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Sermon Notes

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Entering the Perfect Sabbath Rest

Hebrews 4:6-11

Hebrews 4:9 There remains, then, a Sabbath-rest for the people of God

Hebrews 4 speaks of a timeless Sabbath rest for the people of God; and it commands us to labor to enter that rest.

How then do we enter the Sabbath rest of Hebrews 4?

For many of us, when you hear of the Sabbath, you have images of the Jews, perhaps in “Fiddler on the Roof”, at sundown on Friday having their Sabbath rituals, with candles and prayers and Jewish singing

Or perhaps you think of the Puritan strictness on the Sabbath... a strictness that many felt went beyond the delights of corporate worship into sheer legalism; The Puritans in 17th century England fought against the “Book of Sports,” a declaration issued by King James I in 1617; it listed sports that were permissible on Sundays; the Puritans were, for the most part, strict sabbatarians, restricting all their activities on Sundays to religious observances and acts of mercy

Or again, maybe you remember the struggle of Eric Liddell, the Scottish missionary and sprinter whose life was memorialized in the movie “Chariots of Fire”... he refused to run a 100 meter heat on Sunday because of his Sabbatarian commitment.

But the Sabbath rest of Hebrews 4 is something that soars infinitely above all earthly shadows, all human observances of the Sabbath.

No, the Sabbath rest of Hebrews 4 is the perfection of Christ’s saving work for us... the final perfection of it awaits our resurrection from the dead into a glorious body free from death, mourning, crying, pain... free from temptation, free from weariness, free from all evil... living in a perfect world at peace and at rest in the glory of God... the New Heavens and the New Earth

That is the Sabbath rest that Jesus bought for us with His blood on the cross

Context: The author begins with the concept of what “still remains”... something still stands over us all;

Hebrews 4:6 It still remains that some will enter that rest

the unifying topic in Hebrews 3-4 is David's timeless exhortation in Psalm 95. The centerpiece of that exhortation is "If today you hear his voice, do not harden your hearts." Yes, but what is God saying? What message is God speaking that we have to heed?

The topic, according to the author of Hebrews is God's rest... or specifically, entering that rest

In Hebrews 4:1-5, the author focused on God's rest:

Hebrews 4:1 Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it.

Hebrews 4:3 Now we who have believed enter that rest, just as God has said, "So I declared on oath in my anger, "They shall never enter my rest."

Hebrews 4:4-5 For somewhere he has spoken about the seventh day in these words: "And on the seventh day God rested from all his work." ⁵ And again in the passage above he says, "They shall never enter my rest."

The unifying theme, then, is God's invitation to His people to enter His rest.

This is the topic the author again picks up in verses 6-11.

Main idea: there is a perfect, eternal, heavenly rest to which God calls people through faith in Christ. There are present experiences of that perfect rest—the weekly Sabbath, and the conquest of the Promised Land by the Jews—which merely prefigure that perfect rest. The fact that David wrote (in Psalm 95) after both had been established of a rest to which we are all called to enter means that neither the Sabbath nor the Promised Land is the final rest to which God has called us.

Fact: vs. 9 *There remains, then, a Sabbath-rest for the people of God*

Imperative: vs. 11 *Let us, therefore, make every effort to enter that rest*

The author proves that neither the Sabbath rest under Moses, nor the Promised Land rest under Joshua fulfilled that rest that God is inviting us to enter.

The focus of our time today is the Sabbath rest of God... not the imperfect Sabbath rest of the Law of Moses, nor the imperfect rest of the Jews in entering the Promised Land under Joshua

Rather, a perfect final rest with God in heaven through faith in Christ.

What, then, does it mean to enter God's rest? How do we enter God's rest TODAY? And how can we experience that rest now daily by faith in Christ? What will that final, perfect rest be like? AND what are the dire consequences of failing to enter God's rest now?

I. Imperfect Pictures of God's Rest: Creation, Sinai, and the Promised Land

A. God's Sabbath Rest at Creation

1. Genesis 1-2

Genesis 2:1-3 Thus the heavens and the earth were completed in all their vast array. ² By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. ³ And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

2. The Significance of God's Rest

- a. God deeply, richly satisfied with what He'd made
- b. God taking His position sitting on a throne over all the universe
- c. God's rest = cessation from creation... nothing could be added
- d. God blessed the seventh day and made it holy... the "Seventh Day" was the Day of Cessation

3. The Perfection of God's Rest

- a. God had completed all of physical creation
- b. Everything was perfect in every way... nothing could be added at that time
- c. God completely pleased with His work

4. The Imperfection of God's Rest

- a. God knew that the Universe depended on His constant work in order to keep it in existence... His labors would NEVER END
- b. More importantly, God knew that the whole of Redemptive History lay ahead... Adam's Fall, Noah's Flood, the Call of Abraham, the Rise of the Jewish Nation, the Exodus under Moses, the Old Covenant, the Conquest of the Promised Land, the cycle of rebellion and idolatry by the Jews, the exile to Babylon, the Restoration under Ezra and Nehemiah, the coming of Jesus Christ—His birth, life, crucifixion, and resurrection, and the spread of the Gospel to the ends of the earth
- c. ALL THESE WORKS were still ahead at that point
- d. Perfection had not yet come

- e. God could not be finally at rest until all of His chosen people had entered His perfect rest

5. Merely a Picture

- a. God's rest on the Seventh Day was merely a picture of a future, perfect rest for both God and His people
- b. God blessed the "Seventh Day" and made it holy... as a symbol and a picture... not as the perfection of rest
- c. The Perfect Rest could not come until Christ brought it about

B. The Sabbath Rest Commanded at Sinai

- 1. The concept of the Sabbath preceded the Ten Commandments... it existed in the mind of God, but not in the habits of His people
 - a. God provided them manna, bread from heaven
 - b. On each day He provided just enough for that one day
 - c. But on the sixth day, God had a special instruction for the people... one they were not expecting...

Exodus 16:4-5 Then the LORD said to Moses, "I will rain down bread from heaven for you. The people are to go out each day and gather enough for that day. In this way I will test them and see whether they will follow my instructions. ⁵ On the sixth day they are to prepare what they bring in, and that is to be twice as much as they gather on the other days."

When the sixth day came, the people obeyed this special instruction, though they didn't understand its significance:

Exodus 16:22-26 On the sixth day, they gathered twice as much-- two omers for each person-- and the leaders of the community came and reported this to Moses. ²³ He said to them, "This is what the LORD commanded: 'Tomorrow is to be a day of rest, a holy Sabbath to the LORD. So bake what you want to bake and boil what you want to boil. Save whatever is left and keep it until morning.'" ²⁴ So they saved it until morning, as Moses commanded, and it did not stink or get maggots in it. ²⁵ "Eat it today," Moses said, "because today is a Sabbath to the LORD. You will not find any of it on the ground today. ²⁶ Six days you are to gather it, but on the seventh day, the Sabbath, there will not be any."

2. The Fourth Commandment

- a. This experience with the manna was preparation for the Fourth Commandment of the Ten Commandments

Exodus 20:8-11 "Remember the Sabbath day by keeping it holy. ⁹ Six days you shall labor and do all your work, ¹⁰ but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. ¹¹ For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

- b. In this commandment, God set up a constant reminder of His past accomplishment in Creation: a perfectly good world in which nothing could be added which would have improved it
- c. The Sabbath regulation was BACKWARD looking... looking back to God the Creator, His works from creation
- d. It was also mysteriously a forward-looking ordinance, looking ahead to the day when our works would be perfect and we would finally rest from all our labors
- e. The Sabbath law came with the death penalty

Exodus 31:14-17 "'Observe the Sabbath, because it is holy to you. Anyone who desecrates it must be put to death; whoever does any work on that day must be cut off from his people. ¹⁵ For six days, work is to be done, but the seventh day is a Sabbath of rest, holy to the LORD. Whoever does any work on the Sabbath day must be put to death. ¹⁶ The Israelites are to observe the Sabbath, celebrating it for the generations to come as a lasting covenant. ¹⁷ It will be a sign between me and the Israelites forever, for in six days the LORD made the heavens and the earth, and on the seventh day he abstained from work and rested.'"

- f. The Sabbath regulation was seen to be a time of self-denial

Leviticus 16:29 you must deny yourselves and not do any work

Leviticus 16:31 It is a sabbath of rest, and you must deny yourselves

- g. It was also called "Sacred to the Lord" and a day of holy assembly

Leviticus 23:3 "'There are six days when you may work, but the seventh day is a Sabbath of rest, a day of sacred assembly. You are not to do any work; wherever you live, it is a Sabbath to the LORD.

- h. Sadly, the Jews regularly disobeyed the Sabbath regulations
 - i) While the Jews were still in the desert, a man was found gathering wood on the Sabbath

- ii) He was caught and brought to Moses; Moses enquired of the Lord as to what was to be done with him
- iii) God commanded that the whole assembly stone him to death... and so he was
- iv) So also centuries later the Prophet Jeremiah accused the Jews of failure to keep the Sabbath

Jeremiah 17:21-23 This is what the LORD says: Be careful not to carry a load on the Sabbath day or bring it through the gates of Jerusalem. ²² Do not bring a load out of your houses or do any work on the Sabbath, but keep the Sabbath day holy, as I commanded your forefathers. ²³ Yet they did not listen or pay attention; they were stiff-necked and would not listen or respond to discipline.

3. The Man-Centered Purpose of the Sabbath

- a. When Jesus came, He sought to instruct the Jews about the Sabbath... he designated Himself as King over the Sabbath

Matthew 12:8 the Son of Man is Lord of the Sabbath

- b. Jesus' central lesson... Jewish legalism on the Sabbath missed the whole point

Mark 2:27 Then he said to them, "The Sabbath was made for man, not man for the Sabbath.

- c. In other words, the whole Old Covenant regulation was made to benefit man, not to burden him

4. The God-Ordained Sabbath a Delight

Isaiah 58:13-14 if you call the Sabbath a delight and the LORD's holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, ¹⁴ then you will find your joy in the LORD

- a. A time of refreshment, of renewal, of worship
- b. A time to reflect back on what God has done in creation
- c. A time to focus life back on the true center... Almighty God

5. The Legalistic Sabbath a Burden

- a. The Pharisees of Jesus' day were the Sabbath police... going around to make sure no one violated the Sabbath regulations

Matthew 12:1-2 At that time Jesus went through the grainfields on the Sabbath. His disciples were hungry and began to pick some heads of grain and eat them. ² When the Pharisees saw this, they said to him, "Look! Your disciples are doing what is unlawful on the Sabbath."

John 5:9-10 At once the man was cured; he picked up his mat and walked. The day on which this took place was a Sabbath, ¹⁰ and so the Jews said to the man who had been healed, "It is the Sabbath; the law forbids you to carry your mat."

- b. Because Jesus did so many healings on the Sabbath, they were convinced that He could not be the Messiah
- c. They had clearly turned a day of delight into a day of wretched legalism leading them to the soul-killing conclusion that Jesus was NOT the Messiah

John 9:16 Some of the Pharisees said, "This man is not from God, for he does not keep the Sabbath."

- d. Jesus claimed to be Lord of the Sabbath

Matthew 12:8 the Son of Man is Lord of the Sabbath.

- e. More than that...

6. Jesus IS the Sabbath rest... that is the whole point of Hebrews 4!!!

C. The Rest Under Joshua

1. Called a "Rest"

- a. Before they entered the Promised Land under Joshua

Deuteronomy 12:10 But you will cross the Jordan and settle in the land the LORD your God is giving you as an inheritance, and he will give you rest from all your enemies around you so that you will live in safety.

- b. After they entered the Promised Land and had conquered it and began to settle it

Joshua 21:44 The LORD gave them rest on every side, just as he had sworn to their forefathers. Not one of their enemies withstood them; the LORD handed all their enemies over to them.

2. The Rich Blessings of the Promised Land

Deuteronomy 8:7-10 For the LORD your God is bringing you into a good land-- a land with streams and pools of water, with springs flowing in the valleys and hills; ⁸ a land with wheat and barley, vines and fig trees, pomegranates, olive

oil and honey; ⁹ a land where bread will not be scarce and you will lack nothing; a land where the rocks are iron and you can dig copper out of the hills. ¹⁰ When you have eaten and are satisfied, praise the LORD your God for the good land he has given you.

3. The Land itself was to have a Sabbath rest

Leviticus 25:2-5 "Speak to the Israelites and say to them: 'When you enter the land I am going to give you, the land itself must observe a sabbath to the LORD. ³ For six years sow your fields, and for six years prune your vineyards and gather their crops. ⁴ But in the seventh year the land is to have a sabbath of rest, a sabbath to the LORD. Do not sow your fields or prune your vineyards. ⁵ Do not reap what grows of itself or harvest the grapes of your untended vines. The land is to have a year of rest.

4. The Sad End of the Rest

Ezekiel 23:37-38 they have committed adultery and blood is on their hands. They committed adultery with their idols; they even sacrificed their children, whom they bore to me, as food for them. ³⁸ They have also done this to me: At that same time they defiled my sanctuary and desecrated my Sabbaths.

As a result, the Lord allowed the Jews to be destroyed by the Babylonians and allowed the Promised Land to get the Sabbath rests the Jews refused to give it:

2 Chronicles 36:21 The land enjoyed its sabbath rests; all the time of its desolation it rested, until the seventy years were completed in fulfillment of the word of the LORD spoken by Jeremiah.

5. Merely a Picture

- a. The Sabbath rest in the Promised Land under the Law of Moses was merely a picture, a type, and a shadow...
- b. The reality is found in Christ

II. There Remains a Perfect Sabbath-Rest

A. Author's Main Point: Psalm 95 Stands Over All Time

1. Long After Genesis 1-2, David Wrote These Words Speaking of God's Rest
2. Long After Sinai, David Wrote These Words Speaking of God's Rest
3. Long After Joshua, David Wrote These Words Speaking of God's Rest
4. God's Invitation in Psalm 95 is Timeless

Psalm 95:7-8 Today, if you hear his voice, ⁸ do not harden your hearts

And the implied invitation:

Enter into my rest!!!

B. God Is Still Inviting Us to Enter His Rest

Hebrews 4:1 Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it.

1. Psalm 95, written so long after the time of Joshua, shows that there is a timeless rest in every generation
2. In every generation, God stands with His arms extended and invites sinners to turn aside from empty works to enter His rest

Hebrews 4:9 There remains, then, a Sabbath-rest for the people of God

C. The Perfect Rest: Heaven Through Faith in Christ

1. It is clear that the author is NOT speaking of a meticulous Sabbath legalism that binds burdens on men's shoulders that no one can bear
2. Rather, he is talking about the rest that comes from the gospel

Hebrews 4:1-2 Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it. ² For we also have had the gospel preached to us, just as they did

3. The rest is that which comes from believing the Gospel of Jesus Christ
4. This is the rest God stands over all time and offers

Matthew 11:28-30 "Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light."

D. Christ's Perfect Work at the Cross

1. Christ's life was perfect in every way; He labored perfectly under the Law of Moses for us
2. At the end of His life, He declared that His works were perfect and complete in God's sight

John 17:4 I have brought you glory on earth by completing the work you gave me to do.

3. The consummation of these perfect works was His death on the cross
4. Our Sabbath rest is found in trusting in Christ, and by His perfect work entering heaven when we die

E. The Nature of Our Present Rest in Christ

Hebrews 4:10 anyone who enters God's rest also rests from his own work, just as God did from his.

1. Rest from sinful works

Acts 7:41 they made a calf in those days, and offered a sacrifice to the idol and were rejoicing in the works of their hands.

Isaiah 59:5-6 They hatch adders' eggs; they weave the spider's web....⁶ Their webs will not serve as clothing; men will not cover themselves with what they make. Their works are works of iniquity, and deeds of violence are in their hands.

2. Rest from empty religious works

Isaiah 1:11-13 "The multitude of your sacrifices-- what are they to me?" says the LORD. "I have more than enough of burnt offerings, of rams and the fat of fattened animals; I have no pleasure in the blood of bulls and lambs and goats.¹² When you come to appear before me, who has asked this of you, this trampling of my courts?¹³ Stop bringing meaningless offerings! Your incense is detestable to me. New Moons, Sabbaths and convocations-- I cannot bear your evil assemblies.

3. Rest from seeking justification by works

Romans 3:20 by works of the law no human being will be justified in his sight

Romans 3:28 For we hold that one is justified by faith apart from works of the law.

Romans 4:2-5 If, in fact, Abraham was justified by works, he had something to boast about-- but not before God.³ What does the Scripture say? "Abraham believed God, and it was credited to him as righteousness."⁴ Now when a man works, his wages are not credited to him as a gift, but as an obligation.⁵ However, to the man who does not work but trusts God who justifies the wicked, his faith is credited as righteousness.

4. Rest from frustration in God-ordained works

Ecclesiastes 1:2-3 "Meaningless! Meaningless!" says the Teacher. "Utterly meaningless! Everything is meaningless."³ What does man gain from all his labor at which he toils under the sun?

5. ONLY BELIEVE... trust in Christ

***John 6:28-29 Then they asked him, "What must we do to do the works God requires?"
²⁹ Jesus answered, "The work of God is this: to believe in the one he has sent."***

John 19:30 When he had received the drink, Jesus said, "It is finished." With that, he bowed his head and gave up his spirit.

Hebrews 10:14 by one sacrifice he has made perfect forever those who are being made holy.

All the work for our eternal rest has been accomplished by Jesus!!!

III. Let Us Make Every Effort to Enter God Rest

Hebrews 4:11 Let us, therefore, make every effort to enter that rest, so that no one will fall by following their example of disobedience.

^{KJV} Hebrews 4:11 Let us labor therefore to enter into that rest, lest any man fall after the same example of unbelief.

A. The Example of Faithless Disobedience

1. Already discussed in detail... the Jews of the Exodus
2. They have given us a terrible example of unbelief... and it was punished with terrible severity as a warning to us
3. They refused to trust God, despite all the awesome power He displayed in rescuing them from slavery in Egypt
4. "Fall" = reminder that their bodies FELL in the desert

B. Make Every Effort to Enter TODAY

1. There IS an effort made to ENTER Christ's finished work
2. This is the WORK of our lives... to overcome our unbelief and continue walking with Jesus
3. The salvation journey is a difficult one... one of laboring to rest in Jesus, laboring to trust in Jesus

Philippians 2:12-13 Therefore, my dear friends, as you have always obeyed-- not only in my presence, but now much more in my absence-- continue to work out your salvation with fear and trembling, ¹³ for it is God who works in you to will and to act according to his good purpose.

1 Peter 4:18 If it is hard for the righteous to be saved, what will become of the ungodly and the sinner?"

C. Living Now in Your Future Rest

1. Defeat WORKS RIGHTEOUSNESS: Learning to defeat the constant tend to feel that your standing with God is dependent on your performance; rest in Christ's righteousness now like you will for all eternity
2. Rest in your secure position while you labor to serve Christ... none of your labors in service to Christ improve your standing with Him one bit
3. Live in your Sabbath rest when Satan accuses you of sin:

Romans 8:33-34 Who will bring any charge against those whom God has chosen? It is God who justifies. ³⁴ Who is he that condemns?

4. Rest in the peace of knowing that your future inheritance is secure in Christ... nothing can steal it from you as you continue to trust in Christ
5. LABOR, therefore to stay in Christ's Sabbath rest by faith
6. Learn to live in your heavenly rest while you are busy serving Christ now

Colossians 3:1-4 Since, then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. ² Set your minds on things above, not on earthly things. ³ For you died, and your life is now hidden with Christ in God. ⁴ When Christ, who is your life, appears, then you also will appear with him in glory.

7. Brother Lawrence: the first spiritual book I read as a teenager... I was raised Roman Catholic, and someone got me a copy of a book written by Brother Lawrence, a monk from the 17th century; the book was called "The Practice of the Presence of God"
8. Though I have since come onto a better doctrinal and biblical foundation for the concept, the basic idea has never left me:

Brother Lawrence felt that he cooked meals, ran errands, scrubbed pots, and endured the scorn of the world alongside God. One of his most famous sayings refers to his kitchen:

"The time of business does not with me differ from the time of prayer; and in the noise and clatter of my kitchen, while several persons are at the same time calling for different things, I possess God in as great tranquility as if I were upon my knees..."

He spent years disciplining his heart and mind to yield to God's presence.

“As often as I could, I placed myself as a worshiper before him, fixing my mind upon his holy presence, recalling it when I found it wandering from him. This proved to be an exercise frequently painful, yet I persisted through all difficulties.”

He found a peace in reconciling himself to the thought that this struggle and longing was his destiny. He said his soul "had come to its own home and place of rest.

9. This is how we can train our hearts now, in the busyness of life, to experience our perfect rest in Christ

10. The Puritan pastor Richard Baxter wrote a massive treatise of almost 700 pages on this one verse in Hebrews 4:9 *There remaineth, therefore, a rest to the people of God.*” The name of the book was ***The Saints' Everlasting Rest***

What is the saints' everlasting rest? It is the perfect, endless enjoyment of God by the perfected believers, to which their souls arrive at death. Further, it is that eternal enjoyment of God to which both soul and body arrive most fully after the resurrection and final judgment.

Though angels and risen spirits enjoy this rest already, mortals are far away from it, and by nature, are going in the opposite direction. All are making haste towards hell, until by *conviction*, Christ brings them to a halt, and then, by *conversion*, turns their hearts and lives sincerely to himself.

There are **Five Conditions** represented in the heavenly rest.

1. Ceasing From the Means of Grace

When we have reached the port, we have finished sailing. When the workman receives his wages, it is implied he has done his work. There shall be no more prayer, because no more necessity, but the full enjoyment of what we prayed for. Neither shall we need to fast, and weep, and watch any more, being out of the reach of sin and temptations. Preaching is finished. The laborers are called in, because the harvest is gathered, the weeds burned, and the work completed. The unregenerate are past hope, and the saints are past fear forever.

2. Perfect Freedom From All Evils

In heaven there is nothing that spoils. All *that* remains outside. There is not such a thing as grief or regret. No sorrow or sickness, no weak body, aching joints, helpless infancy, decrepit age, bad temperament, tormenting fears, alarming anxieties, stabbing pain, nor anything that deserves the name of evil. We wept when the world rejoiced, but our sorrow is turned to joy, and no one can ever take that joy away.

3. Personal Perfection Both of Body and Soul

If God did not perfect us to make us capable of appreciating heaven, it would little matter to us how wonderful heaven might be. "Eye has not seen, nor ear heard, neither has entered into the heart of man, the things which God has prepared for those who love him" (1 Cor. 2:9). The physical eye is not capable of seeing them, nor this ear of hearing them, nor this

heart of understanding them. In heaven the eye, ear, and heart are made capable. The more perfect the sight is, the more delightful the beautiful object. The more perfect the appetite, the sweeter the food. The more musical the ear, the more pleasant the melody. The more perfect the soul, the more glorious to us is God's glory.

4. Nearness to God

This is very difficult to explain perfectly. If it did not appear to the beloved disciple what we shall be, but only in general that when Christ "shall appear, we shall be like him" (1 John 3:2), no wonder if I know little. When I know so little of God, I cannot very well know what it is to enjoy Him.

I stand and look upon a hill of ants. They don't know me, my nature, or my thoughts, though I am their fellow *creature*. How little, then, must we know of the great *Creator*, though He, with one view, clearly beholds us all.

If I should tell an unbeliever what the holiness and spiritual joys of the saints on earth are, he cannot understand; for grace cannot be clearly known without grace. How much less could he conceive it, should I tell him of the heavenly glory. But to the saints I may be somewhat more encouraged to speak, for grace gives them a slight foretaste of glory.

If men and angels should try to express the blessedness of that state, what could they say beyond this, that it is the nearest enjoyment of God? O the full joys offered to a believer in that one sentence of Christ, "Father, I will that they also, whom you have given me, be WITH ME where I am; that they may behold my glory, which you have given me" (John 17:24).

5. New Powers of Body and Soul In the Enjoyment of God

This eternal rest is not the rest of a stone which ceases from all motion. O Christian, this is a rest, as it were, without rest; for "they rest not day and night, saying Holy, holy, holy, Lord God Almighty, who was, and is, and is to come" (Rev. 4:8). This BODY shall be so changed, that it shall no more be flesh and blood, which cannot inherit the kingdom of God; but a spiritual body. If grace makes a Christian differ so much from what he was, as to say, "I am not the man I was," how much more will the resurrection make us different. Our senses shall exceed what we now experience. God will fill up, with Himself, the expanded capacity of our glorified senses. Certainly the body would not be raised up and continued if it were not to share in the glory.

D. What About the Sabbath

1. Many Christians have struggled over this issue of the Christian observance of the Sabbath
 - a. Sabbatarians tend to argue that Sabbath observance originated at creation with God's resting on the seventh day, and was a lasting ordinance for the human race

- b. They also point to the lasting nature of the Ten Commandments, nine of which are indisputably still binding on Christians in the New Covenant
- 2. Is the Fourth Commandment still binding on Christians today?
- 3. First and foremost... that issue is not really addressed in Hebrews 4... Hebrews 4 says the true Sabbath rest is faith in Christ; if Moses had given us rest, David would not have spoken later about another rest in Psalm 95
- 4. Therefore, we must avoid all judgmentalism on this issue

Colossians 2:16-17 Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day. ¹⁷ These are a shadow of the things that were to come; the reality, however, is found in Christ.

- 5. Ultimately this is a matter of personal conviction

Romans 14:5-6 One man considers one day more sacred than another; another man considers every day alike. Each one should be fully convinced in his own mind. ⁶ He who regards one day as special, does so to the Lord.

- 6. It is very significant that the Sabbath regulation is in the Ten Commandments; all the other nine have a lasting claim on Christians
- 7. Therefore, at least we can say that Christians ought not to forsake the assembling of themselves together... and that happens now for us on the Lord's Day

Hebrews 10:25 Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another-- and all the more as you see the Day approaching.

- 8. BUT the bottom line is: the true Sabbath rest is faith in Christ resulting in eternity in heaven