

The Seventh Day Genesis 2:1-3

2:1: Thus the heavens and the earth were finished, and all the host of them.

#1: Understanding the Sabbath (Gen 2:2-3)

2 And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. 3 So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.

Exodus 20

8 “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.

Deuteronomy 5

12 “Observe the Sabbath day, to keep it holy, as the Lord your God commanded you. 13 Six days you shall labor and do all your work, 14 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 or your male servant or your female servant, or your ox or your donkey or any of your livestock, or the sojourner who is within your gates, that your male servant and your female servant may rest as well as you. 15 You shall remember that you were a slave in the land of Egypt, and the Lord your God brought you out from there with a mighty hand and an outstretched arm. Therefore the Lord your God commanded you to keep the Sabbath day.

Mark Buchanan

Exodus grounds Sabbath in creation. Deuteronomy grounds it in liberation. Exodus remembers Eden. Deuteronomy: Egypt. In Exodus, Sabbath-keeping is about imitating divine example and receiving divine blessing. In Deuteronomy, it is about taking hold of divine deliverance and observing divine command. Exodus looks up. Deuteronomy looks back. Exodus gives theological rationale for rest, and Deuteronomy historical justification for it. One evokes God’s character, the other his redemption. One calls us to holy mimicry – be like God; the other to holy defiance – never be slaves again.

Colossians 2:16–17:

16 Therefore let no one pass judgment on you in questions of food and drink, or with regard to a festival or a new moon or a Sabbath. 17 These are a shadow of the things to come, but the substance belongs to Christ.

#2: Coming to the Fulfiller of the Sabbath

Mark 2:27–28

27 And he said to them, “The Sabbath was made for man, not man for the Sabbath. 28 So the Son of Man is lord even of the Sabbath.”

Matthew 11:28-30

Come to me, all who labor and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For my yoke is easy, and my burden is light.

Revelation 14:13:

Write this: Blessed are the dead who die in the Lord from now on.” “Blessed indeed,” says the Spirit, “that they may rest from their labors, for their deeds follow them!”

Hebrews 4:9–10

9 So then, there remains a Sabbath rest for the people of God, 10 for whoever has entered God's rest has also rested from his works as God did from his.

#3: Practicing the Sabbath

- 1. Learn to Sabbath.**
- 2. Include various life-giving graces like *inaction, avocation, recreation, contemplation, adoration.***
- 3. Be in community.**
- 4. Remember that your citizenship is in heaven.**

Mark Buchanan

The truth is, we're always a bit restless. We're supposed to be. This is not a flaw in our faith, it is faith's substance. It is a divine ruse to keep us from making permanent settlement this side of eternity. Our citizenship is in heaven. Between now and then, here and there, we live as sojourners, Bedouins, exiles, tent dwellers.... If ever we achieved perfect Sabbath here, unbroken rest and restfulness, then the eternal rest that Sabbath hints at would become irrelevant. God lets us groan now to woo us heavenward. He gives us rest here, but not enough to fully satisfy, just enough to keep us in the race.... Take anything you delight in here on earth: Your children. Your craftwork. Your hot tub. The dewed green of a fairway on a July morning. The sweet corn from your garden, butter-drenched. Enjoy them all. Find rest in them. But imagine how much more awaits you.