

## **Inside the Text:**

### **I. The Sabbath was ordained by God to point you to Christ.**

- A. God modeled rest. (Gen. 2:1-3)
  
- B. God commanded rest. (Ex. 20:8-11)
  
- C. Christ is your rest. (Matt. 11:28-30)

### **II. The Temple was designed by God to point you to Christ.**

- A. Christ is your nourishment. (Matt. 12:1-5)
  
- B. Christ is your advocate. (Matt. 12:6-7)
  
- C. Christ is your master. (Matt. 12:8-14)

## **Apply the Text:**

- Enjoy the rest God intends you to experience.
- Set apart the Lord's Day as special in your home.
- Identify Christ in the Old Testament.