

Principles for Holy Living #4 – Cultivate Rest in God

A Study on the Ten Commandments

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Exodus 20:8-11

Remember the Sabbath day by keeping it holy. [9] Six days you shall labor and do all your work, [10] but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. [11] For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

Col. 2:16-17

Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day. [17] These are a shadow of the things that were to come; the reality, however, is found in Christ.

Hebrews 4:1-11

Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it. [2] For we also have had the gospel preached to us, just as they did; but the message they heard was of no value to them, because those who heard did not combine it with faith. [3] Now we who have believed enter that rest, just as God has said, "So I declared on oath in my anger, 'They shall never enter my rest.'"

And yet his work has been finished since the creation of the world. [4] For somewhere he has spoken about the seventh day in these words: "And on the seventh day God rested from all his work." [5] And again in the passage above he says, "They shall never enter my rest."

[6] It still remains that some will enter that rest, and those who formerly had the gospel preached to them did not go in, because of their disobedience. [7] Therefore God again set a certain day, calling it Today, when a long time later he spoke through David, as was said before: "Today, if you hear his voice, do not harden your hearts."

[8] For if Joshua had given them rest, God would not have spoken later about another day. [9] There remains, then, a Sabbath-rest for the people of God; [10] for anyone who enters God's rest also rests from his own work, just as God did from his. [11] Let us, therefore, make every effort to enter that rest, so that no one will fall by following their example of disobedience.

I. A R _____ of Life Initiated by God

A. A Time to R _____

B. A Time to R _____ Exodus 31:12, 16-17

C. A Time to R _____ Isa. 58:13-14

II. A R _____ of Life Inaugurated by Christ Mark 2:27-28; Rom. 14:5; Col. 2:16-17; Heb.

4:1-11

A. A Lifestyle of R _____ in Him Matt. 11:28-30

B. A Lifestyle of R _____ what He's Done

C. A Lifestyle of R _____ our priorities Mark 3:4

Don't get stuck in the _____ and miss the _____.

Don't allow the _____ to obscure the benefit of the _____.