

Rest In The Lord

Restoration of Faith Bible Study Notes

Friday 24 June 2022

Physical Rest

1. When I use the word “**REST**”, what does that word mean to you?

Yes, some people think of the word REST in purely Physical terms, i.e. a physical rest that involves taking a break from activity, relaxing, napping, or stopping to gather strength to continue before or after completing some physical undertaking. Taking a vacation away from work can be a restful experience. We can take a rest and step away from something that tires us out.

I recently did a word search on the word rest in the Bible. I found over 548 usages of the word. It looks like we better get started if we are going to get through all these 548 verse references I have for you tonight. LOL! Just kidding, I didn't mean to scare you away, we are only going to study just a few of the main Bible verses that talk about rest from a spiritual standpoint.

OT The Sabbath Rest

2. What about other contexts of the word rest? What does the word rest mean in a spiritual context? What does God mean when we see the word rest used in the Bible?

For many people who are familiar with the Bible and Judaism/Christianity when studying they first come across this idea of a Sabbath Rest which is used throughout scriptures. In fact, the first usage of the word rest occurs right up in the front of the Bible in the book of Genesis.

[God Rests on the Seventh Day Genesis 2:1-3](#)

Genesis 2:1-3

***2** And so the heavens and the earth were completed, and all their heavenly lights. ² By the seventh day God completed His work which He had done, and He rested on the seventh day from all His work which He had*

done. ³ Then God blessed the seventh day and sanctified it, because on it He rested from all His work which God had created and made.

The word rest used here is the Hebrew word (strong's 7673) Shabath which has 71 of those 548 usages in the Bible. The Hebrew word Shabath has a definition of to cease, desist, or rest. So it does have a physical aspect or physical context to this type of rest. It literally means that God (Elohim) ceased or stopped working after the 6th day of creation, and He rested on the 7th day. We also see in these verses that this 7th day is both blessed (1288 barak) and sanctified (6942 qadash), which means concreated or set apart as Holy unto the Lord.

In Judaism the Sabbath day is defined as starting Friday at sundown and ending Saturday at sundown, so in modern times Jews (and even some Christian sects) will say that Saturday is the Sabbath day. So for example tonight's meeting being a Friday at 7 p.m. means that the Sabbath is starting at sundown and this meeting will be both blessed and sanctified as holy as we are honoring God here tonight.

In most parts of Christianity today, we instead celebrate Sunday, the first day of the week, as our Sabbath day in honor of our Lord Jesus Christ who rose again from the dead on a blessed Sunday morning. Personally, I take a little more liberal meaning on the Sabbath and I am not stuck on any one day. I personally feel that as long as you are taking at least 1 day of the week away from your job or work, and use that day to rest and focus on God, then you are holding to the Sabbath.

3. What types of Sabbath day rest, if any, do you observe in your household today? Or did you observe in your parent's household growing up?

[Manna God's Provision and Sabbath Training Tool - Exodus 16:22-36](#)

Exodus 16:22-36

During the time of the Exodus, when the Israelites spent 40 years in the desert getting ready to go into the Promised Land, God enhanced the concept of the Sabbath rest for them through manna and through the Ten Commandments. Exodus 16 lays out what I call the manna rules... The Israelites would gather manna early every morning for 6 days, and eat it all that day. If they disobeyed and kept some overnight until the next day, then it would spoil and maggots would be in it. However, on the 6th day they would gather enough for 2 days to

hold them over through the Sabbath observance day. They were not allowed to gather manna on the Sabbath, and none would appear. Miraculously on the Sabbath day, the manna gathered from the day before would not spoil nor get maggots as it had done in the previous days.

For this part of the study I want us to get at a couple of verses in this section. In verse 20, Moses got angry with them for disobeying and keeping the manna until the next day. Be honest, how many of you would have tried to do that just to see what happened at least once? I know I would have experimented at least once just to see how it worked and how God did it. In verse 28 we see that the Lord got angry with them for disobeying and going out on the Sabbath to gather manna when there was none. *“28 Then the Lord said to Moses, “How long do you refuse to keep My commandments and My instructions?”* So God was not only providing for the Israelites through the manna, he was helping to train them on keeping the Sabbath as a rest day. In essence God was training them to stay inside their tents on the Sabbath and not come outside to work. But they did it anyway and God links it to disobedience of His commandments and instructions. Aka sin.

[Sabbath in the Ten Commandments](#)

Exodus 20:8-11

Instead of just passing the word through Moses and Aaron, God then makes it official and reaffirms this idea of the Sabbath day in the Ten Commandments. Commandment number 4 says:

8 “Remember the Sabbath day, to keep it holy. 9 For six days you shall labor and do all your work, 10 but the seventh day is a Sabbath of the Lord your God; on it you shall not do any work, you, or your son, or your daughter, your male slave or your female slave, or your cattle, or your resident who stays with you. 11 For in six days the Lord made the heavens and the earth, the sea and everything that is in them, and He rested on the seventh day; for that reason the Lord blessed the Sabbath day and made it holy.

4. What does the 4th commandment of honoring or remembering the Sabbath day keeping it holy mean to you? How do we keep from breaking God’s law and sinning?

Rest in the Psalms

From a Psalm of David. The next time we see the word rest used in a different context other than physical references or in Sabbath references is in the Psalms.

Rest in the Lord

Psalm 37:1-7

7 Rest (or be still) in the Lord and wait patiently (or longingly) for Him; Do not get upset (do not fret) because of one who is successful in his way, because of the person who carries out wicked schemes.

5. What does the phrase "Rest in the Lord" mean to you?

The Hebrew word used for rest (1826 down to be or grow dumb/silent or still) this time means something completely different spiritually. It means to wait lovingly/patiently and to be still for the Lord. This rest in the Lord refers to a spiritual rest from confusion, worry stress, useless human effort, and a break from all internal, external, mortal, and spiritual enemies. The main idea is that to rest and to be at peace, one must dwell in the presence of the Lord and surrender to His lordship in our lives waiting for Him.

NT The Believers Rest

Hebrews 4:1-16

When we get to the New Testament, the concept of rest again is a little different spiritually. In the book of Hebrews it is called the believers rest. In verse 4:1-3 it says that we need faith and belief to be able to enter into the rest. References quoted: Psalm 95:11, Psalm 95:8. Most people interpret these verses in one of two main ways. 1. Believers who fail to enter into God's fullness of the Christian life, and 2. Unbelievers who because of their unbelief will not enter into the kingdom of Heaven. As the writer of Hebrews ultimately comes to the conclusion... We can ultimately find rest in Jesus as our Savior

6. Have you ever had a time in your life where you felt like a "yo-yo" type of Christian -- sometimes up, sometimes down, but not predominantly victorious over sin?

Jesus says Come to Me for Rest

In Matthew 11:28-30 Jesus says

28 "Come to Me, all 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 comfortable, and My burden is light."

Rest In The Lord

Restoration of Faith Bible Study Notes, Friday 24 June 2022

Physical Rest

1. When I use the word "**REST**", what does that word mean to you?

OT The Sabbath Rest

2. What about other contexts of the word rest? What does the word rest mean in a spiritual context? What does God mean when we see the word rest used in the Bible?

God Rests on the Seventh Day Genesis 2:1-3

Genesis 2:1-3

3. What types of Sabbath day rest, if any, do you observe in your household today? Or did you observe in your parent's household growing up?

Manna God's Provision and Sabbath Training Tool - Exodus 16:22-36

Exodus 16:22-36

Sabbath in the Ten Commandments

Exodus 20:8-11

4. What does the 4th commandment of honoring or remembering the Sabbath day keeping it holy mean to you? How do we keep from breaking God's law and sinning?

Rest in the Psalms

Rest in the Lord

Psalms 37:1-7

5. What does the phrase "Rest in the Lord" mean to you?

NT The Believers Rest

Hebrews 4:1-16

6. Have you ever had a time in your life where you felt like a "yo-yo" type of Christian -- sometimes up, sometimes down, but not predominantly victorious over sin?

Jesus says Come to Me for Rest

Matthew 11:28-30