

**Title: The Rest**  
**Pastor: Hennie Swart**  
**Date: 13 June 2010**  
**Time: 18:00**



### **Matthew 12:1-8**

<sup>1</sup> At that time Jesus went through the grainfields on the Sabbath. And His disciples were hungry, and began to pluck heads of grain and to eat.<sup>2</sup> And when the Pharisees saw *it*, they said to Him, "Look, Your disciples are doing what is not lawful to do on the Sabbath!"<sup>3</sup> But He said to them, "Have you not read what David did when he was hungry, he and those who were with him:<sup>4</sup> how he entered the house of God and ate the showbread which was not lawful for him to eat, nor for those who were with him, but only for the priests? <sup>5</sup> Or have you not read in the law that on the Sabbath the priests in the temple profane the Sabbath, and are blameless? <sup>6</sup> Yet I say to you that in this place there is *One greater than the temple.* <sup>7</sup> *But if you had known what this means, 'I desire mercy and not sacrifice,' you would not have condemned the guiltless.*<sup>8</sup> *For the Son of Man is Lord even of the Sabbath.*"

### **Mark 2:27-28**

<sup>27</sup> And He said to them, "The Sabbath was made for man, and not man for the Sabbath."<sup>28</sup> Therefore the Son of Man is also Lord of the Sabbath."

### **Genesis 2:2-3**

<sup>2</sup> And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done.<sup>3</sup> Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.

### **Exodus 20:8-10**

<sup>8</sup> Remember the Sabbath day, to keep it holy.<sup>9</sup> Six days you shall labor and do all your work,<sup>10</sup> but the seventh day *is the Sabbath of the LORD your God. In it you shall do no work...*

### **Exodus 31:16-17**

<sup>16</sup> Therefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations *as a perpetual covenant.*<sup>17</sup> *It is a sign between Me and the children of Israel forever; for in six days the LORD made the heavens and the earth, and on the seventh day He rested and was refreshed.*

### **II Chronicles 36:20-21**

<sup>20</sup> And those who escaped from the sword he carried away to Babylon, where they became servants to him and his sons until the rule of the kingdom of Persia,<sup>21</sup> to fulfill the word of the LORD by the mouth of Jeremiah, until the land had enjoyed her Sabbaths. As long as she lay desolate she kept Sabbath, to fulfill seventy years.

### **Strict Sabbath regulations:**

After returning from exile the leaders instituted very strict Sabbath laws to ensure the same thing doesn't happen again.

- Mishrah: 'the forty-save-one' = 39 categories of Sabbath regulations.
- E.g. more than one needle = sewing; 'Sabbath-day's journey' (Acts 1:12)
- '...mountain hanging by a thread' - burden

### **Deuteronomy 23:25**

<sup>25</sup> When you come into your neighbor's standing grain, you may pluck the heads with your hand, but you shall not use a sickle on your neighbor's standing grain.

### **Leviticus 24:8-9**

<sup>8</sup> Every Sabbath he shall set it in order before the LORD continually, *being taken from the children of Israel by an everlasting covenant.*<sup>9</sup> *And it shall be for Aaron and his sons, and they shall eat it in a holy place; for it is most holy to him from the offerings of the LORD made by fire, by a perpetual statute."*

### **Numbers 28:9-10**

<sup>9</sup> And on the Sabbath day two lambs in their first year, without blemish, and two-tenths *of an ephah of fine flour as a grain offering, mixed with oil, with its drink offering* ---<sup>10</sup> *this is the burnt offering for every Sabbath, besides the regular burnt offering with its drink offering.*

### **Hebrews 4:9-11 NIV**

<sup>9</sup> There remains, then, a Sabbath-rest for the people of God; <sup>10</sup> for anyone who enters God's rest also rests from his own work, just as God did from his. <sup>11</sup>Let us, therefore, make every effort to enter that rest, so that no one will fall by following their example of disobedience.

### **Matthew 11:28-30**

<sup>28</sup> Come to Me, all you who labor and are heavy laden, and I will give you rest.<sup>29</sup> Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.<sup>30</sup> For My yoke is easy and My burden is light."