

Hebrews

4:8-11

In the description of the Promised Land, God would provide: peace with man and peace with God, a place of God's abundant provision, and rest.

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Being in the rest of God was the original intent of creation, and will be the final outcome of the new creation.

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Matthew 11:28-29

Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.

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The way to God's rest and your rest, through the person of rest: Jesus Christ.

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Deuteronomy 3:28

But charge Joshua, and encourage and strengthen him, for he shall go over at the head of this people, and he shall put them in possession of the land that you shall see.

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Joshua 1:10-13

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Joshua 23:14-16

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Judges 2:10-15

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What is the Sabbath rest?

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Genesis 2:1-3

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Does God's completion of the work of creation on day seven mean that it was against God's law for man to work on the seventh day?

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Exodus 16:22-30

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Exodus 31:12-17

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All of the sabbaths were equally a part of God's law to the Israelites.

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Why did a little work on the Sabbath
deserve execution?

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The Sabbath was THE sign of the
covenant, and to violate God's covenant
sign was to reject God Himself.

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Numbers 15:32-36

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Have you ever picked up a stick on the
Sabbath? Or done other work? Does this
mean that we should put you to death?

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The sabbaths were given to a specific
people that had to do with a specific
covenant, that has now been replaced.

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Deuteronomy 5:12-15

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Nehemiah 9:13-15

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In this passage, we see that God made the Sabbath known to the Israelites, which means that it was not known to them before.

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Galatians 4:9-11

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Colossians 2:16-17

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Leviticus 11:46-47

This is the law about beast and bird and every living creature that moves through the waters and every creature that swarms on the ground, to make a distinction between the unclean and the clean and between the living creature that may be eaten and the living creature that may not be eaten.

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Acts 10:12-16

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Numbers 28:11-15

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Are Christians to keep the sabbath days as the Israelites did?

They are all in the same category: shadows, that are no longer needed because the substance had now come.

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Romans 14:4-6

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Does Paul view keeping the Sabbath Day holy as a requirement for the Roman Christians?

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No, if he did here was the perfect chance to state that the Sabbath days instituted by God to Israel must remain, but instead he views all days equal.

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2 Chronicles 2:4

Behold, I am about to build a house for the name of the LORD my God and dedicate it to him for the burning of incense of sweet spices before him, and for the regular arrangement of the showbread, and for burnt offerings morning and evening, on the Sabbaths and the new moons and the appointed feasts of the LORD our God, as ordained forever for Israel.

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Hebrews 8:5-8, 13

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What does this passage have to do with the Sabbath day?

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The Old Covenant has passed and is now obsolete; therefore, the sign of that covenant is also obsolete.

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John 17:3-4, 24

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It is not by your work that you will get to the heavenly rest of God, but by the work of Christ alone.

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Revelation 14:12-13

Here is a call for the endurance of the saints, those who keep the commandments of God and their faith in Jesus.

And I heard a voice from heaven saying, "Write this: Blessed are the dead who die in the Lord from now on." "Blessed indeed," says the Spirit, "that they may rest from their labors, for their deeds follow them!"

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Moses, the exodus, the manna, the water, the promised land, the tabernacle, the Feasts, the New Moon festivals, and the Sabbaths were all shadows of what Christ would accomplish in the New Covenant.

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1. Sadly, many Christians have not heard the New Covenant taught as much as the Old Covenant. However, the thrust of the Old Covenant is to point to the final and ultimate Covenant that would be made and kept by the Messiah. Read Jeremiah 31:31-34. This text speaks a lot about the New Covenant. Now look at Hebrews 8. What truths can be gained from Hebrews 8 about the New Covenant?

2. Please read over the following passages and see what truths are taught about the New Covenant.
 - A. Luke 22:20
 - B. 1 Corinthians 11:23-26
 - C. 2 Corinthians 3:1-6
 - D. Hebrews 10:15-18

3. Under the New Covenant there is no commandment that we are to abstain from any and all work on Sundays. Nor is there the accompanying punishment of death or excommunication from the church. We have much freedom as to how we spend Saturdays and Sundays. However, could it still be wise to not overfill our schedules with regular work on Sundays? Why or why not?

4. Some Christians struggle greatly with knowing exactly what to do with all of the laws given to the Israelites during the exodus. Such questions arise like, “Are we still required to keep the sabbaths, the festivals, the food laws, etc.?” How does understanding types and anti-types, shadows and substance help with your understanding of these things under the New Covenant?

5. Today, if someone were to ask you if you are required to keep the Sabbath what would you say that would help with their understanding and to see their need for Christ?