

*The Seventh Day (Saturday)*

# REST & REMEMBER

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## SONG FOR THE SABBATH

*Psalm 92:*

A psalm. A song. **For the Sabbath day.**

It is good to praise the LORD and make music to your name, O Most High, proclaiming your love in the morning and your faithfulness at night, to the music of the ten-stringed lyre and the melody of the harp. For you make me glad by your deeds, LORD; I sing for joy at what your hands have done. How great are your works, LORD, how profound your thoughts!

Senseless people do not know, fools do not understand, that though the wicked spring up like grass and all evildoers flourish, they will be destroyed forever. But you, LORD, are forever exalted. For surely your enemies, LORD, surely your enemies will perish; all evildoers will be scattered. You have exalted my horn like that of a wild ox; fine oils have been poured on me. My eyes have seen the defeat of my adversaries; my ears have heard the rout of my wicked foes.

The righteous will flourish like a palm tree, they will grow like a cedar of Lebanon; planted in the house of the LORD, they will flourish in the courts of our God. They will still bear fruit in old age, they will stay fresh and green, proclaiming, "The LORD is upright; he is my Rock, and there is no wickedness in him."

## REST SCRIPTURES

Matthew 11:28-30: "Come to me, all you who are weary and burdened, and **I will give you rest**. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and **you will find rest for your souls**. For my yoke is easy and my burden is light."

Isaiah 55:1-3: "Come, all you who are thirsty, come to the waters; and you who have no

money, come, buy and eat! Come, buy wine and milk without money and without cost. **Why spend money on what is not bread, and your labor on what does not satisfy?** Listen, listen to me, and eat what is good, and you will delight in the richest of fare. Give ear and come to me; listen, that you may live. I will make an everlasting covenant with you, my faithful love promised to David.

Exodus 33:14: The LORD replied, "My Presence will go with you, and **I will give you rest.**"

Romans 4:3-8: What does Scripture say? "Abraham believed God, and it was credited to him as righteousness." Now to the one who works, wages are not credited as a gift but as an obligation. However, **to the one who does not work but trusts God who justifies the ungodly**, their faith is credited as righteousness. David says the same thing when he speaks of the blessedness of the one to whom God credits righteousness apart from works: "Blessed are those whose transgressions are forgiven, whose sins are covered. Blessed is the one whose sin the Lord will never count against them."

Hebrews 4:1-11: Therefore, since **the promise of entering his rest still stands**, let us be careful that none of you be found to have fallen short of it. For we also have had the good news proclaimed to us, just as they did; but the message they heard was of no value to them, because they did not share the faith of those who obeyed. Now we who have believed **enter that rest**, just as God has said, "So I declared on oath in my anger, 'They shall never enter my rest.'" And yet his works have been finished since the creation of the world. For somewhere he has spoken about the seventh day in these words: "**On the seventh day God rested from all his works.**" And again in the passage above he says, "They shall never enter my rest." **Therefore since it still remains for some to enter that rest**, and since those who formerly had the good news proclaimed to them did not go in because of their disobedience, God again set a certain day, calling it "Today." This he did when a long time later he spoke through David, as in the passage already quoted: "Today, if you hear his voice, do not harden your hearts." For if Joshua had given them rest, God would not have spoken later about another day. **There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his. Let us, therefore, make every effort to enter that rest**, so that no one will perish by following their example of disobedience.

Deuteronomy 12:10: But you will cross the Jordan and settle in the land the LORD your God is giving you as an inheritance, and **he will give you rest** from all your enemies around you so that you will live in safety.

Exodus 14:14: The LORD will fight for you; **you need only to be still [rest].**

Psalms 46:10: He says, "**Be still [rest]**, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

Psalms 91:1: Whoever dwells in the shelter of the Most High will **rest** in the shadow of the Almighty.

Psalms 16:9-11: Therefore my heart is glad and my tongue rejoices; **my body also will rest secure**, because you will not abandon me to the realm of the dead, nor will you let your faithful one see decay. You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.

Psalms 62:1-5: **Truly my soul finds rest in God**; my salvation comes from him. Truly he is my rock and my salvation; he is my fortress, I will never be shaken. How long will you assault me? Would all of you throw me down – this leaning wall, this tottering fence? Surely they intend to topple me from my lofty place; they take delight in lies. With their mouths they bless, but in their hearts they curse. **Yes, my soul, find rest in God**; my hope comes from him.

Psalms 116:7-9: **Return to your rest, my soul**, for the LORD has been good to you. For you, LORD, have delivered me from death, my eyes from tears, my feet from stumbling, that I may walk before the LORD in the land of the living.

Psalms 127:1-2: Unless the LORD builds the house, the builders labor in vain. Unless the LORD watches over the city, the guards stand watch in vain. In vain you rise early and stay up late, toiling for food to eat – **for he grants sleep to those he loves**.

Isaiah 30:15: This is what the Sovereign LORD, the Holy One of Israel, says: "**In repentance and rest is your salvation**, in quietness and trust is your strength, but you would have none of it.

Isaiah 32:18: My people will live in peaceful dwelling places, in secure homes, **in undisturbed places of rest**.

Isaiah 57:2, 20: Those who walk uprightly enter into peace; they **find rest as they lie in death**. ... But the wicked are like the tossing sea, which cannot rest, whose waves cast up mire and mud.

Isaiah 28:11-12: Very well then, with foreign lips and strange tongues God will speak to this people, to whom he said, "**This is the resting place, let the weary rest**"; and, "**This is the place of repose**" – but they would not listen.

Jeremiah 6:16: This is what the LORD says: "Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and **you will find rest for your souls**. But you said, 'We will not walk in it.'

1 John 3:19: This is how we know that we belong to the truth and how **we set our hearts at rest in his presence**:

Mark 6:31-32: Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "**Come with me by yourselves to a quiet place and get some rest**." So they went away by themselves in a boat to a solitary place. (See also Matthew 14:13, 23; Mark 1:35; Luke 4:42, 5:16, 6:12, 9:10.)

Genesis 2:21: So the LORD God **caused the man to fall into a deep sleep**; and while he was sleeping, he took one of the man's ribs and then closed up the place with flesh.

Genesis 15:12, 18: As the sun was setting, **Abram fell into a deep sleep**, and a thick and dreadful darkness came over him. ... On that day the LORD made a covenant with Abram and said, "To your descendants I give this land, from the Wadi of Egypt to the great river, the Euphrates—

Daniel 10:7-9: I, Daniel, was the only one who saw the vision; those who were with me did not see it, but such terror overwhelmed them that they fled and hid themselves. So I was left alone, gazing at this great vision; I had no strength left, my face turned deathly pale and I was helpless. Then I heard him speaking, and as I listened to him, **I fell into a deep sleep**, my face to the ground.

Daniel 8:27: I, Daniel, was worn out. **I lay exhausted for several days**. Then I got up and went about the king's business. I was appalled by the vision; it was beyond understanding.

## OLD TESTAMENT SABBATH - THE SEVENTH DAY

Genesis 2:2-3: By the seventh day God had finished the work he had been doing; so **on the seventh day he rested** from all his work. Then **God blessed the seventh day and made it holy**, because on it **he rested from all the work of creating** that he had done.

Exodus 16:4-5, 22-30: Then the LORD said to Moses, "I will rain down bread from heaven for you. The people are to go out each day and gather enough for that day. In this way I will test them and see whether they will follow my instructions. On the sixth day they are to prepare what they bring in, and that is to be twice as much as they gather on the other days." ... On the sixth day, they gathered twice as much – two omers for each person – and the leaders of the community came and reported this to Moses. He said to them, "This is what the LORD commanded: **'Tomorrow is to be a day of sabbath rest, a holy sabbath to the LORD**. So bake what you want to bake and boil what you want to boil. Save whatever is left and keep it until morning.'" So they saved it until morning, as Moses commanded, and it did not stink or get maggots in it. "Eat it today," Moses said, "because **today is a sabbath to the LORD**. You will not find any of it on the ground today. Six days you are to gather it, but on the seventh day, the Sabbath, there will not be any." Nevertheless, some of the people went out on the seventh day to gather it, but they found none. Then the LORD said to Moses, "How long will you refuse to keep my commands and my instructions? Bear in mind that **the LORD has given you the Sabbath**; that is why on the sixth day he gives you bread for two days. **Everyone is to stay where they are on the seventh day; no one is to go out.**" **So the people rested on the seventh day.**

Exodus 20:8-11: [4<sup>th</sup> Commandment] **"Remember the Sabbath day by keeping it holy**. Six days you shall labor and do all your work, but **the seventh day is a sabbath to the LORD your God**. On it you shall **not do any work**, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days

the LORD made the heavens and the earth, the sea, and all that is in them, but **he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.**

Exodus 31:13-17: "Say to the Israelites, '**You must observe my Sabbaths.** This will be a sign between me and you for the generations to come, so you may know that I am the LORD, who makes you holy. '**Observe the Sabbath, because it is holy to you.** Anyone who desecrates it is to be put to death; those who do any work on that day must be cut off from their people. For six days work is to be done, but **the seventh day is a day of sabbath rest, holy to the LORD.** Whoever does any work on the Sabbath day is to be put to death. **The Israelites are to observe the Sabbath,** celebrating it for the generations to come as a lasting covenant. It will be a sign between me and the Israelites forever, for **in six days the LORD made the heavens and the earth, and on the seventh day he rested and was refreshed.**'"

Isaiah 58:13-14: "If you **keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the LORD's holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words,** then you will find your joy in the LORD, and I will cause you to ride in triumph on the heights of the land and to feast on the inheritance of your father Jacob." The mouth of the LORD has spoken.

Ezekiel 20:9-13: But for the sake of my name, I brought them out of Egypt. I did it to keep my name from being profaned in the eyes of the nations among whom they lived and in whose sight I had revealed myself to the Israelites. Therefore I led them out of Egypt and brought them into the wilderness. I gave them my decrees and made known to them my laws, by which the person who obeys them will live. Also **I gave them my Sabbaths as a sign between us, so they would know that I the LORD made them holy.** Yet the people of Israel rebelled against me in the wilderness. They did not follow my decrees but rejected my laws – by which the person who obeys them will live – and they utterly desecrated **my Sabbaths.** So I said I would pour out my wrath on them and destroy them in the wilderness.

Leviticus 23:3: "There are six days when you may work, but **the seventh day is a day of sabbath rest,** a day of sacred assembly. **You are not to do any work;** wherever you live, it is **a sabbath to the LORD.**

1 Chronicles 23:30-31: They were also to stand every morning to thank and praise the LORD. They were to do the same in the evening and whenever burnt offerings were presented to the LORD on **the Sabbaths,** at the New Moon feasts and at the appointed festivals. They were to serve before the LORD regularly in the proper number and in the way prescribed for them.

Isaiah 1:13-17: Stop bringing meaningless offerings! Your incense is detestable to me. New Moons, **Sabbaths** and convocations – I cannot bear your worthless assemblies. Your New Moon feasts and your appointed festivals I hate with all my being. They have become a burden to me; I am weary of bearing them. When you spread out your hands in prayer, I hide my eyes from you; even when you offer many prayers, I am not listening. Your hands

are full of blood! Wash and make yourselves clean. Take your evil deeds out of my sight; stop doing wrong. Learn to do right; seek justice. Defend the oppressed. Take up the cause of the fatherless; plead the case of the widow.

Isaiah 56:1-7: This is what the LORD says: "Maintain justice and do what is right, for my salvation is close at hand and my righteousness will soon be revealed. Blessed is the one who does this – the person who holds it fast, **who keeps the Sabbath without desecrating it**, and keeps their hands from doing any evil." Let no foreigner who is bound to the LORD say, "The LORD will surely exclude me from his people." And let no eunuch complain, "I am only a dry tree." For this is what the LORD says: "To the eunuchs **who keep my Sabbaths**, who choose what pleases me and hold fast to my covenant – to them I will give within my temple and its walls a memorial and a name better than sons and daughters; I will give them an everlasting name that will endure forever. And foreigners who bind themselves to the LORD to minister to him, to love the name of the LORD, and to be his servants, all who keep the Sabbath without desecrating it and who hold fast to my covenant – these I will bring to my holy mountain and give them joy in my house of prayer. Their burnt offerings and sacrifices will be accepted on my altar; for my house will be called a house of prayer for all nations."

Leviticus 25:2-7: "Speak to the Israelites and say to them: 'When you enter the land I am going to give you, **the land itself must observe a sabbath to the LORD**. For six years sow your fields, and for six years prune your vineyards and gather their crops. **But in the seventh year the land is to have a year of sabbath rest, a sabbath to the LORD**. Do not sow your fields or prune your vineyards. Do not reap what grows of itself or harvest the grapes of your untended vines. **The land is to have a year of rest**. Whatever the land yields during the sabbath year will be food for you – for yourself, your male and female servants, and the hired worker and temporary resident who live among you, as well as for your livestock and the wild animals in your land. Whatever the land produces may be eaten.

## NEW TESTAMENT SABBATH – REST IN CHRIST

Colossians 2:16-17: Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or **a Sabbath day**. These are a shadow of the things that were to come; the reality, however, is found in Christ.

Romans 14:4-8: Who are you to judge someone else's servant? To their own master, servants stand or fall. And they will stand, for the Lord is able to make them stand. One person considers one **day more sacred than another**; another considers every day alike. Each of them should be fully convinced in their own mind. Whoever regards one day as special does so to the Lord. Whoever eats meat does so to the Lord, for they give thanks to God; and whoever abstains does so to the Lord and gives thanks to God. For none of us lives for ourselves alone, and none of us dies for ourselves alone. If we live, we live for the Lord; and if we die, we die for the Lord. So, whether we live or die, we belong to the Lord.

Galatians 4:9-11: But now that you know God – or rather are known by God – how is it that you are turning back to those weak and miserable forces? Do you wish to be enslaved by them all over again? You are **observing special days** and months and seasons and years! I fear for you, that somehow I have wasted my efforts on you.

John 5:8-11, 16-18: Then Jesus said to him, "Get up! Pick up your mat and walk." At once the man was cured; he picked up his mat and walked. **The day on which this took place was a Sabbath**, and so the Jewish leaders said to the man who had been healed, "It is the Sabbath; the law forbids you to carry your mat." But he replied, "The man who made me well said to me, 'Pick up your mat and walk.' " ... So, because Jesus was doing these things on the Sabbath, the Jewish leaders began to persecute him. In his defense Jesus said to them, **"My Father is always at his work to this very day, and I too am working."** For this reason they tried all the more to kill him; **not only was he breaking the Sabbath**, but he was even calling God his own Father, making himself equal with God.

John 7:21-24: Jesus said to them, "I did one miracle, and you are all amazed. Yet, because Moses gave you circumcision (though actually it did not come from Moses, but from the patriarchs), you circumcise a boy on the Sabbath. Now if a boy can be **circumcised on the Sabbath** so that the law of Moses may not be broken, why are you angry with me for **healing a man's whole body on the Sabbath**? Stop judging by mere appearances, but instead judge correctly."

Matthew 12:1-12: At that time Jesus went through the grainfields on the Sabbath. His disciples were hungry and began to pick some heads of grain and eat them. When the Pharisees saw this, they said to him, "Look! Your disciples are doing what is unlawful on the Sabbath." He answered, "Haven't you read what David did when he and his companions were hungry? He entered the house of God, and he and his companions ate the consecrated bread – which was not lawful for them to do, but only for the priests. Or haven't you read in the Law that the priests on Sabbath duty in the temple desecrate the Sabbath and yet are innocent? I tell you that something greater than the temple is here. If you had known what these words mean, 'I desire mercy, not sacrifice,' you would not have condemned the innocent. **For the Son of Man is Lord of the Sabbath.**" Going on from that place, he went into their synagogue, and a man with a shriveled hand was there. Looking for a reason to bring charges against Jesus, they asked him, **"Is it lawful to heal on the Sabbath?"** He said to them, **"If any of you has a sheep and it falls into a pit on the Sabbath**, will you not take hold of it and lift it out? How much more valuable is a person than a sheep! **Therefore it is lawful to do good on the Sabbath.**" (See also Mark 2; Luke 6, 13:10-16.)

Mark 2:27: Then he said to them, **"The Sabbath was made for man, not man for the Sabbath.**

Mark 3:1-5: Another time Jesus went into the synagogue, and a man with a shriveled hand was there. Some of them were looking for a reason to accuse Jesus, so they watched him closely to see **if he would heal him on the Sabbath**. Jesus said to the man with the shriveled hand, "Stand up in front of everyone." Then Jesus asked them, "Which is lawful on the Sabbath: to do good or to do evil, to save life or to kill?" But they remained silent. He looked

around at them in anger and, deeply distressed at their stubborn hearts, said to the man, "Stretch out your hand." He stretched it out, and his hand was completely restored.

Luke 4:16, 31: He went to Nazareth, where he had been brought up, and **on the Sabbath day** he went into the synagogue, as was his custom. He stood up to read, ... Then he went down to Capernaum, a town in Galilee, and **on the Sabbath he taught the people**. (See also Mark 1:21, 6:2.)

Acts 17:2-3: As was his custom, Paul went into the synagogue, and **on three Sabbath days he reasoned with them from the Scriptures**, explaining and proving that the Messiah had to suffer and rise from the dead. "This Jesus I am proclaiming to you is the Messiah," he said. (See also Acts 13:14-16, 27, 42, 44, 16:13, 18:4.)

Matthew 24:20: Pray that your flight will not take place in winter or **on the Sabbath**.

Revelation 14:11, 13: And the smoke of their torment will rise for ever and ever. There will be **no rest day or night for those who worship the beast and its image**, or for anyone who receives the mark of its name." ... Then I heard a voice from heaven say, "Write this: Blessed are the dead who die in the Lord from now on." "Yes," says the Spirit, "they will rest from their labor, for their deeds will follow them."

## REMEMBER SCRIPTURES

Deuteronomy 5:15: **Remember** that you were slaves in Egypt and that the LORD your God brought you out of there with a mighty hand and an outstretched arm. Therefore the LORD your God has commanded you to **observe the Sabbath day**. (See also Deuteronomy 16:12, 24:18, 22.)

Deuteronomy 4:10: **Remember** the day you stood before the LORD your God at Horeb, when he said to me, "Assemble the people before me to hear my words so that they may learn to revere me as long as they live in the land and may teach them to their children."

Deuteronomy 7:18: But do not be afraid of them; **remember well** what the LORD your God did to Pharaoh and to all Egypt.

Deuteronomy 8:2: **Remember** how the LORD your God led you all the way in the wilderness these forty years, to humble and test you in order to know what was in your heart, whether or not you would keep his commands.

Deuteronomy 8:18: But **remember** the LORD your God, for it is he who gives you the ability to produce wealth, and so confirms his covenant, which he swore to your ancestors, as it is today.

2 Timothy 2:8: **Remember** Jesus Christ, raised from the dead, descended from David. This is my gospel,



Revelation 3:3: **Remember**, therefore, what you have received and heard; hold it fast, and repent. But if you do not wake up, I will come like a thief, and you will not know at what time I will come to you.

Matthew 16:9: Do you still not understand? Don't you **remember** the five loaves for the five thousand, and how many basketfuls you gathered?

Psalms 105:4-7: Look to the LORD and his strength; seek his face always. **Remember** the wonders he has done, his miracles, and the judgments he pronounced, you his servants, the descendants of Abraham, his chosen ones, the children of Jacob. He is the LORD our God; his judgments are in all the earth.

Psalms 77:3-6, 11-14: **I remembered you, God**, and I groaned; I meditated, and my spirit grew faint. You kept my eyes from closing; I was too troubled to speak. I thought about the former days, the years of long ago; **I remembered** my songs in the night. My heart meditated and my spirit asked: ... **I will remember** the deeds of the LORD; yes, **I will remember** your miracles of long ago. I will consider all your works and meditate on all your mighty deeds." Your ways, God, are holy. What god is as great as our God? You are the God who performs miracles; you display your power among the peoples.

Hebrews 10:32-35: **Remember** those earlier days after you had received the light, when you endured in a great conflict full of suffering. Sometimes you were publicly exposed to insult and persecution; at other times you stood side by side with those who were so treated. You suffered along with those in prison and joyfully accepted the confiscation of your property, because you knew that you yourselves had better and lasting possessions. So do not throw away your confidence; it will be richly rewarded.

Ephesians 2:11-13: Therefore, **remember** that formerly you who are Gentiles by birth and called "uncircumcised" by those who call themselves "the circumcision" (which is done in the body by human hands) – **remember** that at that time you were separate from Christ, excluded from citizenship in Israel and foreigners to the covenants of the promise, without hope and without God in the world. But now in Christ Jesus you who once were far away have been brought near by the blood of Christ.

Psalms 22:27-28: All the ends of the earth will **remember** and turn to the LORD, and all the families of the nations will bow down before him, for dominion belongs to the LORD and he rules over the nations.

Deuteronomy 32:7: **Remember the days of old**; consider the generations long past. Ask your father and he will tell you, your elders, and they will explain to you.

Psalms 143:5: **I remember the days of long ago**; I meditate on all your works and consider what your hands have done.

Isaiah 46:9: **Remember the former things**, those of long ago; I am God, and there is no other; I am God, and there is none like me.

Psalms 119:52, 55: **I remember, LORD, your ancient laws**, and I find comfort in them. ... In the night, LORD, I remember your name, that I may keep your law.

Jonah 2:7: "When my life was ebbing away, **I remembered you, LORD**, and my prayer rose to you, to your holy temple.

Psalms 78:42-43: **They did not remember** his power – the day he redeemed them from the oppressor, the day he displayed his signs in Egypt, his wonders in the region of Zoan.

Ezekiel 16:22, 43, 60-61, 63: In all your detestable practices and your prostitution **you did not remember the days of your youth**, when you were naked and bare, kicking about in your blood. ... "Because **you did not remember** the days of your youth but enraged me with all these things, I will surely bring down on your head what you have done, declares the Sovereign LORD. Did you not add lewdness to all your other detestable practices? ... Yet I will remember the covenant I made with you in the days of your youth, and I will establish an everlasting covenant with you. **Then you will remember** your ways and be ashamed when you receive your sisters, both those who are older than you and those who are younger. I will give them to you as daughters, but not on the basis of my covenant with you. ... Then, when I make atonement for you for all you have done, **you will remember** and be ashamed and never again open your mouth because of your humiliation, declares the Sovereign LORD."

Psalms 137:6: May my tongue cling to the roof of my mouth **if I do not remember you**, if I do not consider Jerusalem my highest joy.

Deuteronomy 9:7: **Remember this and never forget** how you aroused the anger of the LORD your God in the wilderness. From the day you left Egypt until you arrived here, you have been rebellious against the LORD.