

*"Remember the Sabbath Day."*

*Grow in*

**GRACE**

*through Rest*





There was and is a commandment to keep holy the Sabbath day, but that Sabbath day was not Sunday. It will be said, however, with some show of triumph, that the Sabbath was transferred from the seventh to the first day of the week.... Where can the record of such a transaction be found? Not in the N.T., absolutely not. (Edward T. Hiscox, Author of *the Standard Manual for Baptist Churches*, 1890)

What do  
these things  
have to do  
with the  
resurrection  
of Jesus  
Christ?



















**Isaiah 58:13–14 (KJV)** — 13 If thou turn away thy foot from the sabbath, from doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the LORD, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: 14 Then shalt thou delight thyself in the LORD; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the LORD hath spoken it.

**Genesis 2:1–3 (KJV)** — 1 Thus the heavens and the earth were finished, and all the host of them.

2 And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made. 3 And

God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made.

**Exodus 31:15-17 (KJV)** — 15 Six days may work be done; but in the seventh is the sabbath of rest, holy to the LORD: whosoever doeth any work in the sabbath day, he shall surely be put to death. 16 Wherefore the children of Israel shall keep the sabbath, to observe the sabbath throughout their generations, for a perpetual covenant. 17 It is a sign between me and the children of Israel for ever: for in six days the LORD made heaven and earth, and on the seventh day he rested, and was refreshed.

**Isaiah 40:28 (KJV)** — 28 Hast thou not known? hast thou not heard, that the everlasting God, the LORD, the Creator of the ends of the earth, fainteth not, neither is weary? there is no searching of his understanding.

**Exodus 20:8-11 (KJV)** — 8 Remember the sabbath day, to keep it holy. 9 Six days shalt thou labour, and do all thy work: 10 But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: 11 For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it.

**The Sabbath is a golden clasp that unites God and His people.** (*Testimonies for the Church*, vol. 6, p. 351.6)

- *Take time to walk in nature*
- *Notice the details of God's creation*
- *Reflect on His power and wisdom*
- *Worship Him as Creator*

**Hebrews 4:9–10 (KJV)** — 9 There remaineth therefore a rest to the people of God. 10 For he that is entered into his rest, he also hath ceased from his own works, as God did from his.

**Ezekiel 20:12 (KJV)** — 12 Moreover also I gave them my sabbaths, to be a sign between me and them, that they might know that I am the LORD that sanctify them.

To all who receive the Sabbath as a sign of Christ's creative and redeeming power, it will be a delight. Seeing Christ in it, they delight themselves in Him. The Sabbath points them to the works of creation as an evidence of His mighty power in redemption. While it calls to mind the lost peace of Eden, it tells of peace restored through the Saviour. And every object in nature repeats His invitation, "Come unto Me, all ye that labor and are heavy-laden, and I will give you rest." Matthew 11:28. (*The Desire of Ages*, p. 289.1)

- *Lay down the burden of guilt.*
- *Stop trying to earn God's favor*
- *Accept Christ's righteousness*
- *Spend time in gratitude*

**Psalm 46:10 (KJV)** — 10 Be still, and know  
that I am God: I will be exalted among the  
heathen, I will be exalted in the earth.

- *Our jobs*
- *Our families*
- *Our finances*
- *Our future*

## ***On the Sabbath:***

- *Release your worries to God*
- *Stop rehearsing your problems*
- *Trust Him with what you cannot control*
- *Practice stillness*

**Hebrews 10:24–25 (KJV)** — 24 And let us consider one another to provoke unto love and to good works: 25 Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.

