



Now we who have believed enter that rest. Hebrews 4:3

Learning At Home

Walking with Jesus - Part 7: Keep the Sabbath Holy



Bible Study:

This week is command #4 - keep the Sabbath Holy (set apart for God). The doctrine of sabbath rest reaches back to the creation account. Please be sure to read Genesis 2:1-3, and take time to meditate on the profound depth of God finishing the work of making the universe and *resting* in His Finished Work. Of course, He did not rest because he was tired or fatigued. **He rested in the absolute assurance of His own completeness!**

The Old Testament story we shared is the account of God's provision of manna for the Israelites in the wilderness (Exodus 16). The story starts out with a vivid picture of what NOT resting unto the Lord looks like: the Israelites did not trust that the God *who miraculously brought them out of Egypt* would provide for their needs on the journey. So they grumbled against God.

But God graciously gave them food AND wove in the doctrine of weekly Sabbath Rest in the way He provided Manna. He literally gave them a daily portion on five days (meaning that the manna spoiled within 24 hours) then a double-portion on one day. The double portion would last two days!



The gospel in the story:

In Hebrews 3 and 4, the doctrine of Sabbath Rest is fully developed. This epistle provides clear language that **Jesus IS our Sabbath Rest**.

So for Jesus' followers, keeping the Sabbath Holy is much more than abstaining from physical labor, it's fundamentally about regularly setting time and our labors aside to meditate on the completeness we experience in Jesus. **Those who place their faith in Jesus literally lack nothing, and God wants us to be intentional about taking time to reflect and meditate on that.**

Application:

Head: What did we learn?

Q: What does it mean to keep something holy? A: set apart, distinct from everything ordinary, designated for specific use, different, sacred, reserved for God

Q: Does the Sabbath need to happen at the same time every week? A: No, but regular rhythms are a beautiful way to demonstrate something is important

Q: What does it mean to be complete? A: Spiritually whole, fully forgiven, lacking nothing

Heart: Memory Verse:

"Now we who have believed enter that rest." Hebrews 4:3

Hands: How does this affect the way we live?

In Romans and elsewhere, Paul warns not to get legalistic about a particular day, but instead regularly take time with God to express praise and thankfulness for the rest and completeness we have in Jesus' finished work!

Consider weekly personal and household rhythms in your family that are grounded in displaying God's nature of resting in **His completeness**.