

# Why Rest When There's So Much To Do?

Long Beach Alliance Church • November 13<sup>th</sup>, 2011 • Pastor Chris Lankford

**So the people rested on  
the seventh day.  
~Exodus 16:30 (NASB)**

## 1) The Sabbath Test

- A) From the time God delivered Israel from their Egyptian captivity, the people have regularly grumbled against God (cf. Exodus 16:8), but God has consistently provided for all of Israel's needs (safety, water, food, etc.).
- B) The provision of meat (quail, 16:13) and bread (manna, 16:14-15) came with testing from God to see if His chosen people would be obedient (cf. 16:4).
- C) The first test was to see if Israel would obey God's command to only collect one day of manna at a time (16:19). Some of the people failed this test, collecting more than they needed for their "daily bread" (16:20).
- D) The second test was to see if Israel would collect double the amount of manna on Friday, for the observance of a day of rest, called the Sabbath day (16:22). Before the Sabbath, Israel was to both collect manna (and meat), and prepare it to eat for the Sabbath (16:23-26).
- E) Once again, some of the people failed this Sabbath test, going out to collect food on the seventh day (16:27). This resulted (again) in God's stinging rebuke (16:28).

## 2) Sabbath Rest

- A) The word "Sabbath" means "rest." The foundation for the Sabbath day comes from the creation account, where God created all things in six days, and rested (Sabbathed) on the seventh day (Genesis 2:1-3).
- B) The command to observe the sabbath as a "holy sabbath" (a "set-apart" day of the week, Exodus 16:23) is reflective of God's activity. In other words, the purpose of the day is not simply to refrain from working, but that God refrains from supplying food. God ceases working, therefore there is no bread or meat. When God rests, His people also rest.
- C) We normally associate the Sabbath with the fourth commandment (Exodus 20:8-11), but this commandment has not yet been given in Israel's history. The heart of the Sabbath is not rooted in a command, but in the actual activity of God, and in the pattern he establishes for all of mankind. Six days of work, one day of rest in the Lord.
- D) The Sabbath distinguished God and His people from all other cultures, especially the taskmasters of Egypt. Of course, Sabbath rest also distinguishes mankind from all the rest of God's creation. We are created in God's image, and as such, we live our lives within God's pattern of Sabbath.

## 3) The Lord's Day

- A) It is notable that for Israel, the Sabbath came at the end of the week (Saturday). But Jesus Christ came and fulfilled every aspect of the Law, freeing us by grace from the burden of the Law (including Sabbath laws). However, in Jesus Christ, there is still Sabbath rest for the Christian (Hebrews 4:9-11). Sabbath rest is still part of God's plan!
- B) Since Jesus was crucified on a Friday, and resurrected on a Sunday, the Sabbath was moved from the last day of the week to the first day, and called "The Lord's Day" (cf. Revelation 1:10) for Christians. This singular day of the week stands apart as a reminder of Jesus Christ's work, God's rest, eternal rest in Heaven, and God's great provisions.