

CONNECT

bella vista baptist church

Sunday, October 12, 2025



REST

commandment four

Exodus 20:8-11

"Remember the Sabbath day, to keep 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, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy."

The BIG Idea

Jesus is our ultimate rest.

Introduction

The Fourth Commandment enjoined Israel to remember (pay attention to) the Sabbath to keep it holy (set apart from the other 6 days of the week).

"Sabbath" is an English rendering of the Hebrew word Shabbat, meaning stoppage or cessation. The weekly Sabbath was a one day stoppage of daily labor for Israelites and anyone who served or worked for them. Thus, the commandment involved both how they viewed God and how they treated others based on how they viewed God.

While resting from physical labor on the Sabbath was useful, the point of the Sabbath was focus on God, their Deliverer. While in Egyptian bondage, they had no rest. God gave them the Sabbath as a gift to rest from their labor and to commune with Him and one another.

It was to be considered a holy day because God, Himself, rested from His work of creation on the 7th day. God did not rest because He was weary, for He does not grow weary. Rather, God's rest on the 7th day finished the creation as *"a divine act that builds into the very created order of things a working/resting rhythm"* (Terrence Fretheim).

Ultimately, the Sabbath pointed to the One who would bring ultimate rest to our troubled, tired souls – Jesus.

Verses for Meditation

Genesis 2:1-3

Hebrews 10:19-25

Matthew 11:28-30

Questions for Reflection

How has this Sunday's consideration of the Fourth Commandment changed how you think about it?

Terrence Fretheim wrote about Genesis 2:1-3, "God's resting is a divine act that builds into the very created order of things a working/resting rhythm."

What happens to you physically and mentally if you do not have a working/resting rhythm in life?

As a group, share good and wise ways to maintain a working/resting rhythm in life.

Stop and trust in the finished work of Christ.

Why does basing your righteousness before God on being a "good Christian" leave you endlessly restless? How have you seen this in your or someone else's experience?

What does the "finished work of Christ" mean? How does His finished work bring you rest?

Stop and rest in the finished work of Christ.

As a believer, have you ever been restless in doing things for Jesus and others? Why do you think that was the case?

Discuss the following statement by Jen Wilkin. How might Sabbath as she describes it change how we do things for Jesus and others?

Sabbath is the deliberate cessation of any activity that might reinforce my belief in my own self-sufficiency.

Stop and gather with the church on the Lord's Day. (Read Hebrews 10:19-25.)

How have you experienced the benefits of verse 24 by gathering with the church on the Lord's Day?

Why is the coming Day of the Lord motivation to keep gathering with the church on the Lord's Day?

Blest Be The Tie

John Fawcett (1782)

Blest be the tie that binds
our hearts in Christian love;
the fellowship of kindred minds
is like to that above.

When we are called to part,
it gives us inward pain;
but we shall still be joined in heart,
and hope to meet again.

We share our mutual woes,
our mutual burdens bear,
and often for each other flows
the sympathizing tear.

When we are called to part,
it gives us inward pain;
but we shall still be joined in heart,
and hope to meet again.