



## Lesson 3: Sabbath Rest

### Scriptural Basis:



Genesis 2:1-3; Exodus 20:8-11

### Overview:

In six days, God created the heavens and the earth, and on the seventh day, God rested. And God blessed that day and made it Holy. In this, God set a pattern for mankind – to work six days, but set the seventh day apart to rest and worship the One who created everything.

### Things to consider:

- The word Holy means set apart for God. We are to look at Sabbath rest as Holy – set apart for God; it's His day Not Ours. We are to rest unto Him.
- God rested, not because He was tired, but because He wanted to establish a pattern of working, and regularly finding our rest in Him.
- From the beginning, God, who gave humans creation to steward (work six days), wants us to remember that it all belongs to Him, and we are dependent upon him for everything, and we must regularly rest in the knowledge that He is the provider.
- Historically, Saturday was set aside as the Sabbath, but in our culture, many have established Sunday as their day of rest. It's not about which day, but how we deal with that day. That is, to rest – (be willing to let go of our own goals, agenda, to-do list, etc) as a way of say that all we are and all we do is dependent on God's provision!!

### The gospel in the story:



Understanding the gospel starts with having a **big view of God**. Our God is so big and powerful, that in six days He created all the wonders of the earth and heavens to a point of perfection. On the seventh day, He rested, not because he was tired, but because He was providing a foreshadowing of eternity where His people will find continual and total peace and rest in His presence. In the mean time, we are to keep a Sabbath Day (see the 4<sup>th</sup> commandment), not as an obligation, but as a **blessing** to find rest in the Lord. The book of Hebrews tells us that all who believe in Jesus will enter God's rest for eternity.

### Preparation at Home:



Read Genesis 2:1-3; Exodus 20:8-11, Exodus 31:13-17, and Hebrews 4:9-11. Spend time thanking Him for your role as a **steward** (working as unto the Lord) and **dependent** (finding peace in

the knowledge that we are completely dependent upon Him for everything). We work six days, then rest on the seventh, and we may enjoy physical rest on the Sabbath, but more important than that is spiritual rest *in the Lord*.

### *Teaching the lesson:*

A: Review - creation of the first 6 days, paying particular attention to God's Majesty shown in the creation of the universe, and His special creation of humans (Adam and Eve)

B: Activity – See resources online

C. Video/puppet/live story

D. Additional activity