

## The Sabbath Rest

### The establishing of the Sabbath day rest.....

#### Exodus 20:8-11

8 Remember the sabbath day, **to keep it holy.**

9 Six days shalt thou labour, and do all thy work:

10 But the **seventh day is the sabbath of the LORD thy God:** in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates:

11 For in six days the LORD made heaven and earth, the sea, and all that in them is, and **rested the seventh day:** wherefore the LORD blessed the sabbath day, and hallowed it.

### Who the Sabbath day rest was for and why.....

#### Exodus 31:13-17

13 Speak thou also unto the children of Israel, saying, Verily my sabbaths ye shall keep: **for it is a sign between me and you throughout your generations; that ye may know that I am the LORD that doth sanctify you.**

14 Ye shall keep the sabbath therefore; for it is holy unto you: every one that defileth it **shall surely be put to death:** for whosoever doeth any work therein, that soul shall be cut off from among his people.

15 Six days may work be done; but in **the seventh is the sabbath of rest,** holy to the LORD: whosoever doeth any work in the sabbath day, **he shall surely be put to death.**

16 Wherefore **the children of Israel shall keep the sabbath,** to observe the sabbath throughout their generations, for a perpetual covenant.

17 **It is a sign between me and the children of Israel for ever:** for in six days the LORD made heaven and earth, and on the seventh day **he rested, and was refreshed.**

### Therefore.....

#### Deuteronomy 5:12-15

12 **Keep the sabbath day to sanctify it,** as the LORD thy God hath commanded thee.

13 Six days thou shalt labour, and do all thy work:

14 But the seventh day is the sabbath of the LORD thy God: **in it thou shalt not do any work, thou,** nor thy son, nor thy daughter, nor thy manservant, nor thy maidservant, nor thine ox, nor thine ass, nor any of thy cattle, nor thy stranger that is within thy gates; that thy manservant and thy maidservant may rest as well as thou.

15 And **remember that thou wast a servant in the land of Egypt, and that the LORD thy God brought thee out thence through a mighty hand and by a stretched out arm: therefore the LORD thy God commanded thee to keep the sabbath day.**

As you can see the Sabbath Day was made for man. It was a covenant between the children of Israel and God. The purposes in the keeping of the Sabbath day of rest was to remind the children of Israel: 1) That in six days the LORD made heaven and earth, and on the seventh day **he rested, and was refreshed,** 2) For the children of Israel **to keep it holy or sanctified by observing** the Sabbath day of rest **by not doing any work,** 3) That the children of Israel would remember that it was the Lord God who did **sanctify them** and brought them out of the land of Egypt with a mighty hand and by a stretched out arm; therefore the LORD thy God commanded them to keep the Sabbath day of rest.

**The Lord speaks through the Prophet Ezekiel.....**

**Ezekiel 20:12; 19-20**

12 Moreover also I gave them my sabbaths, to be a sign between me and them, that they might know that I am the LORD that sanctify them.

19 **I am the LORD your God; walk in my statutes, and keep my judgments, and do them;**

20 And **hallow my sabbaths; and they shall be a sign between me and you, that ye may know that I am the LORD your God.**

**The penalty of not keeping the Sabbath Day of rest was DEATH!!!!!!**

**Numbers 15:32-36**

32 And while the children of Israel were in the wilderness, **they found a man that gathered sticks upon the sabbath day.**

33 And they that found him gathering sticks brought him unto Moses and Aaron, and unto all the congregation.

34 And they put him in ward, because it was not declared what should be done to

him.

**35 And the LORD said unto Moses, The man shall be surely put to death: all the congregation shall stone him with stones without the camp.**

**36 And all the congregation brought him without the camp, and stoned him with stones, and he died; as the LORD commanded Moses.**

It is of the utmost importance to recognize why the Sabbath day rest was established and what the penalty of breaking the Sabbath day was.... which was death!!!!

**So then came along Jesus, who was God with us!!!!!!**

### **Matthew 12:1-13**

**1 At that time Jesus went on the sabbath day through the corn; and his disciples were an hungred, and began to pluck the ears of corn, and to eat.**

God is the same today, yesterday, and forever!!!! So why was His disciples plucking the ears of corn on the Sabbath day as they walked along with Jesus, who was God with us???

**2 But when the Pharisees saw it, they said unto him, Behold, thy disciples do **that which is not lawful to do upon the sabbath day.****

Hear the Word of the Lord!!! Hear the Word of Jesus Christ!!!

**3 But he said unto them, Have ye not read what David did, when he was an hungred, and they that were with him;**

**4 How he entered into the house of God, and did eat the showbread, which was not lawful for him to eat, neither for them which were with him, **but only for the priests?****

The Lord is teaching us knowledge here. The Lord is bringing forth understanding.....

**5 Or have ye not read in the law, how that on the sabbath days the priests in the temple profane the sabbath, and are blameless?**

Now Hear the Answer!! Now Hear Jesus who is the Answer!!

6 But I say unto you, **That in this place is one greater than the temple.**

7 But if ye had known what this meaneth, I will have mercy, and not sacrifice, ye would not have condemned the guiltless.

Hear the Word of the Lord, who has just said that his disciples are guiltless!!!! Why? For a New Covenant is about to become instituted after the Lord Jesus Christ is put to death. For a New Covenant was about to come into effect after the Lord's death. (Hebrews 9:16-17) For where a testament is, there must also of necessity be the death of the testator. For a testament is of force after men are dead: otherwise it is of no strength at all while the testator liveth.

We are witnessing the transferring from the Old Testament Covenant of the Mosaic Law to the New Testament Covenant of Grace and Truth.

The New Testament Covenant will come into effect after the death of Jesus Christ. It can not come into effect until the death of the testator, which in this case is Jesus Christ! This is what the Lord is referring to when He answered the Pharisees, when He said, **I will have mercy, and not sacrifice.**

**Remember:** (Hebrews 10:4) For it is not possible that the blood of bulls and of goats should take away sins.

### **Hebrews 8:10, 12**

10 For this is the covenant that I will make with the house of Israel after those days, saith the Lord; I will put my laws into their mind, and write them in their hearts: and I will be to them a God, and they shall be to me a people:

12 For I will be merciful to their unrighteousness, and their sins and their iniquities will I remember no more.

The Lord continues His answer to the Pharisees with a strong statement!!!

**Remember:** Jesus Christ was God with us and the penalty of breaking the Sabbath day was DEATH!!!!

### **(Cont.) From Matthew 12**

8 **For the Son of man is Lord even of the sabbath day.**

There is another portion of the answer!!! The Son of man is Lord even of the

Sabbath day rest. And what the Pharisees were witnessing was the transition of the Old Testament Covenant of the Mosaic Law of works to the New Testament Covenant of Grace and Truth without the works of the Mosaic Law.

Remember why the Sabbath day was instituted???

### **Ezekiel 20:12; 19-20**

12 Moreover also I gave them **my sabbaths**, to be a sign between me and them, that they might know that I am the LORD that sanctify them.

19 **I am the LORD your God; walk in my statutes, and keep my judgments, and do them;**

20 And **hallow my sabbaths; and they shall be a sign between me and you, that ye may know that I am the LORD your God.**

### **(Cont.) From Matthew 12**

9 And when he was departed thence, he went into their synagogue:

10 And, behold, there was a man **which had his hand withered**. And they asked him, saying, **Is it lawful to heal on the sabbath days?** that they might accuse him.

11 And he said unto them, **What man shall there be among you, that shall have one sheep, and if it fall into a pit on the sabbath day, will he not lay hold on it, and lift it out?**

12 **How much then is a man better than a sheep? Wherefore it is lawful to do well on the sabbath days.**

13 Then saith he to the man, **Stretch forth thine hand.** And he stretched it forth; and it was restored whole, like as the other.

Now Hear again the Lord Jesus give the answer!!!!

### **Mark 2:27-28**

27 And he said unto them, **The sabbath was made for man, and not man for the sabbath:**

28 Therefore the Son of man is Lord also of the sabbath.

Do we really believe that Jesus who was without sin and was also God with us, would break the Sabbath day of which He commanded the children of Israel to keep, of which He was a part of?????

Of course not. So what is the understanding that is lacking? 1) The Sabbath day

rest was made for man, and not man for the Sabbath. 2) We are witnessing the transition of the Old Testament Covenant of the Mosaic Law of works to the New Testament Covenant of Grace and Truth without the works of the Mosaic Law. 3) The Sabbath day rest was only a type and a shadow of the spiritual rest that was to be found in Christ. For the law was our schoolmaster to bring us unto Christ, that we might be justified by faith.

**Remember:** (John 21:25) And there are also many other things which Jesus did, the which, if they should be written every one, I suppose that even the world itself could not contain the books that should be written. Amen.

Yet with all these things that Jesus done, we continuously see written in the Bible what Jesus was doing **on the Sabbath day!!!!** This is because Jesus Christ is the Lord of the Sabbath, and the Sabbath day was made for man, and because Jesus Christ is the fulfillment of the Sabbath rest.

For the receiving of the Spirit of Christ, the Holy Ghost, is the fulfillment of the shadow of which the Sabbath day rest represented!!

**Again, on the Sabbath day.....**

### **Luke 13:10-17**

10 And **he was teaching** in one of the synagogues **on the sabbath.**

11 And, behold, there was a woman which had a spirit of infirmity eighteen years, and was bowed together, and could in no wise lift up herself.

12 And when Jesus saw her, he called her to him, and said unto her, **Woman, thou art loosed from thine infirmity.**

13 And **he laid his hands on her:** and immediately she was made straight, and glorified God.

14 And the ruler of the synagogue answered with indignation, because that Jesus had healed on the sabbath day, and said unto the people, There are six days in which men ought to work: in them therefore come and be healed, and not on the sabbath day.

15 The Lord then answered him, and said, **Thou hypocrite, doth not each one of you on the sabbath loose his ox or his ass from the stall, and lead him away to watering?**

16 **And ought not this woman, being a daughter of Abraham, whom Satan hath bound, lo, these eighteen years, be loosed from this bond on the sabbath day?**

17 And when he had said these things, all his adversaries **were ashamed:** and all

the people rejoiced for all the glorious things that were done by him.

**Again, on the Sabbath day.....**

**John 5:2-12**

2 Now there is at Jerusalem by the sheep market a pool, which is called in the Hebrew tongue Bethesda, having five porches.

3 In these lay a great multitude of impotent folk, of blind, halt, withered, waiting for the moving of the water.

4 For an angel went down at a certain season into the pool, and troubled the water: **whosoever then first after the troubling of the water stepped in was made whole of whatsoever disease he had.**

5 And a certain man was there, which had an infirmity **thirty and eight years.**

6 When Jesus saw him lie, and knew that he had been now a long time in that case, he saith unto him, **Wilt thou be made whole?**

7 The impotent man answered him, **Sir, I have no man, when the water is troubled, to put me into the pool:** but while I am coming, another steppeth down before me.

Notice the command that Jesus gives to this man. Remember the man gathering sticks in the Old Testament on the Sabbath day was stoned to death for his action. Yet Jesus Christ, God with us, tells this man to.....

8 Jesus saith unto him, **Rise, take up thy bed, and walk.**

9 And immediately the man was made whole, and took up his bed, and walked: and on the same day was the sabbath.

**The Lord Jesus is trying to get us to see something!!!!!! That something is this.....**

Jesus Christ is the Lord of the Sabbath, and the Sabbath day was made for man, and because Jesus Christ is the fulfillment of the Sabbath rest.

10 The Jews therefore said unto him that was cured, **It is the sabbath day: it is not lawful for thee to carry thy bed.**

Did the Lord Jesus Christ, He who was without sin, the Lord of Glory, instruct this man to sin by taking up his bed on the Sabbath?????

11 He answered them, He that made me whole, the same said unto me, **Take up thy bed, and walk.**

12 Then asked they him, What man is that which said unto thee, Take up thy bed, and walk?

Again, of all the miracles that Jesus Christ did, so much so, that the Apostle John said, (John 21:25) And there are also many other things which Jesus did, the which, if they should be written every one, **I suppose that even the world itself could not contain the books that should be written**; then **it is of the utmost importance** that we recognize that the Lord made sure that we saw that He was healing people on the Sabbath, His disciples were plucking corn on the Sabbath, He told this man to take up his bed and walk on the Sabbath; and yet this is God with us, who declared the man be stoned to death who gathered sticks on the Sabbath day under the Mosaic Law.

**The Lord Jesus was giving us the instructions that:** Jesus Christ is the Lord of the Sabbath, and the Sabbath day was made for man, and because Jesus Christ is the fulfillment of the Sabbath rest, of which would be fully recognized after the death of the testator, which in this case was Jesus Christ; that we who have the Spirit of Christ are partaking of the Sabbath rest everyday!

**It is of the utmost importance that you recognize:**

**Hebrews 9:16-17**

16 **For where a testament is, there must also of necessity be the death of the testator.**

17 For a testament is of force **after men are dead**: otherwise it is of no strength at all while the testator liveth.

So the thief on the cross that Jesus said this day you will be with me in paradise, was not under the New Testament Covenant. For Jesus Christ had not yet died, therefore the New Testament Covenant was not in effect.

**The answer is this:**

**Matthew 9:6**

4 And Jesus knowing their thoughts said, **Wherefore think ye evil in your hearts?**

5 **For whether is easier, to say, Thy sins be forgiven thee; or to say, Arise, and walk?**

**6 But that ye may know that the Son of man hath power on earth to forgive sins, (then saith he to the sick of the palsy,) Arise, take up thy bed, and go unto thine house.**

Jesus Christ had the power to forgive man of his sins. So this thief on the cross, who was not under the New Testament Covenant since Jesus Christ had not yet died, was forgiven by Jesus who had the power on Earth to forgive man of their sins.

After Jesus' death, burial, resurrection, ascension, and the giving of the Holy Ghost; the New Testament Covenant was fulfilled. This took place when the day of Pentecost was fully come.

**Listen to what the Apostle Paul tells us concerning the Sabbath....**

**Colossians 2:16-17**

**16 Let no man therefore judge you in meat, or in drink, or in respect of an holyday, or of the new moon, or of the sabbath days:**

**17 Which are a shadow of things to come; but the body is of Christ.**

**Galatians 4:9-11**

**9 But now, after that ye have known God, or rather are known of God, **how turn ye again to the weak and beggarly elements**, whereunto ye desire again to be in bondage?**

**10 Ye observe days, and months, and times, and years.**

**11 I am afraid of you, lest I have bestowed upon you labour in vain.**

**The Apostle Paul has made it clear that we do not have to observe days, months, times, and years for we are not under the Mosaic Law. He even asked, how turn ye again to the weak and beggarly elements, whereunto ye desire again to be in bondage?**

Listen to the Apostle Paul again.....

**Romans 14:5-6**

**5 One man esteemeth one day above another: another esteemeth every day alike. Let every man be fully persuaded in his own mind.**

**6 He that regardeth the day, regardeth it unto the Lord; and he that regardeth not the day, to the Lord he doth not regard it. He that eateth, eateth to the Lord, for he**

giveth God thanks; and he that eateth not, to the Lord he eateth not, and giveth God thanks.

**Again the Apostle Paul has made it clear that One man esteemeth one day above another: another esteemeth every day alike. Let every man be fully persuaded in his own mind.**

**This is because we are not under the Mosaic Law but we are under the Perfect Law of Liberty which is in Christ Jesus our Lord. For the receiving of the Spirit of Christ and the baptism into Christ has fulfilled the Sabbath Rest which is in Christ.**

### **Galatians 3:23-25**

**23 But before faith came, we were kept under the law, shut up unto the faith which should afterwards be revealed.**

**24 Wherefore the law was our schoolmaster to bring us unto Christ, that we might be justified by faith.**

**25 But after that faith is come, we are no longer under a schoolmaster.**

**We are no longer under the Mosaic Law including the observing of days, months, times, and years; for all of this was fulfilled in Jesus Christ!!**

### **2 Corinthians 3:3**

**3 Forasmuch as ye are manifestly declared to be the epistle of Christ ministered by us, written not with ink, **but with the Spirit of the living God; not in tables of stone, but in fleshly tables of the heart.****

### **Romans 7:5-6**

**5 For when we were in the flesh, the motions of sins, **which were by the law,** did work in our members to bring forth **fruit unto death.****

**6 But now **we are delivered from the law,** that being dead wherein we were held; **that we should serve in newness of spirit, and not in the oldness of the letter.****

Again the Apostle Paul has made it very clear **that we should serve in newness of spirit, and not in the oldness of the letter.** For Christ fulfilled the Mosaic Law.

**Remember:** The Sabbath day of rest was established as a covenant between the children of Israel and God to remind the children of Israel: 1) That in six days the

LORD made heaven and earth, and on the seventh day **he rested, and was refreshed**, 2) For the children of Israel **to keep it holy or sanctified by observing** the Sabbath day of rest **by not doing any work**, 3) That the children of Israel **would remember** that **it was the Lord God** who did **sanctify them** and brought them out of the land of Egypt with a mighty hand and by a stretched out arm; **therefore the LORD thy God commanded them to keep the Sabbath day of rest.**

**Now Continue to Hear the fulfillment of the Sabbath day rest in Christ and see how the children of Israel failed to enter into the rest of which they were promised...**

### **Hebrews 3:14-19**

14 For we are made partakers of Christ, **if we hold the beginning of our confidence stedfast unto the end**;

15 While it is said, To day if ye will hear his voice, **harden not your hearts**, as in the provocation.

16 For some, when they had heard, did provoke: **howbeit not all that came out of Egypt by Moses.**

17 But with whom was he grieved forty years? was it not with them that had sinned, whose carcasses fell in the wilderness?

18 And to whom sware he **that they should not enter into his rest**, but to them that believed not?

**19 So we see that they could not enter in because of unbelief.**

### **Hebrews 4:1-6, 9-11**

1 Let us therefore fear, lest, a promise being left us of entering into his rest, any of you should seem to come short of it.

2 For unto us was the gospel preached, as well as unto them: **but the word preached did not profit them, not being mixed with faith in them that heard it.**

3 For we which have believed **do enter into rest**, as he said, As I have sworn in my wrath, if **they shall enter into my rest**: although the works were finished from the foundation of the world.

Here it was identified that we (the Church) that believe, do enter into rest.

4 For he spake in a certain place **of the seventh day on this wise, And God did rest the seventh day from all his works.**

5 And in this place again, **If they shall enter into my rest.**

6 Seeing therefore **it remaineth that some must enter therein,** and they to whom it was first preached entered not in because of unbelief:

Notice this is fulfilling the elements spoken of the rest of the Sabbath and their promise of rest in the land that was flowing with milk and honey. It was first preached to Israel who entered not in because of unbelief!

But we are told that there remains a rest to the people of God and this rest is compared to the rest of God resting the seventh day from all of his works, just as God had told Israel.

9 **There remaineth therefore a rest to the people of God.**

10 For he that is entered into his rest, **he also hath ceased from his own works, as God did from his.**

11 **Let us labour therefore to enter into that rest,** lest any man fall after the same example of unbelief.

Again we are told that this rest is a ceasing from our own works as God did from His, just as was first preached to the children of Israel who did not enter into that rest because of unbelief. But we are told to labour therefore to enter into that rest, lest any man fall after the same example of unbelief.

Here the Lord tells us that in Him lies this rest!!

### **Matthew 11:28-30**

28 Come unto me, all ye **that labour** and are heavy laden, and **I will give you rest.**

29 Take my yoke upon you, and **learn of me;** for I am meek and lowly in heart: and **ye shall find rest unto your souls.**

30 For my yoke is easy, and my burden is light.

The Prophet Isaiah tells us that this rest is the receiving of the Holy Ghost!!

### **Isaiah 28:9-13**

9 Whom shall he teach knowledge? and whom shall he make to understand doctrine? them that are weaned from the milk, and drawn from the breasts.

10 For precept must be upon precept, precept upon precept; line upon line, line upon line; here a little, and there a little:

11 For with **stammering lips and another tongue** will he speak to this people.  
12 To whom he said, **This is the rest** wherewith ye may cause the weary **to rest;**  
and **this is the refreshing;** yet they would not hear.  
13 But the word of the LORD was unto them precept upon precept, precept upon  
precept; line upon line, line upon line; here a little, and there a little; that they  
might go, and **fall backward, and be broken, and snared, and taken.**

### **Romans 11:25-29**

25 For I would not, brethren, that ye should be ignorant of this mystery, lest ye  
should be wise in your own conceits; that **blindness in part** is happened to Israel,  
**until the fulness of the Gentiles be come in.**  
26 And so **all Israel shall be saved:** as it is written, There shall come out of Sion  
the Deliverer, and shall turn away ungodliness from Jacob:  
27 For this is **my covenant** unto them, when I shall **take away their sins.**  
28 As concerning the gospel, they are enemies for your sakes: but as touching  
the election, **they are beloved** for the fathers' sakes.  
29 For the gifts and calling of God are without repentance.

Praise God for that!! This means that what you receive of God will not be taken  
away from you. For it is written, I will never leave thee, nor forsake thee.

We partake of the Rest of which was spoken of as well as the New Testament  
Covenant when we fulfill what the Apostle Peter spoke in the book of Acts:

### **Acts 2:38**

38 Then Peter said unto them, Repent, and be baptized **every one of you in the**  
**name of Jesus Christ** for the **remission** of sins, and ye **shall receive** the gift of the  
Holy Ghost.

### **Romans 8:3-4**

3 For what **the law** could not do, in that **it was weak through the flesh,** God  
sending his own Son in the likeness of sinful flesh, and for sin, condemned sin in  
the flesh:  
4 **That the righteousness of the law might be fulfilled in us,** who walk not after  
the flesh, **but after the Spirit.**

For we are sanctified by the Holy Ghost.

### **Romans 15:16**

16 That I should be the minister of Jesus Christ to the Gentiles, ministering the

gospel of God, that the offering up of the Gentiles might be acceptable, **being sanctified by the Holy Ghost.**

So we see that through the New Testament Covenant that God has sanctified us, we have ceased from our own works as God did from His, and we too have been set free from the bondage of Sin. Which is a type of the bondage of Egypt.

### **The Sabbath rest of the Lord fulfilled!!!**

Compare to the Sabbath observance God spoke to the children of Israel...

It was a covenant between the children of Israel and God. Just as this New Testament Covenant is between the children of Israel and God.

It is important to realize that we are the children of Abraham, Isaac, and Israel. For we have partook of that seed Christ, of which was the promise.

### **Galatians 3:13-14, 16**

13 Christ hath redeemed us from the curse of the law, being made a curse for us: for it is written, Cursed is every one that hangeth on a tree:

14 That the blessing of Abraham might come on the Gentiles **through Jesus Christ;** that we might **receive the promise of the Spirit** through faith.

16 Now to Abraham and **his seed** were the promises made. He saith not, And to seeds, as of many; but as of one. **And to thy seed, which is Christ.**

The purposes in the keeping of the Sabbath day of rest was to remind the children of Israel: 1) That in six days the LORD made heaven and earth, and on the seventh day **he rested, and was refreshed,**

Just as we were told in **Hebrews** chapter 4:

### **Hebrews 4:3-6, 8-9**

3 For we which have believed **do enter into rest,** as he said, As I have sworn in my wrath, if **they shall enter into my rest:** although the works were finished from the foundation of the world.

4 For he spake in a certain place **of the seventh day on this wise, And God did rest the seventh day from all his works.**

5 And in this place again, **If they shall enter into my rest.**

6 Seeing therefore **it remaineth that some must enter therein,** and they to whom

it was first preached entered not in because of unbelief:

8 For if Jesus had given them rest, then would he not afterward have spoken of another day.

9 There **remaineth therefore a rest** to the people of God.

This rest is found in the receiving of the Spirit of Christ!!

The **second purpose** in the keeping of the Sabbath day of rest was to remind the children of Israel:

2) To keep the **Sabbath day of Rest** holy or sanctified **by not doing any work.**

Just as we were told in **Hebrews** chapter 4:

### **Hebrews 4:9-12**

9 There remaineth therefore **a rest** to the people of God.

10 For he that is entered into his rest, he also **hath ceased from his own works**, as God did from his.

11 **Let us labour** therefore to enter into that rest, lest any man fall after the same example of unbelief.

12 **For the word of God** is quick, and powerful, and sharper than any twoedged sword, **piercing** even to the dividing asunder of soul and spirit, and of the joints and marrow, and **is a discerner** of the thoughts and intents of the heart.

It is important to realize that when we allow God to move upon us and speak in other tongues as the Spirit gives the utterance that we have ceased from our own works as God did from His. For the tongue can no man tame!!

### **James 3:5-8**

5 Even so **the tongue** is a little member, and boasteth great things. Behold, how great a matter a little fire kindleth!

6 And **the tongue** is a fire, a world of iniquity: so is **the tongue** among our members, that **it defileth** the whole body, and **setteth on fire** the course of nature; and **it is set on fire of hell.**

7 For every kind of beasts, and of birds, and of serpents, and of things in the sea, **is tamed, and hath been tamed of mankind:**

8 **But the tongue** can no man tame; it is an unruly evil, **full of deadly poison.**

Again, this Rest is found in the receiving of the Spirit of Christ where God then

tames the untamable tongue and we cease from our own works as God did from His.

The **third purpose** in the keeping of the Sabbath day of rest was to remind the children of Israel:

3) That the children of Israel **would remember that it was the Lord God** who did **sanctify them** and brought them out of the land of Egypt with a mighty hand and by a stretched out arm; **therefore the LORD thy God commanded them to keep the Sabbath day of rest.**

Just as we were told in Romans:

We are sanctified by the Holy Ghost.

#### **Romans 15:16**

16 That I should be the minister of Jesus Christ to the Gentiles, ministering the gospel of God, that the offering up of the Gentiles might be acceptable, **being sanctified by the Holy Ghost.**

#### **Romans 8:3-4**

3 For what the law could not do, in that **it was weak through the flesh**, God sending his own Son in the likeness of sinful flesh, and for sin, condemned sin in the flesh:

4 **That the righteousness of the law might be fulfilled in us**, who walk not after the flesh, **but after the Spirit.**

Just as the children of Israel were sanctified and brought out of the land of Egypt we too are sanctified by the Holy Ghost and set free from the bondage of sin which is a type of Egypt.

#### **Romans 8:2**

2 For the law of the Spirit of life in Christ Jesus **hath made me free from** the law of sin and death.

#### **Galatians 4:4-7**

4 But when the fulness of the time was come, God sent forth his Son, made of a woman, **made under the law**,

5 **To redeem** them that were under the law, that we might receive **the adoption of**

**sons.**

6 And because ye are sons, God hath sent forth **the Spirit of his Son** into your hearts, crying, Abba, Father.

7 Wherefore thou art **no more a servant**, but a son; and if a son, **then an heir of God through Christ.**

**Hebrews 2:14**

14 Forasmuch then as the children are partakers of flesh and blood, **he also himself** likewise took part of the same; that **through death he might destroy him** that had the power of death, that is, **the devil**;

Set free from Egypt... Set free from Sin...

**The Sabbath rest of the Lord fulfilled!!!**