

Creation Rest

- Genesis 2:1-3 – *“Thus the heavens and the earth were finished, and all the host of them. ² And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. ³ So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.”*
 - 2 Key things to see:
 - 1. Woven into Creation is a Restful Admiration of the Creator
 - Psalm 8:1-4 – *“O LORD, our Lord, how majestic is your name in all the earth! You have set your glory above the heavens...³ When I look at your heavens, the work of your fingers, the moon and the stars, which you have set in place, ⁴ what is man that you are mindful of him, and the son of man that you care for him?”*
 - 2. Rest is directly connected to God’s Rule/Reign
 - “We rest because He reigns.” - Tim Laniak
- God’s “Sabbath” Rest is the basis for all other Sabbath Rest
 - Exodus 20:8-11- *“Remember the Sabbath day, to keep 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... ¹¹ 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.”*
- Restful Fellowship with God:
 - Psalm 23 - *“The LORD is my shepherd; I shall not want. ² He makes me lie down in green pastures. He leads me beside still waters. (Literally – “beside the waters of rest”) ³ He restores my soul.”*
 - Psalm 116:6-9 - *“The LORD preserves the simple; when I was brought low, he saved me. ⁷ Return, O my soul, to your rest; for the LORD has dealt bountifully with you. ⁸ For you have delivered my soul from death, my eyes from tears, my feet from stumbling; ⁹ I will walk before the LORD in the land of the living.”*
- Man’s Creation Mandate – Working from Rest
 - Genesis 2:15 – *“The LORD God took the man and put (literally – Made to Rest) him in the garden of Eden to work it and keep it.”*
- 2 Sides of Rest:
 - 1. Physical Rest – Rest for your Body
 - 2. Spiritual Rest - Rest for your Soul

The Fall – Loss of Rest

- We try to reign and therefore lose our Rest
- Lose Physical Rest – Genesis 3:7-19 – *“And to Adam he said, “Because you have listened to the voice of your wife and have eaten of the tree of which I commanded you, ‘You shall not eat of it,’ cursed is the ground because of you; in pain you shall eat of it all the days of your life; ¹⁸ thorns and thistles it shall bring forth for you; and you shall eat the plants of the field. ¹⁹ By the sweat of your face you shall eat bread”*
- Lose Spiritual Rest – Genesis 3:22-24 - *“therefore the LORD God sent him out from the garden of Eden to work the ground from which he was taken. ²⁴ He drove out the man, and at the east of the garden of Eden he placed the cherubim and a flaming sword that turned every way to guard the way to the tree of life.”*
- Genesis 3:15 Promise – *“I will put enmity between you and the woman, and between your offspring and her offspring; he shall bruise your head, and you shall bruise his heel.”*

Israel – Covenant People and Sabbath Rest

- **Sabbath Rest:**
 - Exodus 20:8-11- *“Remember the Sabbath day, to keep 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, 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. ¹¹ 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.”*
 - *“Sabbaths were a way of teaching Israel ‘man does not live by bread alone but on every word that comes from the mouth of the LORD.’” – Jon Laansma*
- **Promised Land as a Place of Rest:**
 - Deut 12:8-15 – *“⁸“You shall not do according to all that we are doing here today, everyone doing whatever is right in his own eyes, ⁹ for you have not as yet come to the rest and to the inheritance that the LORD your God is giving you. ¹⁰ But when you go over the Jordan and live in the land that the LORD your God is giving you to inherit, and when he gives you rest from all your enemies around, so that you live in safety, ¹¹ then to the place that the LORD your God will choose, to make his name dwell there, there you shall bring all that I command you”*
- **Temple: God’s “Resting Place”**
 - Psalm 132:8 - *“Arise, O LORD, and go to your resting place, you and the ark of your might.”*
 - Psalm 132:8, 14 – *“Arise, O LORD, and go to your resting place, you and the ark of your might. ⁹ Let your priests be clothed with righteousness, and let your saints shout for joy. ¹⁰ For the sake of your servant David, do not turn away the face of your anointed one...¹³ For the LORD has chosen Zion; he has desired it for his dwelling place: ¹⁴ “This is my resting place forever; here I will dwell, for I have desired it.”*
 - Psalm 95 - *“Oh come, let us sing to the LORD; let us make a joyful noise to the rock of our salvation! ² Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise! ³ For the LORD is a great God, and a great King above all gods. ⁴ In his hand are the depths of the earth; the heights of the mountains are his also. ⁵ The sea is his, for he made it, and his hands formed the dry land. ⁶ Oh come, let us worship and bow down; let us kneel before the LORD, our Maker! ⁷ For he is our God, and we are the people of his pasture, and the sheep of his hand. Today, if you hear his voice, ⁸ do not harden your hearts, as at Meribah, as on the day at Massah in the wilderness, ⁹ when your fathers put me to the test and put me to the proof, though they had seen my work. ¹⁰ For forty years I loathed that generation and said, “They are a people who go astray in their heart, and they have not known my ways.” ¹¹ Therefore I swore in my wrath, “They shall not enter my rest.”*
- **Israel’s Judgment - Loss of Rest**
 - Lamentations 1:3 – *“Judah has gone into exile because of affliction and hard servitude; she dwells now among the nations, but finds no resting place; her pursuers have all overtaken her in the midst of her distress.”*
 - Lamentations 5:5 – *“Our pursuers are at our necks; we are weary; we are given no rest.”*
- **Promise of Redemption - Eternal Rest**
 - Isaiah 11:10 – *“¹⁰ In that day the root of Jesse, who shall stand as a signal for the peoples—of him shall the nations inquire, and his resting place shall be glorious.”*
 - Isaiah 32:18 – *“My people will abide in a peaceful habitation, in secure dwellings, and in quiet resting places.”*
 - Isaiah 63:14 – *“Like livestock that go down into the valley, the Spirit of the LORD gave them rest. So you led your people, to make for yourself a glorious name.”*

Jesus – Rest Himself

- Matthew 11:28-30 – “Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹ 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. ³⁰ For my yoke is easy, and my burden is light.”
- The Cross: “My God, my God, why have you forsaken me? Why are you so far from saving me, from the words of my groaning? O my God, I cry by day, but you do not answer, and by night, but I find no rest.” - Psalm 22:1-2
- In Jesus, we enter God’s true Rest
 - “Therefore, while the promise of entering his rest still stands, let us fear lest any of you should seem to have failed to reach it. ² For good news came to us just as to them, but the message they heard did not benefit them, because they were not united by faith with those who listened. ³ For we who have believed enter that rest, as he has said, “As I swore in my wrath, ‘They shall not enter my rest,’” although his works were finished from the foundation of the world. ⁴ For he has somewhere spoken of the seventh day in this way: “And God rested on the seventh day from all his works.” ⁵ And again in this passage he said, “They shall not enter my rest.” ⁶ Since therefore it remains for some to enter it, and those who formerly received the good news failed to enter because of disobedience...⁸ For if Joshua had given them rest, God would not have spoken of another day later on. ⁹ So then, there remains a Sabbath rest for the people of God, ¹⁰ for whoever has entered God’s rest has also rested from his works as God did from his. ¹¹ Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience.” – Hebrews 4:1-11
 - ⁶ Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, ⁷ casting all your anxieties on him, because he cares for you. – 1 Peter 5:6-7

Eternal Rest

- **Hell:** No Rest - “he also will drink the wine of God’s wrath, poured full strength into the cup of his anger, and he will be tormented with fire and sulfur in the presence of the holy angels and in the presence of the Lamb. **11** And the smoke of their torment goes up forever and ever, and they have no rest, day or night” - Revelation 14:10-11
- **Heaven:** Rest - “Here is a call for the endurance of the saints, those who keep the commandments of God and their faith in Jesus. **13** And I heard a voice from heaven saying, “Write this: Blessed are the dead who die in the Lord from now on.” “Blessed indeed,” says the Spirit, “that they may rest from their labors, for their deeds follow them!” - Revelation 14:12-13

Resources:

The Sabbath and Rest and Hope for the People of God by Guy Prentiss Waters

Work and Our Labor in the Lord by James Hamilton

The Possibility of Prayer by John Starke

The Saints Everlasting Rest by Richard Baxter