

The Significance of the Sabbath

Jeremiah 17: 19 – 27.

I. Understanding the Sabbath in the OT

- Sabbath – looking back to God’s rest after creation. Exodus 20: 8
- Sabbath - remembering escape from endless work in Egypt. Deut. 5:12
- Sabbath – a sign of God’s covenant relationship with Israel Exodus 31: 13,17.

II. Understanding the Sabbath in the NT

- Sabbath - fulfilled in Christ: Colossians 2: 16-17, Matthew 11: 28-30. - fulfilled in heaven. Hebrews 4: 1 -11.
- Different views of Sabbath and Lord’s Day in the Church: the importance of mutual tolerance: Romans 14: 4-6

III. How to apply the Sabbath today: rest in Christ.

1. *Have you found rest in Christ?*
2. *Are you making the rest in heaven the goal of your life?*
3. *Are you resting in Christ every day?*
4. *Are you keeping work within proper boundaries and taking regular time for rest?*
5. *Are you setting aside quality time for private and corporate worship?*
6. *Are you considering the social implications of the rest principle?*