

On the Seventh Day We Rest

Pearlside Church

Sunday, February 20, 2022 | Pastor Russell Tolentino

The Sabbath is rooted in the rhythm of God's CREATION.

"God saw all that he had made, and it was very good. And there was evening, and there was morning—the sixth day. ¹Thus the heavens and the earth were completed in all their vast array. ²By the seventh day God had finished the work he had been doing; so on the seventh day he **rested** from all his work. ³Then God blessed the seventh day and made it holy, because on it he **rested** from all the work of creating that he had done." (Genesis 1:31-2:1-3 NIV)

"Remember the Sabbath day by keeping it holy. ⁹**Six days you shall labor and do all your work, ¹⁰but the seventh day is a sabbath to the Lord your God.** On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. ¹¹For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but **he rested on the seventh day.** Therefore, the Lord blessed the Sabbath day and made it holy." (Exodus 20:8-11 NIV)

How do we practice the Sabbath?

- **STOP** and trust.

"Then the Lord said to Moses, 'I will rain down bread from heaven for you. The people are to go out each day and gather enough for that day. In this way I will test them and see whether they will follow my instructions. ⁵On the sixth day they are to prepare what they bring in, and that is to be twice as much as they gather on the other days.'... ²¹Each morning everyone gathered as much as they needed, and when the sun grew hot, it melted away. ²²On the sixth day, they gathered twice as much... ²³He said to them, 'This is what the Lord commanded: "Tomorrow is to be a day of sabbath rest, a holy sabbath to the Lord. So bake what you want to bake and boil what you want to boil. Save whatever is left and keep it until morning.'" ²⁴So they saved it until morning, as Moses commanded, and it did not stink or get maggots in it. ²⁵'Eat it today,' Moses said, 'because today is a sabbath to the Lord. You will not find any of it on the ground today. ²⁶Six days you are to gather it, but on the seventh day, the Sabbath, there will not be any.' ²⁷Nevertheless, some of the people went out on the seventh day to gather it, but they found none. ²⁸Then the Lord said to Moses, 'How long will you refuse to keep my commands and my instructions?'" (Exodus 16:4-5, 21-28 NIV)

- **REST** and refresh.

"Bear in mind that the Lord has given you the Sabbath; that is why on the sixth day he gives you bread for two days. Everyone is to stay where they are on the seventh day; no one is to go out.' So the people rested on the seventh day." (Exodus 16:29-30 NIV)

- **DELIGHT** in God and His creation.

"Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done." (Genesis 2:3 NIV)

- **WORSHIP** God and abide in His Word.

"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing." (John 15:5 NIV)

1. Designate **ONE** day a week to observe the Sabbath.

2. Designate solitude moments **EVERY** day.

When we rest in Christ, we can be truly FRUITFUL as we await our true Sabbath in Heaven.

"There remains, then, a Sabbath-rest for the people of God; ¹⁰for anyone who enters God's rest also rests from their works, just as God did from his. ¹¹Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience." (Hebrews 4:9-11 NIV)

"Come to me, all you who are weary and burdened, and I will give you rest. ²⁹Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰For my yoke is easy and my burden is light." (Matthew 11:28-30 NIV)