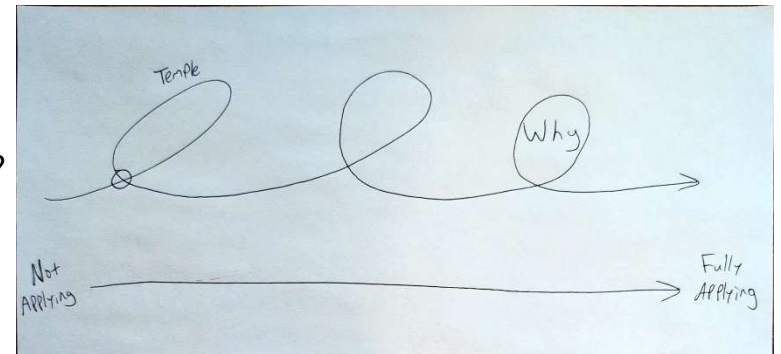


Sabbath Rest Class 1 - The Beginning and End of the Sabbath – Eden to New Jerusalem – 1/28/2026

Frasier Dew – Harvest Bible Chapel

Class Introductions:

- Name
- How have you thought about Sabbath rest up to this point in your life?
- What made you sign up for this class?



Sabbath Rest Defined: 1689 London Baptist Confession of Faith (22.7-8):

- “As it is the law of nature, that in general a proportion of time, by God's appointment, be set apart for the worship of God, so by his Word, in a positive moral, and perpetual commandment, binding all men, in all ages, he has particularly appointed one day in seven for a sabbath to be kept holy unto him, which from the beginning of the world to the resurrection of Christ was the last day of the week, and from the resurrection of Christ was changed into the first day of the week, which is called the Lord's Day: and is to be continued to the end of the world as the Christian Sabbath, the observation of the last day of the week being abolished.”
- “The sabbath is then kept holy unto the Lord, when men, after a due preparing of their hearts, and ordering their common affairs aforehand, do not only observe a holy rest all day, from their own works, words and thoughts, about their worldly employment and recreations, but are also taken up the whole time in the public and private exercises of his worship, and in the duties of necessity and mercy.”

When Scriptures & Notes:

Exodus 20:8–11 NASB95

⁸ “Remember the sabbath day, to keep it holy. ⁹ “Six days you shall labor and do all your work, ¹⁰ but the seventh day is a sabbath of the LORD your God; *in it* you shall not do any work, you or your son or your daughter, your male or your female servant or your cattle or your sojourner who stays with you. ¹¹ “For in six days the LORD made the heavens and the 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 first actual mention = [Genesis 2:1-3](#)

Genesis 1:31–2:3 NASB95

³¹ God saw all that He had made, and behold, it was very good. And there was evening and there was morning, the sixth day. ¹ Thus the heavens and the earth were completed, and all their hosts. ² By the seventh day God completed His work which He had done, and He rested on the seventh day from all His work which He had done. ³ Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.

Genesis 2:7–8 NASB95

⁷ Then the LORD God formed man of dust from the ground, and breathed into his nostrils the breath of life; and man became a living being. ⁸ The LORD God planted a garden toward the east, in Eden; and there He placed the man whom He had formed.

Genesis 3:8 NASB95

⁸ They heard the sound of the LORD God **walking** in the garden in the cool of the day, and the man and his wife hid themselves from the **presence** of the LORD God among the trees of the garden.

Leviticus 26:11-12 NASB95

¹¹ ‘Moreover, I will make My **dwelling** among you, and My soul will not reject you. ¹² ‘I will also **walk** among you and be your God, and you shall be My people.

Deuteronomy 23:14 NASB95

¹⁴ “Since the LORD your God **walks in the midst of your camp** ...

Exodus 25:8-9 NASB95

⁸ “Let them construct a **sanctuary** for Me, that I may **dwell** among them. ⁹ “According to all that I am going to show you, as the pattern of the **tabernacle** and the pattern of all its furniture, just so you shall construct *it*.

2 Corinthians 6:16 NASB95

¹⁶ Or what agreement has the **temple of God** with idols? For **we are the temple** of the living God; just as God said, “I WILL **DWELL IN THEM AND WALK AMONG THEM**; AND I WILL BE THEIR GOD, AND THEY SHALL BE MY PEOPLE.

Genesis 2:7-12 NASB95

⁷ Then the LORD God formed man of dust from the ground, and breathed into his nostrils the breath of life; and man became a living being. ⁸ The LORD God planted a garden toward the east, in **Eden**; and there He placed the man whom He had formed. ⁹ Out of the ground the LORD God caused to grow every tree that is pleasing to the sight and good for food; the tree of life also in the midst of the garden, and the tree of the knowledge of good and evil. ¹⁰ Now a river flowed out of Eden to water the garden; and from there it divided and became four rivers. ¹¹ The name of the first is Pishon; it flows around the whole land of Havilah, where there is gold. ¹² The gold of that land is good; the bdellium and the onyx stone are there...

Ezekiel 28:11-19 NASB95

¹¹ Again the word of the LORD came to me saying, ¹² “Son of man, take up a lamentation over the king of Tyre and say to him, ‘Thus says the Lord God, “You had the seal of perfection, Full of wisdom and perfect in beauty. ¹³ “You were in **Eden, the**

garden of God; Every precious stone was your covering: The ruby, the topaz and the diamond; The beryl, the onyx and the jasper; The lapis lazuli, the turquoise and the emerald; And the gold, the workmanship of your settings and sockets, Was in you. On the day that you were created They were prepared. ¹⁴ “You were the anointed cherub who covers, And **I placed you there. You were on the holy mountain of God**; You walked in the midst of the stones of fire. ¹⁵ “You were blameless in your ways From the day you were created Until unrighteousness was found in you. ¹⁶ “By the abundance of your trade You were internally filled with violence, And you sinned; Therefore I have cast you as profane From the **mountain of God**. And I have destroyed you, O covering cherub, From the midst of the stones of fire. ¹⁷ “Your heart was lifted up because of your beauty; You corrupted your wisdom by reason of your splendor. I cast you to the ground; I put you before kings, That they may see you. ¹⁸ “By the multitude of your iniquities, In the unrighteousness of your trade You profaned **your sanctuaries**. Therefore I have brought fire from the midst of you; It has consumed you, And I have turned you to ashes on the earth In the eyes of all who see you. ¹⁹ “All who know you among the peoples Are appalled at you; You have become terrified And you will cease to be forever.” ’ ”

When else in history has God made a brand new creation of mankind in conjunction with building His temple?

John 2:18–22 NASB95

¹⁸ The Jews then said to Him, “What sign do You show us as your authority for doing these things?” ¹⁹ Jesus answered them, “Destroy this **temple**, and in three days **I will raise it up**.” ²⁰ The Jews then said, “It took forty-six years to build this temple, and will You raise it up in three days?” ²¹ But He was speaking of the **temple of His body**. ²² So **when He was raised from the dead**, His disciples remembered that He said this; and they believed the Scripture and the word which Jesus had spoken.

2 Corinthians 5:17 NASB95

¹⁷ Therefore if anyone is in Christ, *he is* a **new creature**; the old things passed away; behold, new things have come.

What is the ultimate goal of the Sabbath?

The Sabbath is an invitation for Adam to follow God's example by building a temple, then resting from temple-building work
- The sabbath is a signpost pointing forward to a future entering of God's rest.

First, it is important for us to remember the clear teaching of [Mark 2:27](#)

Mark 2:27 NASB95

²⁷ Jesus said to them, "The Sabbath was made for man, and not man for the Sabbath.

Second, let's talk about Adam being a temple-builder - or really a temple-expander

Genesis 1:28 NASB95

²⁸ God blessed them; and God said to them, "Be fruitful and multiply, and fill the earth, and subdue it; and rule over the fish of the sea and over the birds of the sky and over every living thing that moves on the earth."

Third, immediately after having given this mission (on the 6th day), God gives Adam and Eve the Sabbath (on the 7th day).
Again, remember that God did not need this; this was a gift and an **example** for Adam and Eve about what the pattern of their life was to be. They were to work towards accomplishing this mission 6 days a week, and then **practice** God's rest 1 day a week.

Exodus 20:8–11 NASB95

⁸ "Remember the sabbath day, to keep it holy. ⁹ "Six days you shall labor and do all your work, ¹⁰ but the seventh day is a sabbath of the LORD your God; *in it* you shall not do any work, you or your son or your daughter, your male or your female servant or your cattle or your sojourner who stays with you. ¹¹ "For in six days the LORD made the heavens and the 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.

Fourth, there is no saying exactly how long this mission would have taken Adam and Eve, but whenever the mission was accomplished, they all would have stopped **practicing** God's rest weekly, and they would have **actually entered into** God's rest for eternity.

So what is God's rest?

Genesis 2:15–17 NASB95

¹⁵ Then the LORD God took the man and put him into the garden of Eden to cultivate it and keep it. ¹⁶ The LORD God commanded the man, saying, "From any tree of the garden you may eat freely; ¹⁷ but from the tree of the knowledge of good and evil you shall not eat, for in the day that you eat from it you will surely die."

Genesis 2:1–3 NASB95

¹ Thus the heavens and the earth were completed, and all their hosts. ² By the seventh day God completed His work which He had done, and He rested on the seventh day from all His work which He had done. ³ Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.

Hebrews 3:18–4:11 NASB95

¹⁸ And to whom did He swear that they would not enter His **rest**, but to those who were disobedient? ¹⁹ So we see that they were not able to enter because of unbelief. ¹ Therefore, let us fear if, while a promise remains of entering His **rest**, any one of you may seem to have come short of it. ² For indeed we have had good news preached to us, just as they also; but the word they heard did not profit them, because it was not united by faith in those who heard. ³ For we who have believed enter that **rest**, just as He has said, "AS I SWORE IN MY WRATH, THEY SHALL NOT ENTER MY **REST**," although His works were finished from the foundation of the world. ⁴ For He has said somewhere concerning the seventh *day*: "AND GOD **RESTED** ON THE SEVENTH DAY FROM ALL HIS WORKS"; ⁵ and again in this *passage*, "THEY SHALL NOT ENTER MY **REST**." ⁶ Therefore, since it remains for some to enter it, and those who formerly had good news preached to them failed to enter because of disobedience, ⁷ He again fixes a certain day, "Today," saying through David after so long a time just as has been said before, "TODAY IF YOU HEAR HIS VOICE, DO NOT HARDEN

YOUR HEARTS.”⁸ For if Joshua had given them **rest**, He would not have spoken of another day after that.⁹ So there remains a **Sabbath rest** for the people of God.¹⁰ For the one who has entered His **rest** has himself also **rested** from his works, as God did from His.¹¹ Therefore let us be diligent to enter that **rest**, so that no one will fall, through *following* the same example of disobedience.

**The color highlights above represent which words are the same root in the original Greek*

Κατάπαυσις (Katapausis) / καταπαύω (katapauo) vs. σαββατισμός (sabbatismos)

Notice:

The Sabbath day (Sabbath rest) is based on God’s rest, but it is distinct from God’s rest (We will explore this more in upcoming weeks). The Sabbath functions as a weekly reminder and foretaste of the rest yet to come. It is a foretaste of God’s rest - the rest that only Christ has fully entered - glorification.

Homework:

Next week’s class is titled: “Wait, isn’t the Sabbath gone with the Old Covenant?” To prepare, please read these scriptures:

Passages often said to abolish/disprove the Sabbath

- Romans 14:1-23 (Especially 14:5-6)
- Galatians 4:8-5:6 (Especially 4:8-11)
- Colossians 2:6-23 (Especially 2:16-17)
- Mark 2:23-28 (In connection with John 5:18)

Study Questions

- What words or phrases in this passage seem, at first glance, to suggest that the Sabbath is no longer binding?
- Is the Sabbath mentioned alone, or alongside other things (feasts, food laws, new moons, etc.)?
- Is it the Sabbath being discussed, or Sabbaths (plural)?
- Is the author addressing:
 - Justification?
 - Christian liberty?
 - False teaching?