

# Calgary L'chaim Bible Fellowship

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A study series with Saskatchewan & Bontoc Ekklesia group

Text: Exodus 20:8-10, Isaiah 56:3-6, 66:23

Date: \_\_\_\_\_

## Understanding the Sabbath the EASY way

Introduction:

In all of God's appointed times listed in Leviticus 23 (v.1-3) The Sabbath comes first. Shabbath means to "rest" telling is largely that its purpose is restoration. The Shabbat is a perpetual reminder that God is the Creator and our need to find rest in Him (Exodus 31:16-17). Based in Genesis the Sabbath day is from sundown Friday evening to sundown Saturday. God defines a day in the following order " there was evening, and there was morning."

### The Sabbath and Creation

When God rested on the seventh day, He ceased from His work (Genesis 2:1-3, Hebrews 4:9-10). Shabbath means cessation. The context here makes it clear that the work of God rested from on the Sabbath is the work of creation. This also teaches us that on the Shabbath we rest from work of creating as well (doing things of producing results – production is work, creation is work, making money is work.) We cease (Shabbath) from work as a remembrance of creation, and we cease (Shabbath) from work to remember our salvation.

### The Sabbath and Salvation

As messianic believers we rest in Messiah. In Hebrews chapter 3 and 4 we read there that the Sabbath is a picture of our Salvation (Yeshua). The Sabbath is a picture of eternal life that we received through our faith in the Messiah Yeshua. Look into Hebrews 4:9-10 we understand that God rested on the Seventh day (the Sabbath) because the work of creation was finished. So too we can rest in our salvation because the work of Messiah is finished (John 19:28-30, Hebrews 9:12, 26). This is a beautiful picture of Grace!

### The Sabbath and Grace

Like grace the Sabbath is a gift (Mark 2:27) " The Sabbath was made to meet the needs of the people, and not people to meet the requirements of the Sabbath." For six days we labor and work –producing results ( for money) but on the seventh day (Shabbath) we cease from work, by stopping we rest (Shabbath) we acknowledge God by keeping the Shabbath. By keeping the Shabbath we acknowledge that we are not The Maker of our lives, that the center of the Universe is not us, that we are not God. We acknowledge that He is The One who provides for us, not ourselves. This is the acknowledgement of God's grace! That our works of righteousness (no matter how hard we try and work for it) will never be adequate to merit our own redemption or rest (Hebrews 4:10) Just rest on the Shabbath- that is grace, that is what Shabbath is like.

### The Sabbath and Shalom (Peace)

The Shabbath is a day of Shalom (peace and rest). It is a time to set aside all the troubles of the world. In John 14:27 Yeshua said " My Shalom I give to you..." On the Sabbath day, we rest (we quite) orselves before God to feel the presence of His peace. On the Sabbath we close the doors of the worlds troubles and to go to the presence of our Messiah to calm our spirit with peace (shalom). It is written in Isaiah 66:23 that ALL mankind will observe the Shabbath! Because the Shabbath is a shadow of the things to come ( Col 2: 17). The seventh day Sabbath is therefore likened to the millennial kingdom and reign of our Messiah ( 2 Peter 3:8) and those thousand years will be like one day---the Sabbath day!