

Teaching 7 of 11

The Rest That Never Ends

There is a tired that a nap cannot fix.

“So then, there remains a Sabbath rest for the people of God, for whoever has entered God's rest has also rested from his works as God did from his.”

Hebrews 4:9-10

There is the tired of a double shift, and there is a tired on the inside: the tired of always trying to be good enough for God. Jesus came to give rest to that kind of tired.

The Sabbath was a gift to Israel

God gave the Sabbath at Sinai as “a sign between me and the people of Israel forever” (Exodus 31:17), a reminder of their freedom from Egypt. Like every sign of the Law, it pointed ahead to a deeper rest.

Jesus is the rest

Come to me, all who labor and are heavy laden, and I will give you rest.

Matthew 11:28

ἀνάπαυσις

anapausis (ah-NAH-pow-sis)

Rest; a break that lets you breathe again.

The word is ἀνάπαυσις *anapausis*, a refreshing break, like a cool drink after a hot walk. Jesus did not say “come to a day.” He said “come to me.” Right after this, in Matthew 12, the Pharisees fight Him over the Sabbath. Matthew wants us to see it: the rest the Sabbath promised has come, and His name is Jesus.

A rest that remains

κατάπαυσις

katapausis (kah-TAH-pow-sis)

God's own rest; stopping work.

σαββατισμός

sabbatismos (sab-bah-tis-MOS)

A Sabbath rest. Used only once in the whole Bible.

Hebrews 4 uses κατάπαυσις *katapausis*, God's own rest, and a rare word found only once in the Bible, σαββατισμός *sabbatismos*, a Sabbath rest. How do we keep it? We rest from our works. We stop trying to earn God's love and trust what Jesus finished. The old Sabbath came once a week. This rest is every day, Monday, Thursday, or a busy Saturday at work.

What resting in Jesus looks like

Waking up knowing God is not mad at you. Failing, telling Him, and getting back up without beating yourself up for a week. Praying because you want to. Reading the Bible like a letter from a friend. Like a child asleep in the back seat on a long trip, you trust the One who is driving.

Freedom about days

One person esteems one day as better than another, while another esteems all days alike. Each one should be fully convinced in his own mind.

Romans 14:5

Paul never said that about stealing or lying. He said it about days. Rest on Saturday if you like, or Sunday. Just don't judge a brother who chooses differently, and don't let anyone judge you.

When days become chains

To the Galatians Paul was sharp: "You observe days and months and seasons and years! I am afraid I may have labored over you in vain" (Galatians 4:10-11). Taking a day off was never the problem. Trusting the calendar to make you right with God was.

Why we gather on Sunday

κυριακή ἡμέρα

kyriakē hēmera (koo-ree-ah-KAY HAY-meh-rah)

The Lord's Day: the day that belongs to the Lord.

Not because Sunday is a new Sabbath law, but because Jesus rose on the first day of the week (Luke 24:1). Believers gathered then to break bread (Acts 20:7). John called it the κυριακή ἡμέρα *kyriakē hēmera*, the day that belongs to the Lord (Revelation 1:10). It is not a new Mount Sinai. It is an empty tomb.

Rest is still wise

God built rest into the world from the start. Take a day off. Sleep in. Worship with God's people. Eat a long meal with people you love. Just do it as a gift you receive, not a law you obey. Your standing with God depends not on what day you rest, but on whom you rest in.

Remember this

The Sabbath was a picture, and Jesus is the real rest. Stop working to earn God's love. Rest in what Jesus finished, every day of the week.