

Sermon Handout

“Rest and Worship”

Exodus 20:8-11

- I. The meaning of *Sabbath* (Hebrew = *Shabbat*)
 - a. “stop” “desist” “cease” “rest”
 - b. God *ceased* from his labors Gen 2:1-3
He “rested” v. 2 and again in v. 3
Contra Gen 8:22 the creation does not “rest”
 - c. God *blessed* the seventh day v. 3
Set it apart, celebrated it
Rejoiced in it, his labor completed
 - d. God then *gives* the cessation to man (*cf.* Mk 2:27)
That men might imitate God in *ceasing* from labor
We especially rejoice in God because he gives us rest
 - e. This is borne out in Ex 16:22-30; 1st mention of the Sabbath

- II. The connection with worship
 - a. Implicit in Ex 20:11 – the Lord sanctifies *rest*
 - b. Explicit in Ex 31:12-17 – the Lord sanctifies his people
The *cessation* is a sign of God sanctifying his people v. 13
Man is set apart from creation that does not rest 8:22
But those under his care rest with him
 - c. To rest is for us to delight in God who gave it to us (Isa 58:13)
In resting we honor him, imitating his own action

- III. Redemption – the second stated reason for Sabbath rest
 - a. Implicit in Ex 20:2; explicit in Dt 5:12-15
 - b. Labor in the Garden was delightful Gen 2:9
Man was to work in the Garden v. 15 (*cf.* v. 8)
Man’s first task was to name vv. 19-20
Sleep (rest) led to his greatest delight vv. 21-25
The fall made work difficult, stressful; rest was essential
 - c. Pharaoh made Israel’s work ceaseless
The full impact of the fall was evident in Egypt
Hence the reminder of deliverance in Dt 5:15
 - d. The Promised Land typifies rest (Sabbath) Ps 95:1-11
 - e. Full Sabbath rest is yet future Heb 3:1-4:11
The sign of temporary respite is still relevant
We await a permanent Sabbath in the consummation