

LIVING IN THE REST THAT CHRIST GIVES TO US AND THE “SABBATH”

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Reading: *Mat 11:28-30.*

Jesus invites us to come into His REST and give over, *Ps 55:22*, our labour and heavy loads, casting them on Him, *1Pet 5:7*.

He says to us, **“Take My yoke upon you,”**
 “learn from Me,”
 “learn My way of meekness,” KJV
 “learn My way of humility and servanthood,”
 “and you will find rest for your souls.”

Also He says to us, **“My yoke is well fitting and My burden is light.”** It does not crush us, *1Jn 5:3*.

These words of Jesus **are the invitation into His rest, and the way of entering it.**

Initially we must **find out what His YOKE is, and be willing to receive it.** Our yoke is the same as His, and it is expressed in: *Jn 4:34, Jn 5:30, Jn 6:38, Jn 8:28, Jn 14:10*. In plain words, it is full and unconditional surrender to do the will of God, *Lk 9:23, Jam 4:7, Lk 6:46*.

In our New Covenant in Jesus’ Blood, *Heb 8:6-12*, God’s laws are written in our mind and on our hearts, so that we delight to do His will, *Ps 40:8*, and His commandments are not burdensome, *1Jn 5:3*.

Has there been a time in your life when you have willingly chosen to hand over all you have, and are to the Lord, to be His and to do His will? Make this decision today, now, and **take His yoke upon you.** *Jn 7:17*.

Then you will learn of Him. He will teach you His will, His way, His work for you, by the Holy Spirit and the Word of God, *Jn 10:27, Jn 14:26, Col 3:16*.

Specifically He will teach you two things:

- A. **His way of “meekness”**, or living by the guidance, reactions and words of the Holy Spirit. Meekness is a Spirit controlled nature and life, *Rom 8:14*. Please read Pastors’ Notes No 30, “The Fruit of the Spirit,” on “Meekness”.
- B. **His way of humility and servanthood to God and to other people.** The Lord’s way is the way of humility, *1Pet 5:5,6, Jam 4:6,10, Mat 20:28, Mic 6:8, Lk 22:27, Jn 13:1-14, Lk 18:9-14*, and humility is expressed in servanthood to God, *Mk 12:30, Is 6:1-8*, and to other people, *Gal 5:13b, Mk 12:31*.

As we follow these words of Jesus, step by step, day by day, year by year, **we will enter into His rest and be powerfully effective, fruitful servants of the Lord.** Amen for all of us!

Further to the “**REST OF GOD**” we turn to Hebrews, chapter 4.

God has given us a promise of entering HIS REST, *Heb 4:1, Ex 33:14*, and we receive the fulfilment of this promise by the gospel, *Heb 4:2, Mat 11:28-30*, through faith in His Word, *Heb 4:2,3*. Faith always results in obedience to the Word, and so disobedience to God keeps us from His rest, *Heb 4:6*.

In a way, when Israel entered into the Promised Land of Canaan under Joshua, it was a type of entering into rest, *Deut 12:9*, but God spoke at a later time of a greater fulfilment of rest for God’s people, *Ps 132:13-18*.

Is 11:10 says that there shall come a “**Root of Jesse**” referring to Jesus, *Is 11:1-5*, He shall be a “**banner to the people**”, the **Gentiles shall seek Him, and His rest shall be glorious**. (KJV) *Is 30:15* – “In returning and rest shall you be saved.”

In *Is 28:11,12*, there is a reference to speaking in tongues and the fulness of the Spirit, which is a necessary part of finding the rest of God. *1Cor 14:21* quotes these verses in a context of explaining the blessings of tongues.

Heb 4:9 says that there remains therefore a **rest**, (Greek: sabbatismos – the keeping of a Sabbath), for the people of God, and this rest is where we have ceased from our works as God did from His, *Heb 4:10*.

In conclusion, then, we can say that in **the New Testament, the Rest of God for the believer** is not a specific day of the week as was the Old Testament Sabbath. It is rather **the place of abiding in Christ**, *Mat 11:28-30, Jn 15:4*, where Christ is living His life in and through us, *Gal 2:20*, as we walk by faith.

Rather than the OT Sabbath, the NT believers kept the first day of the week, *Mat 28:1*, Sunday, “the Lord’s Day,” as the day set apart to worship the Lord, gather around the Lord’s Table, and build one another up in Christian fellowship, *Ac 20:7, 1Cor 16:2, Rev 1:10*.

Writing to the Romans, Paul instructs us to avoid judging others, who set aside a day for the Lord that differs from our tradition, *Rom 14:5,6, Gal 4:10*.

Also, in *Col 2:14-17*, the Word of God instructs us not to let anyone judge us with regard to the observing of Sabbaths.