



Day of Rest

Genesis 2:1-3

Day 7

- Differences
 - Ending is open
 - The day itself is blessed
 - It is sanctified

Ending

- Day Age belief – God is still at rest

¹⁵ The man went away and told the Jews that it was Jesus who had healed him. ¹⁶ And this was why the Jews were persecuting Jesus, because he was doing these things on the Sabbath. ¹⁷ But Jesus answered them, “My Father is working until now, and I am working.” John 5:15-17

- Progressive Creationist/ Theistic Evolutionist

- God is hands off, and the work seen is evolution

Blessed and Sanctified

- M'kaddesh – To sanctify, to make holy
- First thing sanctified in scripture

Imitating God with Rest

“Remember the Sabbath day, to keep it holy. ⁹ Six days you shall labor, and do all your work, ¹⁰ 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. ¹¹ 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.”

Ex. 20:8-10

Resources

- BioLogos
- Answers in Genesis
- Reasons to Believe

Imitating God with Rest

- The need for periodic rest is important
 - Ex. 23:10-12
 - Lev. 25
 - Deut. 15

What is rest?

- Doing nothing, sleep, fun things, or a blessing from God?
- Matt 11:28-30 – we are called to rest by Jesus

How to Rest in God

- Read the scriptures
- Prayer
- Relationships with other believers