

Prayer and the Principle of the Sabbath Rest

Genesis 2:1-3

Main Idea: The greatest expression of our love for God is to become deeply satisfied in him and to rest in his infinite love. To do this, we must take extended time for personal worship and prayer. God gave the Sabbath to Israel so that they might have one whole day to worship him. Here's how we can apply the Sabbath-rest to our lives.

1. *THE STORY OF THE SABBATH – God wanted his people to delight in him. Genesis 1:31—2:3, and others*

- A. The Sabbath rest begins. Gen. 2:1-3
- B. God commands Israel to us the Sabbath as a way of remembering his centrality over all of life. Ex. 8:8-11; Deut. 5:12-15; Deut 12:12
- C. God knew that Israel would use excuses to neglect personal worship so he gives strong commands. Isa. 58:13-14; Exo. 16:22-30; Exo. 34:21; 35:2-3
- D. God commands the death penalty for those who didn't keep the Sabbath! Ex. 31:12-18
- E. In Christ, we're released from the law of the Sabbath, but we must fulfill the principle of faith-rest.

2. *THE PROBLEM WITH THE SABBATH – Because we are sinful, we resist finding satisfaction in God.*

- A. Israel violated the Sabbath through simple neglect.
- B. Israel violated the Sabbath through fear and busyness.
- C. Israel corrupted the Sabbath through legalism. Isa. 1:13; Mk. 2:23-3: 6

3. *THE APPLICATION OF THE SABBATH FOR US – We must rest in God, and find our satisfaction in him. Here's how...*

- A. To keep the Sabbath, you must schedule one block of time in your week to commune with God.
- B. To keep the Sabbath, you must make good use of Sundays.
- C. To keep the Sabbath, you need to take snatches of time during your day to commune with God.