

What Does Sabbath Rest Mean for Christians Today?

For such an important subject, the Sabbath rest and its observance is unfortunately often a misunderstood concept in the church today. We will look at the Sabbath in the Old Testament and then the bridge it forms with the New Testament (in the words of Jesus in the Gospels as well as Luke's and Paul's writings). We will give special emphasis to Jesus being the Lord of the Sabbath and how we are to 'take a Sabbath' today.

Kevin Conway completed his PhD in Biblical Studies at the University of Cambridge. He has taught at various settings around Eastern Europe and Russia. For the last several years, he has served with the para-church ministry, Cru - Eastern Europe, as a team leader and teacher for their staff in Eastern Europe and Russia. He was also the Senior Pastor of Danube International Church in Budapest, Hungary. He now teaches with Christian Educators Outreach. Before going into full-time vocational ministry, he worked for several years in the computer and finance industries with large corporations like IBM and GE. While still in college, he wrestled for the USA and was a finalist on the 1980 Olympic team. Kevin has been a follower of Christ since 1979 and is a citizen of both the USA and Ireland. He has been married to his lovely Croatian wife, Rahela, for 27 years and they have been blessed with three beautiful children on earth – Abi (25), Joseph (21), and Kara (16).

I. Introduction

1. “What can I do and not do on a Sunday?”
2. *Shabbat* – “Rest” or “Stop/Cease”
3. The Sabbath is the Purpose of Mankind (Created for Humans to Enjoy and Celebrate)
4. The Sabbath Shows Up All Through the Bible – from Creation to New Creation

II. The Sabbath in the Old Testament

1. The 4th Commandment – Remember & Keep It Holy; Not To Do So Incurs a Penalty of Death.
 - A. Exodus 20:8-11 “Remember”; “Bless” and “Make Holy” (Stop Working)
 - B. Deuteronomy 5:12-15 “Guard/Observe” versus “Remember”
2. Genesis 2:2-3
 - A. Similarity of Language – God Creating the Cosmos (Gen 1-2) with:
 - i. Moses Creating the Tabernacle (Exod 39-40)
 - ii. Solomon Creating the Temple (1 Kgs 5-8)

B. God's Creation & Temple – His Cosmic Dwelling, Where the King Rests & Reigns in Victory (Not Inactive!) over His Enemies, the Forces of Chaos.

C. How We Enter God's Rest?
i. By Having Him Reign over Our Lives

3. Genesis 1:26-27

A. Image of God

- i. As God Brought Order over the Chaos in Creation, Adam & Eve Were to Subdue and Rule over (& Fill) the Earth
- ii. As God Created the Cosmos in 5 Days and Then Rested/Ceased on the 7th Day, Adam & Eve worked 6 Days and Stopped Work (Set It Apart for the Lord) on the 7th Day.

III. The Sabbath in the New Testament

1. The Gospels (Jesus) – Healing and Human Need.

- a. Jesus is Lord of the Sabbath
- b. The Sabbath Was Made for Man, Not Man for the Sabbath
- c. One Greater Than the Temple is Here

2. Acts – Paul Observed the Sabbath by Visiting Synagogues

3. Paul's Letters

- a. Sabbath and Sunday
- b. Rest and Sermons

4. Hebrews

- a. Rest in the Scriptures
- b. Jesus Is Our Ultimate Rest

V. The Sabbath throughout Church History

1. Sunday Worship

VI. The Sabbath and the Church Today

1. Sunday, the Lord's Day
 - a. Life Is Not Aimless But Moving Toward a Goal (Eternal Sabbath Rest!)
2. Observation
 - a. Personal Sabbath Principles
3. Christ's Return
 - a. Jesus Fulfills the Sabbath
 - b. We Will Be Given Complete Rest from the Forces of Evil.