

**Enter In Series**  
**To His Rest, Part One**  
**9/28/24**  
**Newport News**

**Opening**

**-What are some consequences that you have experienced in your own life when you are not getting the rest you need?**

**-Ecclesiastes 4:5-6**

**-Matthew 8:23-25**

*-Our enemy, the devil, knows he can't discredit our message so he does the next best thing, discredit the messenger...and fatigue is one of the devil's best schemes to destroy character! (joke about how no one is a better person tired)*

*-This series is about how God wants to use your life to spell **Jesus** to the world...and learning the rhythm of a weekly Sabbath is a vital part...will you Enter In to His Rest?*

**Introduction**

-Tonight

1. Why so much **confusion** surrounding the Biblical concept of Rest?
2. Who were the **Judaizers**?
3. What are the **4 types of Rest**?

-Next Week

1. Quick review of prior week.
2. Picking back up with Jesus teaching on Sabbath.
3. Is Physical Rest a choice or command?
4. Our cultural attitude toward Physical Rest.
5. 8 practical steps to move toward a weekly Sabbath.

**Why are we **confused** about a Sabbath rest?**

-(tell story of Vanessa and Claire arguing about “pulling up” for doctors’ visit.)

-Saturday and Sunday (confusion from miscommunication)

*I believe the Bible couldn't be more clear...every Christian is expected to gather for a time of weekly worship. For 2000 years, that day has been on Sunday because that is the day that Christ rose from the dead. This is called The Lord's Day (we find the Apostle John referring to it as such in **Rev. 1:10**) to honor His resurrection. Of course the first century church gathered on that day! Jesus is alive...read the four Gospels. Can you put yourself in that community, can you imagine? From the depths of despair as He was laid in the tomb to the highest of jubilation days later as they not only encountered an empty tomb but a risen Lord! I've attended a lot of church meetings for the purpose of making decisions. Whatever meeting was held to decide which day would be set aside for churches to meet must have been the shortest meeting in the history of church meetings, "I recommend Sunday, any questions...adjourned."*

(explain why that became problematic...Jewish culture was Saturday for Sabbath) (Christianity was born out of Judaism...rest from Creation story...)

### Who were the **Judaizers**?

-**Acts 15:1-3** (Lord's Day, Scripture, Law, Tradition of Elders)

-(talk about Paul's epistles constantly combating this viewpoint)

***-As we move through time and more and more people who did not come from a Jewish background embraced Christianity, the Biblical practice of a weekly Sabbath became synonymous with the Lord's Day.***

-Blue Laws (not repealed in VA until 1988)

*The name may derive from Samuel A. Peters's General History of Connecticut (1781), which purported to list the stiff Sabbath regulations at New Haven, Connecticut; the work was printed on blue paper. A more probable origin is based on an 18th-century usage of the word blue meaning "rigidly moral." (Britanica)*

**-Our own cultural practices have contributed to Christians' confusion regarding a weekly Sabbath!**

## 4 Types of Rest

### -Hebrews 4:9

- >He makes up a word! Sabbatismos...
- >This literally means uninterrupted rest...
- >I think the writer of Hebrews is making a reference to a person who is experiencing 4 unique kinds of rest...

#### 1. Paternal Rest (Hebrews 4:2-3a)

#### 2. Purpose Rest (Hebrews 4:8) (Ashley's red shoes)

#### 3. Perpetual Rest (Hebrews 4:10-11)

#### 4. Physical Rest (Hebrews 4:4b/Genesis 2:2)

*Hebrews was probably written sometime between 65 and 70 AD, and according to the writer's own words in verse three of the second chapter...was a second generation Christian. "...how shall we escape if we ignore such a great salvation? This salvation, which was first announced by the Lord, was confirmed to us by those who heard Him." Meaning, that the writer of Hebrews did not have the privilege of being taught directly by Jesus as did people like Peter, James, Mary, and Martha. The writer of Hebrews knows that just as those who learned from Christ taught him/her, so now he/she must in turn teach the generation that follows, as every generation must continue to do as it has now been for almost 2000 years. This is one of the most sacred duties of The Church, the caretaker and promulgator of Christian doctrines.*

## Band

### -What did Jesus say about Sabbath?

- >Mark 2:23 to 3:6
- >What did He mean that the Sabbath was made for us?
- >Is Jesus saying that practicing the Sabbath is optional?
- >Why would Jesus get so angry over this?

## Close

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