

January 30, 2021

This morning, I would like to revisit the blessing of the Sabbath day.

There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works just as God did from his. Hebrews 4:9,10

The origins of the Sabbath predate the ten commandments given to the people of Israel at Mount Sinai. Indeed, the Sabbath “rest” was put into place at the end of our Lord’s Creation, to celebrate all that He had done. *By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work.³ Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done. Genesis 2:2*

This first Sabbath was also the first full day of life for Adam and Eve, and I imagine it must have been a Sabbath full of wonder and delight! You and I cannot even remember the day that we were born into life. How amazing it must have been for Adam and Eve to spend an entire day of rest and celebration with their Creator in the amazing, new world He had made. This first Sabbath, I believe, is what is in store for each of us when we are rescued out of this sinful world. I can imagine walking with my Lord and Savior, seeing “*What no eye has seen, what no ear has heard, and what no human mind has conceived*”—the things God has prepared for those who love him.” *I Corinthians 2:9 NIV*

The Sabbath commandment itself is worded in such a way as to know it existed before the commandments were given. It says: *Remember the Sabbath day to keep it holy*. In fact, the miracle of manna in the dessert preceded Mount Sinai. This manna would fall every day – except the Sabbath – for the duration of the Israelites wandering in the wilderness. On Friday, twice as much manna would fall. This is because God was in charge of raining down the manna and God was honoring the Sabbath day that He had set apart and blessed.

The Sabbath rest that exists for the people of God **is the rest of our salvation through Christ**. In Ezekiel we read: “*Also I gave them my Sabbaths as a sign between us, so they would know that I the Lord made them holy*” *Ezekiel 20:12*. We are not holy in ourselves; we have all sinned and fallen short of the Glory of God. The Sabbath is a sign, then, of the sanctifying work of Christ. It is a day that we can celebrate not only God’s creation, but also the salvation He offers to all who will receive.

In Christ’s day, the Sabbath rest had deteriorated into a day of impossible burdens. Over six hundred laws had been added to “enhance” the fourth commandment; man-made rules and regulations that choked out the beauty of the Sabbath rest Jesus gave us. Today, in our technologically-advanced world where one cannot escape electronic emails, text messages or phone calls, reinstating the Sabbath rest is just as important as it was back then.

Re-center. Refocus. Recommit to the One who made you. Find in Him your purpose, your healing, your restoration. It isn’t hard to do. Fix your mind on Him, and He will give you perfect peace (*Isaiah 26:3*)

*Come unto me, all ye that labor and are heavy laden, and I will give you rest. Matthew 11:28
NIV*