



JESUS & THE SOUL

The Rebellion of Rest

11.02.2025

Hebrews 4:9-11a; Matthew 11:28-30;

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Hebrews 4:9-11a

“There remains, then, a Sabbath-rest for the people of God; for anyone who enters God’s rest also rests from their works, just as God did from his. Let us, therefore, make every effort to enter that rest...”

Matthew 11:28-30;

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

Hebrews 4:9

There remains, then, a Sabbath-rest for the people of God.

Mark 12:29-31

“Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ The second is this: ‘Love your neighbor as yourself.’”

“In the Old Testament the thematic treatment of the idea of rest consists of two main strands: the sabbath rest [from routine labor] and the promise of rest [from wandering/journeying or enemy threat].”

- J.C. Laansma, New Dictionary of Biblical Theology

Exodus 33:14

“My presence will go with you and I will give you rest.”

Matthew 11:28-29

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.”

Matthew 12:8

“For the Son of man is Lord of the Sabbath.”

Hebrews 4:9

There remains a Sabbath-rest for the people of God.

Remember the Sabbath, to keep it holy.

Sabbath Restores Us

Mark 2:27 NLT

Then Jesus said to them, “The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath.”

Exodus 20:8,11

Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God...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.

Deuteronomy 5:14-15

Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you...Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the Sabbath day.

Sabbath Reforms Us