

Silver Creek Fellowship NOTES

April 30

THE WALK

SABBATH AND REST

Hebrews 4:9 (ESV) “So then, there remains a Sabbath rest for the people of God.”

Matthew 11:28 (ESV) “Come to me, all you who labor and are heavy laden, and I will give you rest.”

Exodus 20:9-11 (ESV) “Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.”

WHY WE SHOULD REST:

A. To remind us that God is the point of our lives.

B. To remind us that God is the provider for our lives.

Deuteronomy 5:12-15 (ESV) “Observe the Sabbath day, to keep it holy, as the Lord your God commanded you. 13 Six days you shall labor and do all your work, 14 but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you or your son or your daughter or your male servant or your female servant, or your ox or your donkey or any of your livestock, or the sojourner who is within your gates, that your male servant and your female servant may rest as well as you. 15 You shall remember that you were a slave in the land of Egypt, and the Lord your God brought you out from there with a mighty hand and an outstretched arm. Therefore the Lord your God commanded you to keep the Sabbath day.”

C. To remind them that God was the Savior of their lives.

Hebrews 4:8-10 (ESV) “For if Joshua (Moses’s successor) had given them rest, God would not have spoken of another day later on. So then, there remains a Sabbath rest for the people of God, for whoever has entered God’s rest has also rested from his works as God did from his.”

THREE WAYS CHRIST IS OUR REST:

1. Christ is my righteousness.
2. Christ is my identity.

Life Point: Apart from Christ, you will work even when you are resting. With Christ, you can rest even while you are working.

3. Christ my security.

FOUR IDEAS WE CAN USE TO GUIDE US INTO SABBATH REST:

1. Relent.
2. Rest.

Psalm 127:1-2 (ESV) "Unless the LORD builds the house, those who build it labor in vain. Unless the LORD watches over the city, the watchman stays awake in vain. It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep."

3. Rejoice.
4. Reflect.

Matthew 11:28-30 (ESV) "Come unto me all you who labor and are heavy-laden, and I will give you rest. Look at what he says next: Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For