

HELEN SANDERS
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THE REST OF GOD

The scriptures talk about God resting on the 7th day after he had completed his work. The word “rested” in Hebrew is Shabath or Sabbath. It means to desist from exertion, cease, to be still. God set aside one day for his children to rest, and in the Old Testament it was called the Sabbath. No one did any manual labor on this day. It was from sundown on Friday night until sundown on Saturday. The orthodox Jews still keep their “sabbath” and cease labors during those hours. Many Christians also celebrate “sabbath” also. There is nothing wrong with this unless it becomes legalistic and demanded of one to do this.

In the New Testament we learn that Jesus is Lord of the sabbath (Matthew 12:8) and was criticized for healing on the sabbath. In Mark 2:27 Jesus said, ***“the sabbath was made for man, not man for the Sabbath.”*** This indicates that people worshipped the Sabbath instead of the one that gave the Sabbath. In Hebrews chapter 4 Paul explains that Jesus is our rest, or our Sabbath. Therefore we “rest” in Him and his finished works. He gives us the peace, the rest, the quietness to our spirit by imparting it to us through salvation. There is no real rest outside of resting in the Lord and his promises.

Perhaps you are busy trying to do all the right things that would make God love you. Well, He could never love you any more than when He gave Jesus to be sacrificed. When Jesus rose from the dead, religious works for justification were abolished. We now trust that the work that Jesus did on the cross is sufficient for us to rest in. This gives us the assurance that we are in covenant with him.

There is no rest to the wicked. Only those that have surrendered their lives to God receive the “rest of God.” Have you done that? If not, you will never find peace.