



KEY THOUGHTS

- We have a powerful need for rest. It's built into the very fabric of how we are created.
- Exodus 16:4-5 – God began a pattern to make sure we took a rest.
- He called it Sabbath – Exodus 20:8-11 – in one of the largest portions of the Ten Commandments, God explained the Sabbath. Even the land and animals were to experience a Sabbath (Exodus 23:10-11)
- The Sabbath was primarily a day of rest, not a day of worship.
- In all the created world, God designed a pattern of rest.
- The demands to follow the commanded Sabbath are clear – Exodus 31:12-17 prescribes death for those who don't follow.
- Rest doesn't feel like obedience, but it is.
- Rest means to cease, to stop. Even God did this, not because He was tired, but He ceased working. The "refreshing" described in v.17 is literally "to take a breath." God ceased creating and took a breath to enjoy that it was "very good."
- "But we are of the New Covenant. Does the Sabbath even apply to us?"
- Jesus answered this clearly in an incident where His disciples were accused of breaking the Sabbath, Mark 2:23-28
 - His answer was that the Sabbath was created to serve us, not the other way around.
- The first followers of Jesus changed one other significant thing about the Sabbath, driven by this principle in Colossians 2:16-17 – the Sabbath, among other things, was a shadow of things to come, but the substance belongs to Christ.
- The real heart of taking a Sabbath rest isn't simply ceasing, but it is driven to focus us on Jesus. That is different from the Old Covenant Sabbath. For New Covenant people, the Sabbath has become a Christ-centered day of worship as well
- We all need to rest and stop.
 - Mark 4:35-39 has Jesus being taken by His own disciples in a boat, where He slept – through a rainstorm! He needed, scheduled, and carried out rest.
- Our rest isn't rest until it rests in the character of God.
 - Psalm 46:8-10 – Be still and know that I am God.

SCRIPTURES

- Exodus 16:4-5
- Exodus 20:8-11
- Exodus 23:10-11
- Exodus 31:12-17
- Mark 2:23-28
- Colossians 2:16-17
- Mark 4:35-39
- Psalm 46:8-10

PRACTICAL AND REFLECTION

- Consider checking out a deeper look into the practice of rest. Prayerfully use this guide as an encouragement to get started.
- Download Sabbath Practice PDF by John Mark Comer ccsumter.com/sabbath