

Spiritual Rest

"It is important to notice what was done to this day. The record in the second chapter of Genesis, which is the first mention that we have of the Sabbath, says, "He rested on the seventh day from all his work which he had made." It is apparent at once that the Creator of the ends of the earth, who never wearies, and who never is faint, did not rest on that first seventh day because he had wearied himself in the work of creation. Said Christ to the woman of Samaria, "God is a Spirit, and they that worship him must worship him in Spirit and in truth." **God being spirit, his rest must be spiritual rest.** And that is a matter of no small importance, because we overlook the true idea of the Sabbath when we take it to mean merely a day of physical rest. Who rested on that day? Christ, who was the agent in creation, rested on that day. Because he was tired? Not in any sense. It was a spiritual rest. He rested and was refreshed. He took delight in viewing the works which he had made. That was the rest. Sabbath means rest, and from the very nature of the institution of the Sabbath, it means spiritual rest. Observe the practical application of that idea. If physical rest is the only idea of the Sabbath, man can rest on one day just as well as another. He can do more; he can divide up his rest during the several days of the week, and he can rest three or four hours each day, as may suit him. He may rest rainy days and work sunshiny days if he pleases, if physical rest is the only idea of the Sabbath." **Christ and the Sabbath by E.G. White, page 142**

"Let it be understood that merely refraining from work is not God's idea of Sabbath-keeping. It may be Sunday-keeping; it may be Saturday-keeping; it may be Friday-keeping; it may be Monday-keeping; but it is not Sabbath-keeping. It is not Sabbath-keeping, because the idea of Sabbath is spiritual rest. And in no other way can the Sabbath be kept in the fullness of its meaning than as a spiritual rest. It will therefore be seen at once that all theories of Sabbath-keeping which rest upon the idea of physical recuperation, are good for nothing. Man can enforce abstinence from labor, but he cannot enforce Sabbath-keeping. A man may be forced to refrain from physical work; he may be kept in idleness, but no one can enforce Sabbath-keeping. It is a spiritual thing entirely." **Christ and the Sabbath by E.G. White, page 151**



The Foundation Bible Lessons

PART 9:

The Sabbath

Topic: Christ and the Sabbath

Lesson: 95

Part B

Volume: 9



MISSION STATEMENT

Foundation Progressive Sabbath Advent Ministries (FPSAM), Inc. exists to build upon the four **PILLARS** (*Mental, Physical, Spiritual and Social*) that **GUIDED** Jesus' life.

VISION

All Foundation Progressive Sabbath Advent Ministries (FPSAM), Inc. members will use the four pillars to establish and build their personal life and that of others.

SLOGAN

"Don't Accommodate Eliminate"

MOTTO

"Building on FOUR"

TEXT

"And Jesus increased in wisdom (Mental) and stature (Physical & Spiritual), and in favor with God (Spiritual) and man (Social)." **Luke 2:52**

WEBSITE

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16. Into what perplexity did Christ's working of miracles on the Sabbath throw the Pharisees?

"Therefore said some of the Pharisees, *This _____ is not of _____, because He keepeth _____ the _____ day.* Others said, *How can a man that is a sinner do such miracles? And there was a division among them.*" **John 9:16**

NOTE: The working of these wonderful, beneficent, and gracious miracles on the Sabbath was an evidence that Christ was from God, and that His views of Sabbath-keeping were right. By these miracles God was setting the seal of His approval to Christ's views and teachings respecting the Sabbath, and to His manner of observing it, and thus condemning the narrow and false views of the Pharisees. Hence the division.

17. According to Isaiah, what was Christ to do with the law?

"He will _____ the law, and *make it _____.*" **Isaiah 42:21**

NOTES: In nothing, perhaps, was this more strikingly fulfilled than in the matter of Sabbath observance. By their traditions, numerous regulations, and senseless restrictions the Jews had made the Sabbath a burden, and anything but a delight. Christ removed all these, and by His life and teachings put the Sabbath back in its proper place and setting, as a day of worship and beneficence, a day for doing acts of charity and mercy, as well as engaging in contemplation of God and in acts of devotion. Thus He magnified it and made it honorable. One of the most prominent features of Christ's whole ministry was this great work of *Sabbath reform*. Christ did not *abolish* the Sabbath, nor *change* the Sabbath; but He did rescue it from the rubbish of tradition, the false ideas, and the superstitions with which it had been buried, and by which it had been degraded and turned aside from the channel of blessing and practical service to man designed by its Maker.

The Pharisees had placed the institution *above* man, and *against* man. Christ reversed the order, and said, "The Sabbath was made *for* man, and not man *for* the Sabbath." **He showed that it was to minister to the happiness, the comfort, and the well-being of both man and beast.**



Note: Because of the false ideas which the Jews held concerning the Sabbath and its observance, and the conflict which Christ had with them in consequence, many of the professed followers of Christ a little later were led into the error of rejecting the Sabbath itself as Jewish, and, without any divine command or Scripture warrant, to substitute another day in its place.

18. Knowing that the unbelieving Jews would still cling to their false ideas respecting the Sabbath, and that flight from Jerusalem and Judea on that day would be attended with difficulty, for what, in view of the coming destruction and desolation of the city and people, did Christ tell His disciples to pray?

"But pray ye that your flight be not in the _____, *neither on the _____ day.*" **Matthew 24:20**

NOTE: Christ's experience with the Jews, the chosen and professed people of God at that time, respecting the Sabbath is but a type of what, according to prophecy, is to occur in the last days. Already it is beginning to find its parallel in the movement to enforce Sunday observance by law.

