

# Sabbath: Work and Rest

Salt and Light for the King

March 2023

Exodus 20:8-11 “Remember the Sabbath day, to keep it holy. 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, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.”

## I The Biblical Story of Sabbath Rest

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- Creation: Work, then Sabbath rest (Gen 2:2-3, 15)

Gen 2:2-3 And on the seventh day God finished his **work** [*mal'kah*] that he had done, and he **rested** [*sabbath*] on the seventh day from all his **work** [*mal'kah*] that he had done. So God **blessed** [*barak*] the seventh day and **made it holy** [שְׁבִיט], because on it God **rested** [*sabbath*] from all his **work** [*mal'kah*] that he had done in creation.

*Were Adam & Eve obligated to keep Sabbath — to imitate God's pattern of 6 day work & 1 day rest ?*

- Fall: Work *under* the curse (Gen 3:17-19)

Gen 3:17-19 “...cursed is the ground because of you; in pain you shall eat of it all the days of your life; thorns and thistles it shall bring forth for you; and you shall eat the plants of the field. By the sweat of your face you shall eat bread, till you return to the ground, for out of it you were taken; for you are dust, and to dust you shall return.

- Redemption:

- Redemption under the Old Covenant (Exod 20:8-11; 31:13-16; Deut 5:12-15)

- Redemption under the New Covenant (Mt 11:28-30; Heb 3:7-4:13)

- Restoration (Heb 4:8-13; Rev 14:13)

## II Sabbath Under Old Covenant Redemption

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- Exod 16:22-30 **Manna for the Sabbath**

- Context: \_\_\_\_\_ (Neh 9:9-15)
- An object lesson of \_\_\_\_\_
- Admonition: \_\_\_\_\_
- Prohibition: \_\_\_\_\_

- Exod 20:8-11 **The 4th Commandment**

- “Remember”: \_\_\_\_\_
- “Sabbath Day” = \_\_\_\_\_ & \_\_\_\_\_
  - Weekly rhythm: 6 days of \_\_\_\_\_ + 1 day of \_\_\_\_\_
- “to keep it holy” : \_\_\_\_\_
- “blessed” : \_\_\_\_\_
- Prohibition: no \_\_\_\_\_ nor \_\_\_\_\_
- Admonition: \_\_\_\_\_
- For whom? \_\_\_\_\_
- Who observes it? \_\_\_\_\_
- Reason #1 : The LORD ceased to \_\_\_\_\_ and \_\_\_\_\_ (Gen 2:2-3; Exod 20:11)
- Reason #2 : The LORD \_\_\_\_\_ Israel from Egypt (Deut 5:12-15)

- Various Texts      Sabbath in the Pentateuch
  - Exod 31:13-16    Sabbath = \_\_\_\_\_ of the Old Covenant
  - Reminders to keep sabbath
    - Exod 35:2-3
    - Lev 16:31 (29-34)
    - Lev 19:3 (1-4)
    - Lev 19:30
    - Num 28:9-10
  - Sabbath keeping/breaking (Lev 26:2; 34-35; Num 15:32)
- Sabbath and Other Jewish Holidays/Ceremonies
  - Lev 23 \_\_\_\_\_
  - Lev 25:1-6 \_\_\_\_\_