

### **Genesis 1:31**

<sup>31</sup> *And God saw everything that he had made, and behold, it was very good. And there was evening and there was morning, the sixth day.*

– Genesis 1:31

<sup>31</sup> [...] *And there was evening and there was morning, the sixth day.*

– Genesis 1:31b

### **Genesis 2:1-3**

<sup>1</sup> *Thus the heavens and the earth were finished, and all the host of them.* <sup>2</sup> *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.*

– Genesis 2:1-2

### **God established a work/rest rhythm**

<sup>3</sup> *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.*

– Genesis 2:3

**Bless [NW1828]:** 4. To set apart or consecrate to holy purposes; to make and pronounce holy.

**Holy [NW1828]:** 2. Hallowed; consecrated or set apart to a sacred use, or to the service or worship of God; a sense frequent in Scripture; as the holy sabbath

## God blessed the seventh day and made it holy.

### Exodus 20:8-11

<sup>11</sup> 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.

– Exodus 20:11

### Deuteronomy 5:12-15

<sup>15</sup> You shall remember that you were a slave in the land of Egypt, and the Lord your God brought you out from there with a mighty hand and an outstretched arm. Therefore, the Lord your God commanded you to keep the Sabbath day.

– Deuteronomy 5:15

## God included it in the 10 Commandments

### Ezekiel 20

<sup>11</sup> I gave them my statutes and made known to them my rules, by which, if a person does them, he shall live.

– Ezekiel 20:11

<sup>12</sup> Moreover, **I gave them my Sabbaths**, as a sign between me and them, **that they might know that I am the Lord who sanctifies them.**

– Ezekiel 20:12

<sup>13</sup> But the house of Israel rebelled against me in the wilderness. They did not walk in my statutes but rejected my rules, by which, if a person does them, he shall live; and **my Sabbaths they greatly profaned.**

– Ezekiel 20:13

<sup>21</sup> But the children rebelled against me. They did not walk in my statutes and were not careful to obey my rules, by which, if a person does them, he shall live; **they profaned my Sabbaths.**

– Ezekiel 20:21

<sup>24</sup> because they had not obeyed my rules, but had rejected my statutes and **profaned my Sabbaths**, and their eyes were set on their fathers' idols.

– Ezekiel 20:24

**Profane [NW1828]:** To violate any thing sacred, or treat it with abuse, irreverence, obloquy or contempt

## Genesis 2:1-3

- God established a work/rest rhythm
- God blessed the seventh day and made it holy.
- God included it in the 10 Commandments
- God calls out rebellion against the work/rest rhythm

## How do we do this?

- Stop
- Rest
- Contemplate
- Delight

## Stop

<sup>9</sup> Six days you shall labor, and do all your work, <sup>10</sup> but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work [...]

- Exodus 20:9-10

## Rest

<sup>3</sup> 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.

- Genesis 2:3

<sup>27</sup> The Sabbath was made for man, not man for the Sabbath.

- Mark 2:27

## Contemplate

Psalm 119

<sup>5</sup> Examine yourselves, to see whether you are in the faith. [...]

- 2 Corinthians 13:5

## Delight

<sup>17</sup> [...] set their hopes on [...] on God, who richly provides us with everything to enjoy.

- 1 Timothy 6:17