***Notes & Summary of “Rest in Christ: The Rhythms of Rest”***

***1) The Creation of a Perfect Environment***

**Psalm 106:1**

1Praise the Lord.

Give thanks to the Lord, for he is good;  
    his love endures forever.

* *And because He is good, I can rest in Him.*

**Genesis 1:1-5**

**The Beginning**

1 In the beginning God created the heavens and the earth. 2Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters.

3And God said, “Let there be light,” and there was light. 4God saw that the light was good, and he separated the light from the darkness. 5God called the light “day,” and the darkness he called “night.” And there was evening, and there was morning—the first day.

* *“And God said” tells us that God’s spoken word has creative power, and when God speaks, He speaks substance and life into existence.*
* *Each day ends with the same phrase, “And there was evening, and there was morning” but what specific theme do you recognize in the account? What specific theme do you see repeated in this account of creation? Everything was good. Good was mention seven times in Genesis chapter 1. The seventh mention was “very good,” a reflection on all creation. It is like a phrase that encompasses the entire creative work of God.*
* *What idea do we get about God’s character? About what God does is “good”? God is good all the time. He is a God of love and excellence. He is a God that we can approach because He is good and what He does is good.*
* *The creation of humanity follows a different pattern. It uses the personal phrase “let Us make,” “let Us make” is a different command or wording*

**Genesis 1:6-8**

6And God said, “Let there be a vault between the waters to separate water from water.” 7So God made the vault and separated the water under the vault from the water above it. And it was so. 8God called the vault “sky.” And there was evening, and there was morning—the second day.

**Genesis 1:9-13**

9And God said, “Let the water under the sky be gathered to one place, and let dry ground appear.” And it was so. 10God called the dry ground “land,” and the gathered waters he called “seas.” And God saw that it was good.

11Then God said, “Let the land produce vegetation: seed-bearing plants and trees on the land that bear fruit with seed in it, according to their various kinds.” And it was so. 12The land produced vegetation: plants bearing seed according to their kinds and trees bearing fruit with seed in it according to their kinds. And God saw that it was good. 13And there was evening, and there was morning—the third day.

**Genesis 1:14-19**

14And God said, “Let there be lights in the vault of the sky to separate the day from the night, and let them serve as signs to mark sacred times, and days and years, 15and let them be lights in the vault of the sky to give light on the earth.” And it was so. 16God made two great lights—the greater light to govern the day and the lesser light to govern the night. He also made the stars. 17God set them in the vault of the sky to give light on the earth, 18to govern the day and the night, and to separate light from darkness. And God saw that it was good. 19And there was evening, and there was morning—the fourth day.

**Genesis 1:20-23**

20And God said, “Let the water teem with living creatures, and let birds fly above the earth across the vault of the sky.” 21So God created the great creatures of the sea and every living thing with which the water teems and that moves about in it, according to their kinds, and every winged bird according to its kind. And God saw that it was good. 22God blessed them and said, “Be fruitful and increase in number and fill the water in the seas, and let the birds increase on the earth.” 23And there was evening, and there was morning—the fifth day.

**Genesis 1:24-25**

24And God said, “Let the land produce living creatures according to their kinds: the livestock, the creatures that move along the ground, and the wild animals, each according to its kind.” And it was so. 25God made the wild animals according to their kinds, the livestock according to their kinds, and all the creatures that move along the ground according to their kinds. And God saw that it was good.

**Genesis 1:31**

31God saw all that he had made, and it was very good. And there was evening, and there was morning—the sixth day.

**Genesis 1:26-27**

26Then God said, “Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground.”

27So God created mankind in his own image,  
    in the image of God he created them;  
    male and female he created them.

* *Unlike any other creation prior to that, what is unique about God’s creation of the man and the woman? They were made in His image. On the other days of creation and the other things that God created, they all were “good,” but, as according to the Psalmist, “He spoke, it was done; He commanded, and it stood fast.” Here God creates us in His own image, but from the dust or dirt of the ground…an intimate experience where God is fashioning man. More thought and intent was put into our creation because we were handmade. This says that our life has purpose, that if there is a Creator God, which is the theme of the whole Bible, that God not only created us, but He was intimately involved in the shaping of the human family.*
* *So the human, both man and woman, were created in the image of God as physical, intellectual, social and spiritual beings.*
* *What conclusion can we make about the origin of life on this planet? We are God’s special treasure. We were not an accident. It was good, it was very good Implies that God is enjoying creation. He has got emotion involved. When God created life, He created life fully mature, ready to enjoy life to the fullest.*
* *Why would the Creator want to create an inhabited planet? It goes back to who God is. God is love, and how can you show or demonstrate love? You need somebody else in order to do share that love. God thought it was good to create someone that He can love and be loved by; that’s the character of God.*
* *The fact that God creates is the very thing that distinguishes Him from other gods, other false gods. He creates and He spoke life into existence.*
* *Examples of God’s creative activities and abilities:*
  + *God created the plan of salvation before the formation of the earth. The whole story of the plan of salvation lived out in the life of Christ.*
  + *Psalm 139:13-14 God has formed us, our inward parts, and covered us in our mother’s womb such that every time there is a conception, God’s work, God’s creative power is at work, even if indirectly through the bodies of those that He created for that purpose, He is still speaking life every time a life comes to be.*
  + *The manna that was given to the children of Israel in the wilderness for 40 years.*
  + *Jesus and His ultimate creation in the virgin Mary.*
  + *The life of Jesus with every miracle He performed.*

**Genesis 2:7**

7Then the Lord God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.

**Genesis 2:23-25**

23The man said,

“This is now bone of my bones  
    and flesh of my flesh;  
she shall be called ‘woman,’  
    for she was taken out of man.”

24That is why a man leaves his father and mother and is united to his wife, and they become one flesh.

25Adam and his wife were both naked, and they felt no shame.

***2) The Provision of a Day of Rest***

# Genesis 2:1-3

2 Thus 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.

# *God does something different in the creation of the seventh day. God blessed it. He declared it holy. And then He rested from all the work of His creation.*

# *He “blessed” it, is there something more significant about that act of blessing than what one might think? Something that relates to that is the fact that He created that monument for us to look back and remember basically, that contemplation of creation, to remember God and to fellowship with Him.*

# *The Sabbath is brilliant because it is time that comes with us. And it wasn’t just that He blessed a seventh day at the end of creation, but He blessed the day, so every week it’s with us wherever we are on the planet. It is an amazing gift because it is for the whole human family, wherever we are. It is not limited by space.*

# Exodus 20:8-11

8“Remember the Sabbath day by keeping it holy. 9Six 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.

# *In the heart of the fourth commandment, we find a command to keep the Sabbath holy. This is the command that the human family should rest on the Sabbath day. Why is the keeping of the Sabbath holy given as a command and not just simply a recommendation? As a human you generally know what the needs are but you may not know perfectly. Whereas God, our creator, knows us, what we need, and He knows that we need rest. It is a requirement for us and this is a reminder you need to be able to rest to function. Preservation for humanity...our bodies operate on a seven-day cycle. Going back to the loving Creator, “I’m trying to protect you, so this is not optional. This is something that I really want you to do.”*

# Exodus 16:14-31

14When the dew was gone, thin flakes like frost on the ground appeared on the desert floor. 15When the Israelites saw it, they said to each other, “What is it?” For they did not know what it was.

Moses said to them, “It is the bread the Lord has given you to eat. 16This is what the Lord has commanded: ‘Everyone is to gather as much as they need. Take an omer for each person you have in your tent.’”

17The Israelites did as they were told; some gathered much, some little. 18And when they measured it by the omer, the one who gathered much did not have too much, and the one who gathered little did not have too little. Everyone had gathered just as much as they needed.

19Then Moses said to them, “No one is to keep any of it until morning.”

20However, some of them paid no attention to Moses; they kept part of it until morning, but it was full of maggots and began to smell. So Moses was angry with them.

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—two omers for each person—and the leaders of the community came and reported this to Moses. 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? 29Bear 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.” 30So the people rested on the seventh day.

31The people of Israel called the bread manna. It was white like coriander seed and tasted like wafers made with honey.

# Deuteronomy 5:12-15

12“Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. 13Six days you shall labor and do all your work, 14but 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 ox, your donkey or any of your animals, nor any foreigner residing in your towns, so that your male and female servants may rest, as you do. 15Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the Sabbath day.

# Mark 2:27

# 27Then he said to them, “The Sabbath was made for man, not man for the Sabbath.

# *This teaching of Jesus confirms that the Sabbath was not something given to just the Jews, but the human race.*

# *The Greek word translated “man” is “anthropos,” which means “human being.”*

# Mark 2:28

28So the Son of Man is Lord even of the Sabbath.”

# *Do we have an insight of what made Jesus different than any ordinary man? The Sabbath was handmade by God, so He was the One who made it. “I’m the owner of it,” of the Sabbath. He’s the Lord of the Sabbath, and the Lord of the Sabbath is the Lord God who created the heavens and the earth.*

# John 1:1-3

**The Word Became Flesh**

1 In the beginning was the Word, and the Word was with God, and the Word was God. 2He was with God in the beginning. 3Through him all things were made; without him nothing was made that has been made.

# John 1:14

# 14The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth.

**Acts 10:38**

38how God anointed Jesus of Nazareth with the Holy Spirit and power, and how he went around doing good and healing all who were under the power of the devil, because God was with him.

* *Jesus went about doing good. This links us to the Genesis account, to the creation account.*
* *The Sabbath is a manifestation of that goodness.*

***3) Keeping the Sabbath Holy***

* *The Sabbath was sanctified; it was set apart from the other six days and declared holy.*
* *God transitions from sanctifying a day to sanctifying a people.*
* *The sequence of days in Genesis 1 and what God did in each day follows the pattern of creating the form and then filling the void. In the first three days of creation, God creates the form, light, firmament and the dry land. That is the form, but it is empty. It’s void. And then in days four, five, and six, He fills the void. He fills the form of light with the sun, moon and stars. He fills the sky with birds, the oceans with fish. He fills the dry land with animals and with mankind. The seventh day is an odd number; it stands alone. There is no pair that goes with the seventh day, but God continues that same pattern in that you and I become the form, and we turn to God to fill us with who He is. We are empty, and He is holy, and when He fills us with who He is, we experience the work of sanctification in our lives. The Sabbath becomes a celebration of who God is and what He desires to do in our life.*
* *The God in whose presence is the fullness of joy, He wants us to experience the joy of the Sabbath.*

**Psalm 92:1-4**

#### A psalm. A song. For the Sabbath day.

1It is good to praise the Lord  
    and make music to your name, O Most High,  
2proclaiming your love in the morning  
    and your faithfulness at night,  
3to the music of the ten-stringed lyre  
    and the melody of the harp.

4For you make me glad by your deeds, Lord;  
    I sing for joy at what your hands have done.

**Matthew 12:10-12**

10and a man with a shriveled hand was there. Looking for a reason to bring charges against Jesus, they asked him, “Is it lawful to heal on the Sabbath?”

11He said to them, “If any of you has a sheep and it falls into a pit on the Sabbath, will you not take hold of it and lift it out? 12How much more valuable is a person than a sheep! Therefore it is lawful to do good on the Sabbath.”

**Leviticus 19:3**

3“‘Each of you must respect your mother and father, and you must observe my Sabbaths. I am the Lord your God.

**Leviticus 23:3**

#### The Sabbath

3“‘There are six days when you may work, but the seventh day is a day of sabbath rest, a day of sacred assembly. You are not to do any work; wherever you live, it is a sabbath to the Lord.

**Luke 4:16**

6And he said to him, “I will give you all their authority and splendor; it has been given to me, and I can give it to anyone I want to.

**Hebrews 10:25**

25not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

**Isaiah 58:13-14**

13“If you keep your feet from breaking the Sabbath  
    and from doing as you please on my holy day,  
if you call the Sabbath a delight  
    and the Lord’s holy day honorable,  
and if you honor it by not going your own way  
    and not doing as you please or speaking idle words,  
14then you will find your joy in the Lord,  
    and I will cause you to ride in triumph on the heights of the land  
    and to feast on the inheritance of your father Jacob.”  
For the mouth of the Lord has spoken.

* *There is a reference of delighting in the context of the Sabbath. How can we as disciples of Christ, help our friends and family members discover the Sabbath with new eyes or experience the Sabbath in ways that fill the heart with delight?* 
  + *The best way is not to make it a burden because sometimes we just focus on the things that we “cannot” do which makes it a burden. When you make it a delight, you prepare their favorite meals, go on a picnic, go visit somebody that is sick or needs some help, it creates a different type of atmosphere, that people get to see the blessing of the Sabbath.*
  + *The Sabbath was not created to coming out and doing work or thinking of what are the things we are supposed to do but primarily to be in a relationship with God. So to better help and teach others to enjoy and have delight in His day is helping them to have delight in a relationship with Christ.*
  + *In order for it to be contagious trying to convince someone that the Sabbath is a delight, we first have to believe that it is delightful. We have to find joy in the day, find the rest in Christ that He offers.*
  + *You are going to meet the Heavenly Father and have that relationship. It is a celebration. Looking to Jesus.*
  + *Delighting in the Lord is the key to discovering the delight of keeping the Sabbath and celebrating that relationship with Him.*