

# Rest

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## Introduction

**Genesis 2:2**

## Body

### Rest

**Hebrew:** *sbt* (Shah-BAHT) - To cease, stop; to be absent; to come to an end, perish, die; to rest, celebrate, as in the Sabbath

**Greek:** *katapausis* (Kah-TOP-ow-cease) - 1: State of cessation of work or activity, rest. 2: Place of rest

## God's rest historically

**Genesis 2:2-3**

- When God finished His creative acts He rested from His work. He ceased from His work of creation.
- Now, the Bible teaches us that He upholds all things by the Word of His power

**Exodus 20:8-11**

- Here we see demonstrated that God's Sabbath is rooted and grounded in His creative acts.

**Exodus 23:10-12**

- Here God extends this period of rest to the land as well

**Exodus 31:12-17**

- The Sabbath is a sign of God's covenant between Him and Israel

**Genesis 17:14**

**Exodus 33:12-14**

- Here God kind of pulls the dispensational curtain back a wee bit and reveals that God's rest is found, not in blind obedience to what might seem like an arbitrary command, but our rest is found in a relationship with God.

**Exodus 34:21**

- Why this specific detail?

**Exodus 35:1-3**

**Leviticus 16:29-33**

**Leviticus 26:23-35**

- This is how serious God takes this command

**2 Chronicles 36:11-21**

**Deuteronomy 12:9-10**

**Deuteronomy 25:19**

**Joshua 22:4**

- God begins to tie His rest to the promised land

**Isaiah 28:11-12**

- Through the prophet God lets His people know that the type and shadow of God's rest they were presently enjoying would later be fully revealed.

## God's rest today

- The writer of Hebrews uses the Exodus and the Israelite's propensity to murmur and complain, i.e., their complete lack of faith in God's promise, to demonstrate to us that unbelief keeps us out of God's promised rest. (3:16-19)

**Numbers 20:12**

- The rest is a place where we have ceased from our own works, as God ceased from His (4:10)

## Why Is God's Rest Important?

# Conclusion

**Hebrews 4:10-11**

**Hebrews 4:14-16**