabbath = _____ (Is 58:13)
 - Sabbath _____ for the land (2 Chron 36:21)
 - Promise of Sabbath _____ under the New Covenant (Is 56:1-8; 66:22-23)
 - Nehemiah restored Sabbath _____ as Covenant obligation (Neh 10:31-33; 13:15-22)

III Sabbath Under New Covenant Redemption

- Jesus vs. Sabbath Sticklers (Jewish Tradition)
 - Jesus attended Sabbath worship in the synagogue and taught (Mk 1:21; 6:2; Lk 4:16; 13:10)
 - Jesus, Son of Man, is the _____ of the Sabbath (Mt 12:1-14; Mk 2:23-28; Lk 6:1-5)
 - Jesus _____ on the Sabbath (Mk 3:1-6; Lk 6:6-11; 13:10-17; 14:1-6; Jn 5:1-18; 7:14-24; 9:13-17)
 - Though Jesus repeatedly clashed with Pharisees over the Sabbath, he never taught that it would cease
 - Jesus foretold coming changes for worship under the New Covenant:
 - Not tied to _____ (Jn 4:21-24)
 - _____ would no longer bind (Mk 7:18-19)
 - _____ would be destroyed (Mt 24:1-2)
 - _____ ordinances (Mt 26:26-29; 28:19)
 - Authority of the _____ (Mt 16:13-19; 18:18-20)
 - The _____ of the church (Mt 28:18-20)

- Hebrews 3:7-4:13 — Sabbath past, present and future: Rooted back in _____, we can enter relief from toiling for redemption _____, and yet the _____ is still yet to come
- The Lord's Day (Mt 28:1-10; Lk 24:13-49; Jn 20:1, 19, 26; Acts 2:1; Lev 23:15-16; Acts 20:7; 1 Cor 16:1-2; Rev 1:10)
- The Keeping of Days (Rom 14:5-6; Col 2:16-17; Gal 4:8-11)

V Spectrum of Perspectives

1. Sabbath is _____ in Christ (Grudem, Carson, many evangelicals) : _____ principles for today
2. Sabbath continues but in a new way: (Calvin, Canons of Dort, Frame, Lutherans) : Sabbath _____ is in effect — work 6 + rest 1; cease from _____ so that one can gather for _____
3. Strictest Sabbatarians (Westminster Confessions of Faith; 7th Day Adventists) : Sabbath still _____ today, cease from _____; gather for _____

VI Wisdom Principles for Work & Rest

1. Rest in the divine _____ of the Creator-Redeemer God
2. Corporate worship _____
3. Regular work is the norm
4. Rest regularly from work
5. Christians may be free to gather on _____
6. God is pleased with both _____ AND _____
7. Sabbath is connected with _____ responsibility (Is 58; Amos 8:4-8) and _____ responsibility

VII Practical Questions for Today:
