



## **“God’s Rest and Ours”**

### **Genesis: The Gospel from the Beginning**

Genesis: 2:1-3 and Selected Scriptures

*Message #4*

**Central Objective:** In today’s message, we will explore what the Bible says about the Seventh Day, the Sabbath, and how it relates to the Christian today.

#### **I. What is the Sabbath?**

1. It is a day that is set apart by God.
2. It is connected to the Seventh Day when God rested from His creation work.
3. It is connected to Israel’s redemption from slavery in Egypt.
4. It is a sign that points to something yet revealed.

#### **II. Why did God establish the Sabbath?**

1. It was not because He was tired.
2. It was because He wanted to teach us about work, rest, and redemption.

#### **III. How are Christians to understand the Sabbath?**

1. The Sabbath is not binding upon the Christian.
2. Christians now observe the Sabbath only by principle through rest and worship on the Lord's Day.
3. God's perfect rest is only obtained through faith in Christ Jesus.

### **Scripture of the Week:**

“The Sabbath was made for man, and not man for the Sabbath.

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

† Mark 2:27-28 †