

## **A Sabbath and Creation.**

- ❖ Creation began with an arid, dark, and lifeless world (Gn. 1:1-2). Little by little, other things like light, air, land, and vegetation were created. Once the habitat was ready, God created the rhythms of the new world by placing several “clocks”: the Sun, the Moon, and the stars.
- ❖ Finally, life filled the world during the following two days. Then God created a unique form of life in His image with special care: a man (“ish) and a woman (“ishshah). Everything is “very good.” (Gn.)
- ❖ Creation was not done yet. After six days of creative activity, God rested. Note that the day of rest is considered part of the Creation week.
- ❖ The last day of Creation was blessed and set apart for God’s creatures to have full communion with Him.
- ❖ When sin entered the world, pain, fragility, and harshness replaced joy and peace. Therefore, humans needed that day of rest to spend quality time with their Creator more than ever.
- ❖ When God summarized His Law in the Ten Commandments, He included the Sabbath for us to rest and to remember that He created us (Ex. 20:8-11).

## **B Sabbath and Redemption.**

- ❖ Once they had been liberated from Egypt and before arriving to Mount Sinai, God reminded them of the importance of the Sabbath rest through the miracle of manna.
- ❖ God was linking the Sabbath rest with His love and care for them (Deuteronomy 8:3).
- ❖ Moses mentioned the Sabbath again before the Israelites entered the Promised Land, linking it to Redemption.
- ❖ A new generation arose after almost 40 years of the Ten Commandments revelation at Mount Sinai. This new generation was willing to enter Canaan and the promised rest (Heb. 3:8-11, 16-19).
- ❖ As they were going over the Commandments, the Sabbath was linked to God’s redeeming power this time (Dt. 5:12-15).
- ❖ Therefore, the Sabbath is linked to the past [Creation], the present [Redemption], and the future [a New Creation for the redeemed] (Isaiah 66:23).
- ❖ The Sabbath points to Jesus, our Creator and Redeemer. We will live forever with Him.

## **C Sabbath and Rest.**

- ❖ How should I rest on Sabbath, according to Psalm 92, Exodus 16:29, and Isaiah 58:13?
  - Praise God (v. 1)
  - Speak to others about God (v. 2)
  - Sing to God (v. 3)
  - Rejoice in God’s Creation (v. 4-5)
  - Remember God’s righteousness (v. 6-9)
  - Find new strength in God (v. 10)
  - Meet God along with His Church (v. 13)
  - Spend time with your family and friends (Ex. 16:29)
  - Do not do your own will (Is. 58:13)
  - Enjoy the Sabbath (Is. 58:13)
  - Sin pensar en mi trabajo, ni hablando de él (Is. 58:13)
- ❖ “Then you will find your joy in the Lord.” (Isaiah 58:14)