



Genesis 2:1-3 – God’s Rest – Part 2 of 2

The Sabbath of the New Testament

- God created a day of rest for **man**. (Mark 2:27)
 - o He knew that mortal (and sinful) man would need a time to rest from their activities and focus on God.
- Christ’s finished work on the cross **fulfilled** and did away with the OT Sabbath. (Col. 2:16-17; Rom 14:5-6; Matt. 12:1-8)
 - o The “type” passed away to make room for the reality.
- Christians worship on Sunday by **tradition**, not **command**.
 - o Christians corporately gather to worship on the first day of the week, Sunday, in following the early church’s example of meeting on Christ’s resurrection day. (Acts 20:7; Matt. 28:1-10)

God’s Rest

(Hebrews 3:1-19; 4:1-13; Matthew 11:28-30)

- “Keeping the Sabbath” for the believer is entering God’s rest – it is the reality of our **salvation**.
- God’s rest for the saint is **present**:
 - o A cessation from spiritual “working” against God.
 - o A joyous and focused communion with Christ.
- God’s rest for the saint is **future**: (Rev. 14:13)
 - o Complete relief from spiritual and physical struggles.
 - o Eternal communion with our Creator and Savior.

So, what should your “Sabbath” look like?

“God’s own rest from His work of creation, and the rest that He gives us in Christ, are not the rest brought on by weariness or the rest of inactivity, but are the rest of finished work.”
John MaCarthur

Exposition of Genesis
Hilltown Baptist Church
Early Church Sunday School Class
Teacher: Gene I. Greiner, II (2T42)

The 23rd Psalm (KJV)

The LORD is my shepherd; I shall
not want.

He maketh me to lie down in
green pastures:

He leadeth me beside the still
waters.

He restoreth my soul:

He leadeth me in the paths of
righteousness for his name's sake.

Yea, though I walk through the
valley of the shadow of death, I
will fear no evil: for thou art with
me; thy rod and thy staff they
comfort me.

Thou preparest a table before me
in the presence of mine enemies:
thou anointest my head with oil;
my cup runneth over.

Surely goodness and mercy shall
follow me all the days of my life:
and I will dwell in the house of the
LORD for ever.

29 Q How does the Spirit apply to us the redemption purchased by Christ?

A The Spirit applies to us the redemption purchased by Christ, by working faith in us (Eph 2:8) and by it uniting us to Christ in our effectual calling (Eph 3:17).