

The Gospel Series

Rest

Gospel Recap

What does relaxation look like to you?

Sabbath (Deut. 5:12-15)

What is the therefore there for?

It points to the purpose of the Sabbath. Whenever you see a “therefor” you are about to get a reason or purpose statement that explains what is before or after.

What are the purposes for Sabbath?

To give rest. To give a chance for reminder. To recognize that the order of creation entails rest, thus necessitating rest for humanity. To deny yourself or someone else rest is to take away some of their humanity.

What are good and bad ways to use rest?

Matt 11:28-12:8

This passage gives the reason for rest. The burden of the Law is found in that Pharisaical teaching that strips away the purpose of the Law. The Pharisees had made a mockery of the Law in that they added commandments to it in an effort to help explain it. However, what they did was to create an exhausting and dangerous scenario that prevented the poor from getting food on the Sabbath (this is what is happening in Matt 12:1-8). Jesus is restoring the true purpose of the Sabbath in the same way that he is the true interpretation of the Law.

What does the rest look like? How does the gospel give us rest? Is this freeing?

Jesus gives something greater than simply vacation time. While vacation time is good and necessary, Jesus is pointing to a greater reality when he confronts the Pharisees. The Law was not meant to wear the Israelites out but to be the basis for a beautiful relationship with their creator. The Law is good, but sin took the opportunity to corrupt and distort it to Israel’s destruction.

Jesus’ law of love which calls man to die for their neighbor is one that frees from the burden of sin. Once for all we have seen the satisfaction of God’s wrath in the Son. We don’t have to work to please the Father, nor do we have to put on a good show before men. We know we are secure with our Father, grounding our emotional stability in the One who love us. Therefore, we work because we have been given a chance to rejoice in God through the skills that he has given us.

Rest is the anti-curse – God through Christ worked to give us rest, which opposes the Genesis 3 curse. The curse brought us toil in our labors, but God worked to give us rest from those exhausting labors. Then, Jesus will come back to once and for all restore creation.

Application

How does our understanding of rest change us?

How can you use your down time in a godly way?