

Hebrews 4:4-5

The Sabbath Rest of God

What is the sabbath rest of God? Why did He rest? What does the scripture have to tell us about this question? We need to understand that God ceased from His labor because it was complete, not because He was exhausted, not because He was worn out, not because He wasn't sure what to do next... or needed more materials, or needed something else to happen, or someone else to finish their work or make up their mind or anything else... He finished and rested because He was done. To understand this concept requires us to understand WHY He was working and what He intended to create from that work. It also requires us to understand what the purpose of rest really is.

I. HE WAS CREATING FOR HIS GLORY

- a. The display of His Glory for His own enjoyment
- b. The display of His Glory for us to be able to know Him

II. HE RESTED BECAUSE HE WAS FINISHED

a. The entirety of His plan was laid out in minute detail before He began

Acts 15:18 (NKJV) ¹⁸ “Known to God from eternity are all His works.

b. There were no surprises in store for Him, no last minute changes, no players who can alter that plan.

c. Every single thing that He intended to do was in place, the hour of its fulfillment already decided and the manner of its fulfillment planned and provided for.

Isaiah 46.9-11

III. HE RESTED FOR ENJOYMENT

a. Rest is delight –

Psalm 147:10–11 (NKJV)

¹⁰ He does not delight in the strength of the horse;
He takes no pleasure in the legs of a man.

¹¹ The Lord takes pleasure in those who fear Him,
In those who hope in His mercy.

- b. Rest is contemplation - Jesus was satisfied in the contemplation of His completed work

Isaiah 53:11 (NKJV)

¹¹ He shall see the labor of His soul, *and* be satisfied.
By His knowledge My righteous Servant shall justify
many,
For He shall bear their iniquities.

- c. Rest is satisfaction -

God is the source of all satisfaction because He is infinitely satisfied in Himself. He needs nothing else to complete Him, for He is the fullness of all things.

Psalm 145:14–16 (NKJV)

¹⁴ The Lord upholds all who fall,

And raises up all *who are* bowed down.

¹⁵ The eyes of all look expectantly to You,
And You give them their food in due season.

¹⁶ You open Your hand
And satisfy the desire of every living thing.

Ps 104.10-15

Ps 107.9-11

d. Rest is worship

e. Rest is fellowship

IV. HIS REST IS ACTIVE

John 5:17 But Jesus answered them, “My Father has been working until now, and I have been working.”

a. He is still governing His creation

b. He is still working out His will

c. He is still guarding His people and He is still accomplishing His purposes

V. OUR REST IS A BLESSING

Isaiah 58.13-14

a. Trust

b. Understanding –

Deuteronomy 4.39-40

Job 37.14-24

c. Patience

d. Obedience

e. Growth

f. Comfort

Psalm 94:17–19 (NKJV)

¹⁷ Unless the Lord *had been* my help,
My soul would soon have settled in silence.

¹⁸ If I say, “My foot slips,”

Your mercy, O Lord, will hold me up.

¹⁹ In the multitude of my anxieties within me,
Your comforts delight my soul.

g. Delight