

# A SABBATH REST

## I. There remaineth therefore a rest

- A. Heb. 4:1,3,5,10,11 – “Katapausin” A resting; a fixed & tranquil place; a reposing down; a putting to rest
- B. Heb. 4:9 – “Sabbatismos,” a sabbath rest; to rest, stop or cease from work a blessed rest from toils or exertions

## II. Understanding the Sabbath

- A. Gen. 2:1-3
- B. Ex. 16:28, 29; 20:9-11; Col. 2:17

## III. The Sabbath healing ministry of Jesus

- A. Mk. 1:21-28; 1:29-31; 3:1-6; Lk. 13:10-17; 14:1-5; Jn. 5:1-18; 9:1-4
- B. Why on the Sabbath
  1. It was at the core of His rebuke of the religious system of His day
  2. The Sabbath was a day men were commanded not to work
  3. If healing took place it was the total work of God for man
  4. It prophesied of another Sabbath day of rest in Christ