

# HOW CAN WE FIND TRUE REST?

## A Look at the Seventh Day

### Genesis 2:1-3

- I. **UNDERSTAND THE MEANING OF THE SABBATH IN GENESIS: By the seventh day, God completed and ceased His creative work and then blessed and set apart the seventh day (2:1-3)**
  - A. **The Heavens and Earth and all in them were completed (1)**
  - B. **By the seventh day, God completed the work He did (2a)**
  - C. **By the seventh day, God ceased from all His Work he did (2b)**
  - D. **God blesses and sets apart the seventh day** because in it He ceased from all His work He made in creating (3)
  
- II. **UNDERSTAND THE REALITY BEHIND THE SYMBOL OF THE SABBATH: A brief overview of the Sabbath from Scripture (Misc. Scriptures)**
  - A. **A BIBLICAL CONCEPT OF REST**
  
  - B. **The Sabbath's Old Covenant Purpose and Symbolism (Misc. Passages)**
    - 1. **Given so that Israel would rest and trust in Him (Ex. 16:22-30)**
    - 2. **Given to Israel as a day of rest, blessed and set apart (Ex. 20:8-11)**
    - 3. **Given as a time of dedication to the God who sanctifies (Ex. 31:13-17)**
    - 4. **Given for man's benefit: a gracious provision of physical rest and refreshment (Ex 23:12, Mk. 2:27-28)**
    - 5. **Given as a sign of the covenant between Israel and God. (Ex 31:13-17)**
  
  - C. **The Sabbath's Corresponding New Covenant Reality (Col. 2:13-17, Heb. 4)**
  
- III. **COME TO THE REALITY BEHIND THE SYMBOL: JESUS CHRIST (Matt. 11:28-30)**