

Rest • Worship • Mercy

Trusting in the Lord of the Sabbath

1 • THE COMMAND

Remember the seventh day and keep it holy.
Cease from all your labor.
Provide rest for everyone under your care.

Creation (Exo 20:11)
God rested, so we imitate and trust our Creator.

Redemption (Deut 5:15)
God freed us from Egypt, so we extend freedom to others.

2 • ISRAEL'S RHYTHM OF SEVENS

7th day
Rest; give rest to others

7th week
Festival of Weeks (Pentecost)

7th month
Trumpets, Atonement, Booths

7th year
Land rests; debts forgiven; servants freed

7 × 7 years
Jubilee: prisoners freed, land returned

Rest
Physical rest for you, your household, animals and land.

Worship
Thanksgiving that shows love and devotion to God.

Mercy
Feed the hungry, clothe the naked, care for widows and orphans, welcome the homeless, forgive debts (Isa 58).

3 • DID ISRAEL OBEY?

Partly yes. Jews were mocked for resting on Saturday, and enemies attacked them knowing they would not fight back (1 Macc 2:31-38).

Mostly no. Leaders piled on man-made rules (Mishnah: 39 categories of forbidden work) and neglected mercy. A day of delight became a burden.

Result: exile. The land finally got its sabbaths (Ezek 20:12-24; 2 Chron 36:20-21).

4 • WHAT JESUS DOES WITH THE SABBATH

Confronts
Justice, mercy and faithfulness were neglected (Matt 23:23-28).

Fulfills
Lord of the Sabbath; he rests, gives rest, worships, forgives (Mark 2:27-28; Luke 13:10-17).

Invites
"Come to me" for rest; only believers enter it (Matt 11:28-29; Heb 4:1-3).

Enables
As the Father sent him, he sends us to live it (Col 3:12-13; Eph 4:31-5:2).

5 • Keeping the Sabbath today

A way of life, not one day. Freedom on dates (Col 2:16-17; Rom 14).

Rest
Sleep well. Take one full day off work. Make sure those in your care rest.

Worship
Daily devotions. Gather with the church. Prepare your family for it.

Mercy
Forgive, and ask forgiveness. Make peace. Give to the needy, not from leftovers.

Build patterns of rest, worship and mercy that show we trust the God of creation and salvation, and that our treasure is in his kingdom (Rev 21:3-4; 22:1-2).