

Deuteronomy 5:12-15

“Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your ox, your donkey or any of your animals, nor any foreigner residing in your towns, so that your male and female servants may rest, as you do. Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the Sabbath day.”

Exodus 33:14 to Moses

“My presence will go with you and I will give you rest.”

**Sabbath rest- is both literal and an attitude
Sabbath Day and A Sabbath Heart - at rest****Hebrews 3:6-19 (MSG)**

“That’s why the Holy Spirit says,

Today, please listen;

*don’t turn a deaf ear as in “the bitter uprising,”
that time of wilderness testing!*

*Even though they watched me at work for forty years,
your ancestors refused to let me do it my way;
over and over they tried my patience.*

And I was provoked, oh, so provoked!

*I said, “They’ll never keep their minds on God;
they refuse to walk down my road.”*

Exasperated, I vowed,

*“They’ll never get where they’re going,
never be able to sit down and rest.”*

So watch your step, friends. Make sure there’s no evil unbelieving around that will trip you up and throw you off course, diverting you from the living God. For as long as it’s still God’s Today, keep each other on your toes so sin doesn’t slow down your reflexes. If we can only keep our grip on the sure thing we started out with, we’re in this with Christ for the long haul.

These words keep ringing in our ears:

Today, please listen;

don’t turn a deaf ear as in the bitter uprising.

For who were the people who turned a deaf ear? Weren’t they the very ones Moses led out of Egypt? And who was God provoked with for forty years? Wasn’t it those who turned a deaf ear and ended up corpses in the wilderness? And when he swore that they’d never get where they were going, wasn’t he talking to the ones who turned a deaf ear? They never got there because they never listened, never believed.”

Hebrews 4:1-11 (MSG)

“For as long, then, as that promise of resting in him pulls us on to God’s goal for us, we need to be careful that we’re not disqualified. We received the same promises as those people in the wilderness, but the promises didn’t do them a bit of good because they didn’t receive the promises with faith. If we believe, though, we’ll experience that state of resting. But not if we don’t have faith. Remember that God said,

Exasperated, I vowed,

*“They’ll never get where they’re going,
 never be able to sit down and rest.”*

God made that vow, even though he’d finished his part before the foundation of the world. Somewhere it’s written, “God rested the seventh day, having completed his work,” but in this other text he says, “They’ll never be able to sit down and rest.” So this promise has not yet been fulfilled. Those earlier ones never did get to the place of rest because they were disobedient. God keeps renewing the promise and setting the date as today, just as he did in David’s psalm, centuries later than the original invitation:

Today, please listen,

don’t turn a deaf ear . . .

And so this is still a live promise. It wasn’t canceled at the time of Joshua; otherwise, God wouldn’t keep renewing the appointment for “today.” The promise of “arrival” and “rest” is still there for God’s people. God himself is at rest. And at the end of the journey we’ll surely rest with God. So let’s keep at it and eventually arrive at the place of rest, not drop out through some sort of disobedience.”

<u>Past</u>	<u>Present</u>	<u>Future</u>
God’s Sabbath rest	Salvation rest	Heaven
Israel’s Canaan rest	Submission rest (victory in Christ)	

Matthew 11:28-30 (MSG)

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

Hebrews 4:12-16 (MSG)

God means what he says. What he says goes. His powerful Word is sharp as a surgeon's scalpel, cutting through everything, whether doubt or defense, laying us open to listen and obey. Nothing and no one is impervious to God's Word. We can't get away from it—no matter what. Now that we know what we have—Jesus, this great High Priest with ready access to God—let's not let it slip through our fingers. We don't have a priest who is out of touch with our reality. He's been through weakness and testing, experienced it all—all but the sin. So let's walk right up to him and get what he is so ready to give. Take the mercy, accept the help.

Questions for Fusion Groups:

What did the Holy Spirit speak to you through this?

What actions has He put on your heart?