

The Seventh Day

Genesis 2:1-3

Context: After finishing with the creation of the universe, God rests on the 7th day.

As you observe the seventh day of Creation week...

A. _____ on the completed work (vs. 1-2) (“God rested”)

1. God did not rest because he was worn out from the heavy lifting of creating stars and planets but rather because his work in creation was finished. (Richard Phillips)
2. The word for “rested” (Hebrew, shabat) has the primary meaning of “ceasing.”
3. Jesus informs that while God rested from creation on the seventh day, he did not cease from doing good: “My Father is working until now, and I am working” (John 5:17).

B. _____ in God’s Provision (vs. 3a) (“God Blessed”)

1. Just as we imitate God as His image bearers in matters of creativity and morality, God set up a pattern of rest for us to follow.
2. In Mark 2:27, Jesus makes it clear that the Sabbath was made for man. God made a day of rest for our blessing and health. Could much of our culture’s need for “mental health” be rooted in a need to honor God and seek our rest in him?

C. _____ the Sabbath (vs. 3b) (“God made it holy”)

1. God “made holy” the Sabbath day because He rested in it. Later, it was set aside for a day of worship in the Mosaic law. Do not miss that the Old Testament connects our rest to worshipping God.
2. The Sabbath theme throughout scripture points to our full rest in Jesus Christ (Hebrews 4:4-11; Matthew 11:28-30) and our eternal rest with Jesus in heaven (Hebrews 4:9).

Where is Jesus? The sabbath points forward to the rest that Christ achieved with his resurrection and ascension (Heb. 10:12–13), and which will be fully manifested in the consummation (Rev. 22:4–5).