

A Strange Text

- Scripture has an impact on your life. It reveals what is true (teaching), it shines a light onto our those areas where we are not living in the truth (reproof), it brings us back to where we should be (correction), and it continues to be at work in our lives in an ongoing process (training) (2 Timothy 3:16)
- Scripture encourages us and brings us to hope! (Romans 15:4)
- All Scripture directs us to Jesus. (Luke 24:44)

This text is surprising, it's not surprising in its content, but rather in its context (what surround the text)

- This very clear message from God ("said to Moses") is at the end of 7 chapters of plans and instructions for the tabernacle. After this text is the creation, worship and judgement for the worship of the golden calf.

Understand the Problem

- The Big Picture: In the Beginning God Creates ([Genesis 1](#))
- The Detailed Picture: God gives the gift of rest and of work. ([Genesis 2](#))
- Everything Breaks: The Fall ([Genesis 3](#))
 - The fall doesn't create work, it distorts it ([Genesis 3:17-19](#))
- Ever since [Genesis 3](#) we have been struggling with work and rest.
 - Sometimes we elevate rest and minimize work. Other times we elevate work and minimize rest.
 - The reality is that neither side of this struggle fully represents the truth.
 - When work and rest become separated from our Creator we find ourselves in a cycle of elevating work and rest with our emphasis on each trying to fix the other.

With this problem in mind, let's take a look at our text in [Exodus 31](#).

- Before our text we have craftsmen filled with the Spirit, doing God's work, for God's dwelling.
 - God commands rest.
- After our text we have people who seek to create a god that will allow them to follow their own desires.
 - [Exodus 32](#) is what it looks like when people lose the rhythm of resting in God's provision.

God's Instruction

- This is important

Exodus 31:12–13 *ESV* And the Lord said to Moses, "You are to speak to the people of Israel and say, 'Above all you shall keep my Sabbaths, for this is a sign between me and you throughout your generations, that you may know that I, the Lord, sanctify you.'

- Above All.
 - God has just got done giving incredibly detailed plans and instructions for the tabernacle and is construction.
- Rest is a declaration

Exodus 31:13 *ESV* "You are to speak to the people of Israel and say, 'Above all you shall keep my Sabbaths, for this is a sign between me and you throughout your generations, that you may know that I, the Lord, sanctify you.'

Exodus 31:17 ESV It is a sign forever between me and the people of Israel that in six days the Lord made the heavens and the earth, and on the seventh day he rested and was refreshed.’ ”

- When God gives a sign it is a declaration of a relationship with him and it is designed to preserve that relationship.
- When Israel keeps the Sabbath it’s a declaration that they belong to God and that they trust God.

- God emphasizes to his people the importance

Exodus 31:14–15 ESV You shall keep the Sabbath, because it is holy for you. Everyone who profanes it shall be put to death. Whoever does any work on it, that soul shall be cut off from among his people. Six days shall work be done, but the seventh day is a Sabbath of solemn rest, holy to the Lord. Whoever does any work on the Sabbath day shall be put to death.

- God gives an example

Exodus 31:16–17 ESV Therefore the people of Israel shall keep the Sabbath, observing the Sabbath throughout their generations, as a covenant forever. It is a sign forever between me and the people of Israel that in six days the Lord made the heavens and the earth, and on the seventh day he rested and was refreshed.’

- He rested (shabbat: to cease or stop)
 - God finished his work and stopped. This is not because God was tired or worn out, rest says “it’s done”.
- He was refreshed (naphash: to breath)

Exodus 23:12 ESV “Six days you shall do your work, but on the seventh day you shall rest; that your ox and your donkey may have rest, and the son of your servant woman, and the alien, may be refreshed.

2 Samuel 16:14 ESV And the king, and all the people who were with him, arrived weary at the Jordan. And there he refreshed himself.

Exodus 31:17 ESV It is a sign forever between me and the people of Israel that in six days the Lord made the heavens and the earth, and on the seventh day he rested and was refreshed.’ ”

- God demonstrates for us the external action (stop) and the internal result (refreshed) that comes from rest.

God’s Glory Refreshes

- God’s glory refreshes our strength (Isaiah 40:28-31)
- God’s glory refreshes our minds (Philippians 4:6-7)
- God’s glory refreshes our hearts (Jeremiah 2:13)

How do we rest?

- Rest must be intentional
- Rest will be different because we’re different.
- Distraction is different from rest.

Be Refreshed

Acts 3:19–20 ESV Repent therefore, and turn back, that your sins may be blotted out, that times of refreshing may come from the presence of the Lord... **Hebrews 4:9–10 ESV** So then, there remains a Sabbath rest for the people of God, for whoever has entered God’s rest has also rested from his works as God did from his.