

Text: Various
Topics: Sabbath Rest, Work
Series: More Disciplines!

Monroe Bible Church
April 23, 2023
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Rest? There's Too Much to Do!

I. The Rest of the Lord (Genesis 2:1-3)

God declared the seventh day set apart from work and for Him.

II. The Rests of the Law (Exodus 20:8-11; 23:10-17)

The sabbath rest was God's provision for the wellbeing of His people.

III. The Rest of Faith (Hebrews 4:1-11)

God provided spiritual rest through faith in Christ.

Application Questions - *These questions are provided for your further study and application of the subject of today's message. Thoughtfully writing out answers to these questions will help drive home the point. They are designed to be discussed in your home, with other believers, and in a Life Group for even more benefit.*

1. Do you practice a "sabbath rest"? Why, or why not?

2. Read Genesis 2:1-3. What does it mean for God to have blessed and sanctified the 7th day? What's the reason God did this?

This became the basis for the sabbath rest in the Mosaic Law. Since God blessed and sanctified the 7th day, before the Law was given, does this mean you should practice a sabbath rest? Explain why, or why not.

3. Read Exodus 20:8-11, the 4th of the Ten Commandments. What's the commandment, and who does it apply to?

Does or doesn't this commandment apply to you? Explain.

4. Read Exodus 23:10-17. What further provision for rest has God given in these verses?

What purpose does the rest God prescribed serve? Are or would you benefit from resting one day every seven? Explain.

5. Read Hebrews 4:1-11. What are the three "rests" the writer of Hebrews speaks of in this passage? What is emphasized about each "rest"?

What's the message to the church?

Make a personal application.