



New Testament Backgrounds: Our Sabbath Rest

Sabbath Rest In the Old Testament

- Rest began and ended with God.
 - Gen. 2.1-3; Ex. 20.8-11; Psa. 132; Deut. 12.9-11
- Rest entailed peace and prosperity.
 - Ex. 16.23-29; Lev. 25.1-7, 8-55; Josh. 21.43-45
- The purpose of the Sabbath rest was fellowship and worship.
 - Num. 28.9-10; Lev. 23.1-44; Deut. 5.12-15
- Israel never fully entered that rest.
 - Jer. 6.16; Psa. 95.7-11

Our Sabbath Rest

- Jesus brings about the fulfilment of the Sabbath rest.
 - Lk. 4.16-21; Lk. 13.10-17; Mt. 11.28-30; Heb. 3-4
- Therefore, let us praise God and delight in Him.
 - Psa. 95.1-7
- Our rest will find its ultimate fulfilment in Heaven.
 - Heb. 12.22-24; Rev. 21.1-4
- Therefore, we must strive to enter that rest.
 - Heb. 4.9-11

Jesus offers rest for those who
come to Him!

Will you heed His invitation?