

Lesson 37: The Sabbath Blessing, page 1

Memory Verse: "If thou turn away thy foot from the sabbath, from doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the LORD, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: Then shalt thou delight thyself in the LORD; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the LORD hath spoken it." Isaiah 58:13-14

The Benefits God has put into the Sabbath for us.

1. Genesis 2:2-3 "And on the seventh day God _____ his work which he had _____; and he _____ on the seventh day from all his work which he had made. And God _____ the seventh day, and _____ it: _____ that in it he had _____ from all his work which God _____ and made."

There are two things that God did when He created the Sabbath at the end of Creation week. He B _____ it and He S _____ it.

2. Psalm 46:10 "Be _____, and _____ that I am _____: I will be _____ among the heathen, I will be _____ in the earth."

Note: Is HE exalted in your life? The Sabbath is a blessing of **time**. If Adam and Eve needed the blessing of time to fellowship with God in a perfect world, do we need that blessing now? We need it MUCH MORE! Many of us are workaholics. We need the Boss of all bosses to tell us that it's time to rest. As beings created in the image of God, if Adam and Eve **needed special time each week to connect with God**, what does that say about our need as fallen beings? There is something about ceasing from **work** and **activity** and **noise** and **everything** else. **There is something significant as far as knowing God.** "Be still and **know** that I am God." We need to cease our business to truly come to know God. The Sabbath is a time to be still, to rest, and to know God. This has implications for the **way** of worship as well as the day of worship. It has implications even in some of the **music** that we use in our worship. In the culture of America today and around the world some of the music is suggesting that many of us are addicted to our own adrenaline. The Sabbath is to be a day of peace, a day of rest. It is a day to KNOW that HE is our GOD, that WE are submitting to HIM as the ONE **in charge** of our lives.

Story: The Horse Whisperer

We'll call him Trainer Tim. His approach to training horses was deeply touching. His dad had been a very cruel man in his approach to training horses. He had used all kinds of forceful methods in order to completely break the horse's will. He used the whip, the block and tackle and all kinds of stuff. Well, Trainer Tim tried a different way. When his dad saw how he was training horses, and how it worked, he became so angry that he gave Tim a good whipping!

The method Trainer Tim used was just a rope and a line and the horse would go around in a circle. He would **gently** work with the horse until the horse finally realized that Trainer Tim was in charge. The horse would give up and surrender to Tim. He understood the body language of the horse and saw how he would signal that with his head. Then Tim would make other moves. He was very careful. He knew just what to do and what not to do. Eventually he would be right on the back of that

Lesson 37: The Sabbath Blessing, page 2

horse and be riding that horse. It was just the way he had pursued the horse. He won the horse's confidence and trust. He knew the body language of the horse. And he consistently worked with the horse until the horse gave in and submitted to him and let him ride it. The horse trusted Trainer Tim and submitted to his guidance.

He decided to do this out in the wild because some people were saying that there is nothing to this. This isn't any big deal. So he and a group of other men got in the saddle and chased down a herd of mustangs. Finally they were able to separate one of these horses from the herd. And that horse ran and ran and ran. They were in the saddle for about 24 hours or longer. Finally they got the horse to the point where the horse dropped its head and said, "I give up. I surrender to you."

Then he walked up to this wild horse which had never been ridden before. He knew just how to touch the horse and he knew the horse's body language. He got up to the horse and the horse let him touch his head. Pretty soon he got over to the side of the horse. And step by step, in gentle movements he gained the confidence and trust of that horse. He put the equipment on the horse one by one, and finally he got on the horse and rode the horse! The horse never bucked. He never did anything like that.

That's the way God loves us. That's the way He pursues us. **He never uses force**. It is true there are consequences for sin, but this is the way He pursues us. This tells us a lot about the Sabbath and how to get the real blessing of the Sabbath. You see it wasn't until the horse was separated from the herd that he was able to get to the horse and establish his relationship with that horse. The Sabbath is a means of God separating us from the herd. He wants **quality time** with us. He wants to get in our lives. He wants to create in us clean hearts and renew in us right spirits and it will happen when we surrender to Him. We should never be discouraged, but we should keep in the process. God is **able** to **finish** the work that he has **begun** in us unto the day of Christ.

3. There is something about the Sabbath in reference to the family.

The Sabbath is a blessing of family time.

Genesis 1:27 "So God _____ man in his _____ image, in the image of _____ created he him; _____ and _____ created he them."

Genesis 1:31 "And God saw _____ that he had _____, and, behold, it was _____ good. And the evening and the morning were the _____ day."

Genesis 2:2-3 "And on the _____ day God _____ his work which he had made; and he _____ on the _____ day from all his work which he had made. And God _____ the seventh day, and _____ it: because that in it he had _____ from all his work which God created and made."

Mark 2:27 "The sabbath was made _____."

Note: On the 6th day God created the man and the woman, **the first family**. The Sabbath was God's **wedding present** to Adam and Eve. Only as they kept God at the **center** of their lives, could their **marriage** reach its **full** potential. Quarreling came in as soon as **sin** came in. The Sabbath should be the best day for our families. We learned some ways that the family can get the most out of the Sabbath in Lessons 35 and 36. Let's really put aside our own ways and spend the time with our families becoming better acquainted with our Maker and our King in His Word and in His Works on the Sabbath day.

Lesson 37: The Sabbath Blessing, page 3

Story: How the Sabbath helped a Marriage

This is the story of a secular Jewish couple who were not keeping the Sabbath or any other part of the Jewish religion. They began having problems in their marriage. They were going to go and see a counselor. They thought about it and said, "You know, what we need is to get back to the Sabbath."

And so they began keeping the Sabbath. The way they kept the Sabbath was that they started on preparation day. On the preparation day, Friday, Nan did her cooking and housecleaning and everything else ahead of time so the Sabbath could really be a day of physical rest. This way she wouldn't feel pressured to do this and that on the Sabbath. She prepared a nice meal and they sat down on Friday night together to a special Friday night meal. It became a Friday night tradition. They had a particular special meal every Friday night. On the Sabbath they truly put aside all other activities. They didn't go shopping. They didn't go to work. They truly made it a day of rest. They didn't go to school or take classes on the Sabbath. And it truly became a day of rest.

It made a big difference in their marriage. Their marriage began to improve. It began blossoming and it came together in a special way. There is a special blessing for marriages on the Sabbath. God made the Sabbath to be a blessing for man. That's what happened with Nan and Saul who were secular Jews that didn't really follow the Bible at all. But even for them, the Sabbath was a blessing to their marriage. This story was found in a magazine on an airline. If this is what keeping the Sabbath can do for a Jewish couple who weren't even really following the Bible, think what it can do for families who are trying to follow the teachings of the Bible if they truly keep the Sabbath! Christians who emphasize the importance of marriage should also emphasize the importance of the Sabbath.

4. God also sanctified the Sabbath day.

Leviticus 23:3 "Six days shall _____ be done: but the _____ day is the _____ of _____, an _____ convocation; ye shall do _____ work therein: it is the _____ of the _____ in all your dwellings."

Note: Only God can bless a day and make it holy. We cannot willfully substitute another day and experience the same blessing of holiness that God put in the Sabbath. There are a lot of people that don't know, and God works with them. But when someone says, "I don't care, I'm doing it my own way", that's the wrong attitude, and God can't bless that.

5. Deuteronomy 5:12 "Keep the _____ day to _____ it, as the _____ thy God hath _____ thee."

Note: God has set an appointment to meet with each of us every week. What if you have an appointment and you are late or you don't show up or you show up on the wrong day? If that appointment is for an airplane flight, you will surely miss the flight even if you are a little bit late for the appointed time. The doors will be shut and you will be left out. The desk clerk will say, "I'm sorry, you missed the appointment." Surely our appointment with God is so much more important than an appointment to fly in an airplane to go somewhere on this earth!

6. When is this appointment? The Bible tells us that the Sabbath is to be celebrated "from _____ unto _____." Leviticus 23:32

Note: Our appointment with God is more than an hour of worship. It's a **day** of rest and worship. It is

Lesson 37: The Sabbath Blessing, page 4

24 hours of Sabbath Time. You see how much God really loves us to make a special appointment to spend 24 hours each week of **special time** with us!

When does this special appointment begin and end? When is "even"?

Mark 1:32 "And at _____, when the _____ did _____,"

In the Bible, when does the day begin? In the evening or in the morning?

Genesis 1:5 "And God called the light Day, and the darkness he called Night. And the _____ and the _____ were the first day." The _____ came first. So the day begins and ends "at even, when the sun did set."

Note: So the Sabbath begins on Friday night at sundown and goes through to Saturday night at sundown. It is a full 24-hour period of blessing and relationship with God. Our appointment with God comes every Friday evening at sunset. Don't miss it or be even a little bit late! In fact, He is pleased when you show up a bit early for the appointment because it tells Him that you are eager for this time with Him!

What is the day before the Sabbath called? Mark 15:42 "And now when the even was come, because it was the _____, that is, the day _____ the sabbath,"

Luke 23:54 "And that day was the _____, and the sabbath _____ on."

Note: Friday, the day before the Sabbath, is called the P_____.

In order to really experience the blessing of the Sabbath, we must be prepared. If we spend the Sabbath like any other day, we do not really get the blessing of companionship with Jesus that He intends for us to have. It is like having company and just going about your daily business and basically ignoring them or just saying "hi" as you pass. You want to spend TIME with them and have companionship and do something special with them. So you prepare before they arrive by cleaning your house and preparing your food, etc. Then when they arrive, you can welcome them and just enjoy their company. You would not go out with your other friends and do things with them and leave your company alone either, would you? So when the Sabbath comes, Jesus comes as our special Guest. How will we treat HIM??

"The Lord gave the children of Israel explicit instructions **prohibiting unnecessary labor upon the Sabbath**. 'Tomorrow is the rest of the holy Sabbath unto the Lord. Bake that which ye will bake today, and seethe that which ye will seethe.' Carelessness in the observance of the Sabbath has crept in among us as a people. Many have sought to please themselves rather than to honor God. **If we would enjoy the blessing of the Lord, the Sabbath-day must be kept holy.** All cooking should be done on Friday. ... Divine mercy has directed that the sick and suffering should be cared for; the labor required to do this is a work of necessity, and no violation of the Sabbath." ST, May 25, 1882 par. 4

7. What about caring for sick people on the Sabbath? Jesus healed people on the Sabbath, and they tried to accuse him of breaking the Sabbath. Matthew 12:10-12 "And, behold, there was a man which had his hand _____. And they asked him, saying, Is it _____ to _____ on the _____ days? that they might _____ him. And he said unto them, What man shall there be among _____, that shall have one _____, and if it _____ into a _____ on the _____ day, will he not lay _____ on it, and _____ it out? How

Lesson 37: The Sabbath Blessing, page 5

_____ then is a _____ better than a _____? Wherefore it is _____ to do _____ on the _____ days."

Note: "Divine mercy has directed that the sick and suffering should be cared for; the labor required to do this is a work of necessity, and no violation of the Sabbath." ST, May 25, 1882 par. 4

The sick should be cared for and made comfortable on the Sabbath. Jesus healed them by a word. When He was a child, He performed no miracles, but He brought words of comfort and love to the sick. "Jesus was the healer of the body as well as of the soul. He was interested in every phase of suffering that came under His notice, and to every sufferer He brought relief, **His kind words having a soothing balm**. None could say that He had worked a miracle; but virtue – **the healing power of love** – went out from Him to the sick and distressed. Thus in an unobtrusive way He worked for the people from His very childhood." DA 92.1

"**He passed by no human being as worthless**, but sought to apply the saving remedy to every soul. In whatever company He found Himself, **He presented a lesson that was appropriate** to the time and the circumstances. He sought to inspire with hope the most rough and unpromising, setting before them **the assurance that they might become blameless and harmless**, attaining such a character as would make them manifest as the children of God. Often He met those who had drifted under Satan's control, and who had no power to break from his snare. To such a one, discouraged, sick, tempted, and fallen, Jesus would **speak words of tenderest pity**, words that were needed and could be understood. Others He met who were fighting a hand-to-hand battle with the adversary of souls. These He **encouraged to persevere**, assuring them that they would win; for angels of God were on their side, and would give them the victory. Those whom He thus helped were convinced that here was **One in whom they could trust** with perfect confidence. He would not betray the secrets they poured into His sympathizing ear." DA 91.1

"Often physicians and nurses are called upon during the Sabbath to minister to the sick, and sometimes it is impossible for them to take time for rest and for attending devotional services. The needs of suffering humanity are never to be neglected. The Saviour, by His example, has shown us that **it is right to relieve suffering on the Sabbath**. But unnecessary work, such as ordinary treatments and operations that can be postponed, should be deferred." 7T 106.2

Some people use the illustration that Jesus gave of pulling the sheep out of the pit as an excuse to do almost anything on the Sabbath. We need to make the **distinction** between immediately **necessary** things that will relieve suffering and things that can just as well be done on another day.

Story: Hospital in Thailand

There was an SDA hospital in Thailand that was having financial difficulties. They were not doing well financially. At the same time they had gotten **careless** about a lot of things in the way they ran the hospital and they were not really following **the way of the Lord** in this hospital. One of the things that they had gotten **careless** about was **Sabbath observance**. They had the business office open on Sabbath and they **did business on the Sabbath**. A new administrator came in and they made changes in these things. They closed the business office on the Sabbath and they began giving only **necessary** care on the Sabbath. That hospital turned around and began to **prosper** financially. And so, even if we're involved with good things on the Sabbath, we must **be careful not to do any unnecessary work that could wait until the next day**. When we spend the Sabbath in doing unnecessary work, it **robs** us of the blessing of TIME spent with God to recharge our batteries for the next week. Let's carefully **evaluate** what we do on the Sabbath and see if it is in harmony with God's ways, or **are we doing our own ways?**

Lesson 37: The Sabbath Blessing, page 6

8. What are we counseled to do as we near the 2nd coming of Jesus? Hebrews 10:25 "Not forsaking the _____ of ourselves _____ as the manner of some is; but _____ one another: and so much the _____, as ye see the _____ approaching."

We need to come together with others who share our beliefs to worship God together and to encourage each other to grow in grace and to become more Christlike. We need to study the Scriptures together and receive the D _____, the R _____, the C _____, and the instruction in R _____ which we all need so that we may become P _____, thoroughly F _____ unto **all** G _____ works. [see 2 Timothy 3:16-17] Our gathering together should be "for the _____ of the saints, for the work of the _____, for the _____ of the body of Christ: Till we _____ come in the _____ of the _____, and of the _____ of the Son of God, unto a _____ man, unto the _____ of the _____ of the _____ of Christ: That we _____ be no more children, _____ to and fro, and carried about with every _____ of doctrine, by the _____ of men, and cunning _____, whereby they lie in wait to _____; But speaking the _____ in _____, may _____ up into _____ in _____ things, which is the head, even Christ:" Ephesians 4:12-15

9. What was Jesus' regular custom on the Sabbath? Luke 4:16 "And he came to Nazareth, where he had been brought up: and, as his _____ was, he went into the _____ on the _____ day, and stood up for to _____." He read the Scriptures to them. And then He taught them from the Scriptures. Sabbath was the day for reading the Scriptures and for fellowship in sharing what the Lord has done for us and what He has taught us in the last week. **It is a time for studying the Scriptures together** and increasing in the knowledge of God.

10. 1 John chapter 1 tells us about this fellowship. Let's see what it says:

verse 3: "That which we have _____ and heard _____ we unto you, that ye also may have _____ with _____: and _____ our fellowship is with the _____, and with his _____ Jesus Christ.

verse 4: And these things _____ we unto you, that your _____ may be full."

verse 5: "This then is the _____ which we have _____ of him, and _____ unto you, that God is _____, and in him is no _____ at all.

verse 6: If we _____ that we have _____ with him, and _____ in _____, we _____, and _____ not the _____:"

Lesson 37: The Sabbath Blessing, page 7

verse 7: "But if we _____ in the _____, as _____ is in the light, we have _____ one with another, and the _____ of Jesus Christ his Son _____ us from _____ sin."

Note: So when we study the Scriptures we come to the light of the knowledge of God. When we choose to walk in that light, we will have fellowship with HIM, because He IS Light. Then we also have fellowship with one another and we enjoy discussing what we have learned and how we can share the light with others. God designed the Sabbath to help our relationship with God. When our relationship with God is strong and alive and growing, it also helps our relationships with each other.

11. Isaiah 58:14 has a beautiful promise. The **condition** for receiving that promise is found in verse 13. "If thou turn away thy _____ from the sabbath, from doing _____ pleasure on _____ day; and call the sabbath a _____, the _____ of the Lord, honourable; and shalt _____ him, _____ doing thine _____ ways, nor finding thine _____ pleasure, nor _____ thine _____ words:

Note: So God wants our full attention. Have you ever visited someone and the person was on the phone talking to somebody else or watching TV while you were there? They were paying attention to somebody else or something else. How does that work? Does that make you feel welcome? Do you just feel like leaving since they are too busy to spend time with you? So God wants to enter into conversation with us. He wants our thoughts to be with Him. This is one of the hard areas which we need to keep on guarding. It's easy for conversation to go the wrong direction on Sabbath when we are with our friends. It happens even when we're having fellowship lunch. God wants to be at the **center** of our love and attention on the Sabbath. So it's a very **God-centered** day, not a self-centered day. The verse says we are to "call the Sabbath a **delight**, the **holy** of the **Lord**, honourable; and shalt **honour him**." You see **how** we keep the Sabbath is tied and bound up in this verse to our **honor for God**. Can you see that? It's very important to God. **When we don't treat the Sabbath as it should be, we're not honoring God**. Instead of honoring Him, we are doing our own ways, finding our own pleasure, and speaking our own words.

But here's the promise of blessing that comes when we do honor Him on His holy day:

Isaiah 58:14 Then shalt thou _____ thyself in the _____; [we're going to have a more vibrant relationship with God] and I will _____ thee to ride upon the _____ places of the _____, and _____ thee with the _____ of Jacob thy father: for the _____ of the _____ hath spoken it."

Note: We have yet to experience the real blessing of knowing God so well and being in such a close fellowship with HIM where we can truly say from the depths of our heart, "I _____ to do _____ will, O my _____, yea thy _____ is _____ my _____." Psalm 40:8

God has such a deep and broad spiritual experience for us that we cannot even imagine it now, but He **invites** us to enter into **fellowship** with Him that He can take us on this journey. He **challenges** us to step out of our usual way of living to a **fuller** and **deeper** walk with HIM. He has so much more to offer us than we have been willing to take. We hang on to our own ways and pleasures and words because **we don't think we would like His way that much**. But **we really would like it** a lot more than our

Lesson 37: The Sabbath Blessing, page 8

own ways if we would **really** enter into His ways and pleasures and words. The Sabbath is a **time** to strengthen our fellowship with HIM; a **time** to "taste and see that the Lord is good."

12. In the ministry of Jesus the Sabbath was a day of deliverance. Mark 1:21-25

"And they went into Capernaum; and straightway on the _____ day he entered into the synagogue, and _____. And they were _____ at his doctrine: for he taught them as one that had _____, and not as the scribes. And there was in their synagogue a man with an _____ spirit; and he cried out, Saying, Let us _____; what have we to _____ with thee, thou _____ of Nazareth? art thou come to _____ us? I know thee _____ thou art, the _____ of God. And Jesus _____ him, saying, Hold thy _____, and come _____ of him."

Luke 13:15-16 "The Lord then answered him, and said, Thou hypocrite, doth not each one of you on the _____ loose his _____ or his ass from the stall, and lead him away to _____? And ought not this woman, being a _____ of Abraham, whom _____ hath _____, lo, these _____ years, be _____ from this _____ on the _____ day?"

Note: The Sabbath is a day that Christ particularly chooses as a day of deliverance. Is that exciting to you? So part of the Sabbath blessing is that we can approach Christ for healing and restorative power **especially** on the Sabbath. Of course, we can go to Him any day for that, but especially on the Sabbath. Let's **go to Jesus**, and lay ourselves at His feet, and claim all that he has to offer us. Jesus wants to free us from every bondage that Satan has over us. We don't need to be Satan's slaves anymore!

13. Review Lesson 35, #15. Because of their carelessness in keeping the Sabbath holy, Nehemiah had the gates of Jerusalem shut on the Sabbath day. Then what did he do?

Nehemiah 13:22 "And I commanded the _____ that they should _____ themselves, and that they should come and _____ the _____, to _____ the _____ day."

Note: And so we have to **keep the gates** in our world and in our experience if we want to experience the true Sabbath blessing. We must **guard** our minds, our hearts, our **associations**, and our activities to really receive the blessing which God has put into the Sabbath for us. In no way and in no area of our lives should we allow it to be like one of the **common** 6 days of the week. There is something **special** about the Sabbath and we need to understand what it is and keep it that way. It has to do with our relationship with God. **It is a sacred day**. The blessing is there for all who will come and take it.

14. How is the Sabbath connected with holiness and the preparation for Christ's coming?

Ezekiel 20:12 "Moreover also I gave them my _____, to be a _____ between me and them, that they might _____ that I am the _____ that _____ them." The sabbath is a sign of sanctification or holiness.

Lesson 37: The Sabbath Blessing, page 9

Hebrews 12:14 tells us to "follow peace with all men, and _____, **without which** _____ man shall _____ the Lord:" We need holiness in order to be prepared to see the Lord and not call for the rocks and mountains to fall on us when He comes.

1 Thessalonians 5:23-24 "And the very God of peace _____ you _____ [that means entirely]; and I pray God your **whole** _____ and _____ and _____ be preserved _____ unto the _____ of our Lord Jesus Christ. _____ is he that _____ you, who also will _____ it."

Isn't that a precious promise? You know, God wants us to be sanctified entirely, wholly His. The Sabbath is a sign of that.

15. Acts 24:25 "And as he reasoned of _____, _____, and _____ to come, Felix trembled, and answered, Go thy way for this time; when I have a convenient season, I will call for thee." Temperance is necessary for entire sanctification. It is part of holiness in the Bible. It is one of the fruits of the Spirit. Galatians 5:22-23 "But the fruit of the Spirit is love, _____, peace, _____, gentleness, _____, faith, Meekness, _____: against such there is no law."

Note: What is Temperance? **"TRUE TEMPERANCE TEACHES US TO DISPENSE ENTIRELY WITH (or not use) EVERYTHING HURTFUL AND TO USE JUDICIOUSLY (or wisely) THAT WHICH IS HEALTHFUL.** There are few who realize as they should how much their habits of diet have to do with their **health**, their **character**, their **usefulness** in this world, and their **eternal destiny.**" PP 562
Temperance means never to use that which is harmful and to use moderately even that which is good. Review the lesson on Temperance in the last part of Lesson 21.

16. What does Peter tell us? 1 Peter 2:11 "Dearly beloved, I _____ you as strangers and pilgrims, _____ from _____ lusts, which _____ against the _____."

Note: He is telling us that these things are the **enemies** of our spiritual life. The Bible is telling us that **our physical habits actually affect our spiritual well-being.** That's why it's so important for us to get the victory over everything that is not temperate, over everything that would tear down our health of mind and body. Temperance includes such things as getting enough sleep, not overworking, and getting enough physical exercise. It's easy to be too tired to enjoy the Sabbath. Temperance also includes what you feed your mind. And so the point is that **the way to really maximize the Sabbath is to go free in the power of the living Christ from body-and-soul-destroying habits.**

17. How is the Sabbath related to Righteousness by Faith?

Hebrews 4:3 says "For we which have _____ do enter into _____ [katapausis] which means "to settle down".

How do we enter into the **rest** God gives us? It is by **believing.** This is talking about the rest which we have by believing the power of grace to change us into the image of God. We "settle down" in this belief and do what Jesus said in Matthew 11:28,29: " _____ unto me, all ye that _____ and are heavy _____, and I will give you _____. Take my

Lesson 37: The Sabbath Blessing, page 10

_____ upon you, and _____ of me; for I am _____ and _____ in heart: and ye shall _____ rest unto _____ souls."

Note: When we labor to try to "be good" in our own strength, we are heavy laden with the guilt of not **really** "being good". This is a heavy burden to bear. We **know** what we should do because we have been **taught** what is right and what is wrong, but we **can't seem to accomplish it** in our own lives. And so, many people give up and say, "It doesn't work for me". But the **key** is to come to Christ and **yoke up with Him** wholeheartedly. He will work in us to will and to do of His good pleasure. We will learn of Him how to be meek and lowly of heart. This, and only this, will bring peace and rest to our souls. When we really believe Him and realize that the promises in the Bible are there for us and are true, that He **is** an ever present help in trouble, that He **can** bring us out of self when we **cooperate** with Him against the pull of our flesh, we can taste the sweet fruit of **victory**. **This is righteousness by FAITH.**

18. Hebrews 4:1 tells us that we should "fear, lest, a _____ being left us of _____ into his _____, any of _____ should seem to come _____ of it."

Note: The promises are there, but are we coming short of receiving them because of our **unbelief**? This is why the children of Israel did not enter into the rest which God had promised them. [see verse 6]

19. Hebrews 4:2 tells us that "unto _____ was the _____ preached, as well as unto _____: but the _____ preached did not _____ them, not being _____ with _____ in them that _____ it."

Note: They heard the **gospel**, or the good news that Christ has provided a way for us to become totally **free** from sin, but **it did them no good** because they just heard the word, but **did not mix it with faith**. They heard about righteousness, but did not exercise FAITH to receive it. Faith is believing what God says and acting accordingly. You don't just try harder to do what you know is right, but you **surrender** yourself to Him to be the **ruler** of your life. You take hold of the promised power to stand against the pull of your flesh. We should FEAR that we will make the same mistake the Israelites made!

"Never were the youth of any age or country so **earnestly observed by the angels** of God as are the youth of today. All Heaven is watching with **intense interest** for every indication of the **characters** they are forming, – whether, **when brought to the test, they will stand firmly for God and the right, or be swayed by worldly influences.**" YI, May 7, 1884 par. 1

"We do not know **what great interests may be at stake** in the proving of God. There is **no safety** except in strict obedience to the word of God. All His promises are made upon condition of faith and obedience, and a failure to comply with His commands **cuts off the fulfillment** to us of the rich provisions of the Scriptures. **We should not follow impulse**, nor rely on the judgment of men; we should **look to the revealed will of God** and walk according to His definite commandment, no matter what circumstances may surround us. **God will take care of the results; by faithfulness to His word we may in time of trial prove before men and angels that the Lord can trust us in difficult places to carry out His will, honor His name, and bless His people.**" PP 621.5

Lesson 37: The Sabbath Blessing, page 11

20. Hebrews 4:4 says: "For he spake in a certain place of the _____ day on this wise, And God did _____ the seventh day from all his _____."

Note: It ties the rest which we have when we surrender all to God with the Sabbath rest. And so we actually have rest through the grace of Christ. Through righteousness by faith we have rest of mind and rest of soul. **And this is tied with the rest that God did on the 7th day.**

What does it say about us? Hebrews 4:9 tells us: "There _____ therefore a _____ to the _____ of God."

There is rest for us. This word for "rest" in this verse is the Greek word "*sabbatismos*". You can see right away that this has to do with Sabbath rest. The Sabbath is the sign that we have chosen to accept God's grace to give us power and victory in the struggle with sin. That's why it is the sign of sanctification. The rest which we have when we surrender to Him and let Him be in charge of our lives is symbolized by the rest of the Sabbath day. So when we truly keep the Sabbath, we are saying to all the world and all the universe that we have chosen Christ as our Lord and Master and that we surrender our lives to His rulership. We have chosen His ways, His pleasures, and His words, **instead of our own** ways and pleasures and words. So what this is saying is that if we enter into **gospel rest**, if we understand the blessings and the obligations that God has put in the Sabbath, we will, out of joy, keep the Sabbath holy. It is a sign between God and us. It is a sign of our relationship with Him.

21. Hebrews 4:10-11 "For he that is _____ into _____ rest, he also hath _____ from his _____ works, as God did from his. Let us _____ therefore to _____ into _____ rest, lest any man _____ after the same example of _____."

Note: This is telling us that we need to enter into **His rest** and **cease from our own works**. Let's **stop trying** to be good enough to go to heaven and allow Jesus to take control of our thoughts and feelings to make us really good from the inside out. It says we should **labour** to enter into this rest. Let us fight the **real** battle. The real battle is to **surrender our will** to Him and to obey what **He** directs **instead of** obeying our **own** thoughts and feelings and acting according to the pull of the flesh. It means we obey **His** principles and **His** standards by choice instead of the principles and standards of our friends. It means that **He** is your God, not your friends. This is **true gospel rest**. It works for **anyone** who will really enter into His rest. When we enter into this relationship with Him by **faith**, we will not fall by the same example of **unbelief**.

Lesson 37: The Sabbath Blessing, page 13

I want Jesus more than anything

I choose to enter into His death by surrendering my will to Him

I trust in His promise of resurrection life that I may be holy the resurrection in a spiritual sense

I choose to keep the Sabbath as a sign of this experience of righteousness by faith in the light of the 2nd coming and it's call to holiness

I want to be baptized as a sign of my decision

Lesson 37: The Sabbath Blessing, page 14

2663. katapausis, kat-ap'-ow-sis; from G2664; **reposing down**, i.e. (by Hebr.) **abode**:--rest.

2664. katapauo, kat-ap-ow'-o; from G2596 and G3973; **to settle down**, i.e. (lit.) **to colonize**, or (fig.) **to (cause to) desist**:--cease, (give) rest (-rain).

2596. kata, kat-ah'; **a prim. particle; (prep.) down (in place or time)**, in varied relations (according to the case [gen. dat. or acc.] with which it is joined):--about, according as (to), after, against, (when they were) X alone, among, and, X apart, (even, like) as (concerning, pertaining to, touching), X aside, at, before, beyond, by, to the charge of, [charita-] bly, concerning, + covered, [dai-] ly, down, every, (+ far more) exceeding, X more excellent, for, from . . . to, godly, in (-asmuch, divers, every, -to, respect of), . . . by, after the manner of, + by any means, beyond (out of) measure, X mightily, more, X natural, of (up-) on (X part), out (of every), over against, (+ your) X own, + particularly, so, through (-oughout, -oughout every), thus, (un-) to (-gether, -ward), X uttermost, where (-by), with. In composition it retains many of these applications, and frequently denotes opposition, distribution or intensity.

3973. pauo, pow'-o; **a prim. verb. ("pause"); to stop (trans. or intrans.)**, i.e. **restrain, quit, desist, come to an end**:--cease, leave, refrain.

4520. sabbatismos, sab-bat-is-mos'; from a der. of G4521; **a "sabbatism"**, i.e. (fig.) the repose of Christianity (as a type of heaven):--rest.

4521. sabbaton, sab'-bat-on; of Heb. or [H7676]; **the Sabbath** (i.e. Shabbath), **or day of weekly repose from secular avocations** (also the observance or institution itself); by extens. a se'nnight, i.e. the interval between two Sabbaths; likewise the plur. in all the above applications:--sabbath (day), week.

7676. shabbath, shab-bawth'; intens. from H7673; **intermission, i.e. (spec.) the Sabbath**:-- (+ every) sabbath.

7673. shabath, shaw-bath'; **a prim. root; to repose, i.e. desist from exertion**; used in many impl. relations (caus., fig. or spec.):--(cause to, let, make to) cease, celebrate, cause (make) to fail, keep (sabbath), suffer to be lacking, leave, put away (down), (make to) rest, rid, still, take away.

303. ana, an-ah'; **a prim. prep. and adv.**; prop. **up**; but (by extens.) **used (distributively) severally, or (locally) at (etc.)**:--and, apiece, by, each, every (man), in, through. In compounds (as a prefix) it often means (by impl.) repetition, intensity, reversal, etc.

373. anapauo, an-ap-ov'-o; from G303 and G3973; (reflex.) to repose (lit. or fig. [be exempt], remain); by impl. to refresh:--take ease, refresh, (give, take) rest.

372. anapausis, an-ap'-ow-sis; from G373; intermission; by impl. recreation:--rest.