



Celebrating the Sabbath

Presbyterian Women
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Celebrating the Sabbath

What is the Sabbath?

What does it mean to
honor the Sabbath?

What does it mean to rest?

How do we celebrate the Sabbath?

Celebrating the Sabbath

Blessings of the Sabbath

Rest

Redemption

Relationship

Rejoicing

Celebrating the Sabbath

Blessings of the Sabbath

Rest



Celebrating the Sabbath

REST

God has taught us spiritual things
through the physical realm.

The heavenly through the earthly.

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REST

Sacrificial Lamb – Physical Sacrifice

Jesus is the Lamb of God / Sacrifice

Egypt – Physical Bondage

Sin - Spiritual Bondage

Canaan – Physical Promised Land

Heaven - Spiritual Promised Land

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REST

Observing a physical Sabbath is to help us understand a Spiritual Sabbath

Understanding a physical REST was to help us understand a spiritual REST.

Celebrating the Sabbath

REST

How do we enter the REST
of the Promised Land?

Hebrews 4.1-10

Celebrating the Sabbath

REST Hebrews 4.1-10

Therefore, while the promise of entering his REST is still open, let us take care that none of you should seem to have failed to reach it. 2 For indeed the good news came to us just as to them; but the message they heard did not benefit them, because they were not united by faith with those who listened. 3 For we who have believed enter that REST, just as God has said, "As in my anger I swore, 'They shall not enter my REST,'" though his works were finished at the foundation of the world.

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REST

Hebrews 4.1-10

4 For in one place it speaks about the seventh day as follows, “And God RESTED on the seventh day from all his works.” 5 And again in this place it says, “They shall not enter my REST.” 6 Since therefore it remains open for some to enter it, and those who formerly received the good news failed to enter because of disobedience, 7 again he sets a certain day-- “today”-- saying through David much later, in the words already quoted, “Today, if you hear his voice, do not harden your hearts.”

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REST

Hebrews 4.1-10

8 For if Joshua had given them REST, God would not speak later about another day.

9 So then, a SABBATH REST still remains for the people of God;

10 for those who enter God's REST also cease from their labors as God did from his.

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Hebrews 4.1-10

REST

How do we enter the REST?

Promise of entering his
REST is still open 4.1

It remains open for
some to enter REST 4.6

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Hebrews 4.1-10

REST

How do we enter the REST?

So then, a SABBATH REST
still remains for the people
of God 4.8

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Hebrews 4.1-10

REST

Who did not enter the REST?

They shall not enter my REST v3

Those who failed to enter my REST v6

For if Joshua had given them REST v8

Book of Joshua

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Hebrews 4.1-10

REST

Why did they not enter the REST?

Hardened their hearts v 3.15

Unbelief v 3.19

Disobedient v 4.6

Book of Joshua

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Hebrews 4.1-10

REST

What is the REST of God?

How do we enter the REST of God?

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Hebrews 4.1-10

REST

How do we enter the REST of God?

4.9 So then a Sabbath **REST** still remains for the people of God, for those who enter God's **REST** cease from their labors as God did from his.

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Hebrews 4.1-10

REST

How do we enter the REST of God?

4.3 Believe

4.10 Cease from our labors

John 6.28 What must we do
to do the works of God?

Jesus answered this is the work
of God - - That you “Believe”

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Hebrews 4.1-10

REST

How do we enter the REST of God?

4.3 Believe

4.10 Cease from our labors

4.11 We walk in obedience

4.14 We hold fast our confession

4.16 We draw near with boldness

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Hebrews 4.1-10

REST

Matthew 11.28-29

Come to me, all you who labor and
are burdened and I will give you

REST....and you
will find REST for yourselves.

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Hebrews 4.1-10

JESUS is our Sabbath REST