

## Session 5: Day 7 - The Sabbath

*So the heavens and the earth and everything in them were completed. By the seventh day God completed His work that He had done, and He rested on the seventh day from all His work that He had done. God blessed the seventh day and declared it holy, for on it He rested from His work of creation. - Genesis 2:1-3*

“For the ancient Greeks, the life of most of the gods was a life of celestial loafing, interrupted only by occasional amorous excursions or councils to determine the affairs of the human race. Home describes Olympus, ‘the gods’ abiding place,’ as ‘unshaken for ever. There are no beating winds or drenching rain; no snow falls there, but the clear sky spreads cloudless, over it a white radiance floats; there the blessed gods are happy all their days.’” - Leland Ryken

“‘The God of the Bible,’ Paul Menear aptly notes, ‘is preeminently a worker.’ What is the significance of this? It at once lends sanction and dignity to the very idea of work.” - Leland Ryken

### **The Text in Day 7**

- 3x text states that God did not work on the 7th Day
- Genesis 2:1 (7 Hebrew words)
- Genesis 2:2 (7 Hebrew words)
- Genesis 2:3 (7 Hebrew words)
- No “evening and then morning” suggests day is eternal

“...By contrast, the God of the Bible is a veritable dynamo of work and activity, and equally a devotee of purposive rest and leisure.” - Leland Ryken

### **Sabbath - “cease/rest”**

**God** - An example for man

**Israel** - Original day of rest, not worship. For land.

**Man** - Trust in sovereignty of God

**Eternity** - Points to an eternal rest

“God did not command men simply to keep holiday every events day, as if he delighted in their indolence; but rather that they, being released from all other business, might the more readily apply their minds to the Creator of the world.” - John Calvin

“...it means turning our eyes absolutely upon God’s being God and towards worshiping him.” - Dietrich Bonhoeffer

“Mere intellectual belief will not bring rest to any soul. Acknowledging that Jesus Christ is the Son of God and Savior of the world will not bring rest. Trust in him is what gives rest to our souls. True faith is belief plus trust. When you truly trust in Christ as Savior, rest comes because the burden of your sins is lifted. You rest from your works. And because you are in Christ, you enter the Sabbath rest of God. You know that he is your Creator and redeemer.” - R. Kent Hughes