Spiritual Disciplines

Lesson 11: Wednesday November 17th, 2021

Steven Obert

**TEACHING NOTES**

**Spiritual Discipline: Sabbath**

Welcome Disciples church! I’m excited to dig into our next spiritual discipline tonight for our midweek service. Tonight’s discipline is the discipline of Sabbath. I want to begin by laying down some foundational realities in regards to the Sabbath, I want to then see some clarity that Jesus provides in His earthly ministry about Sabbath, and finally I want to end with some very practical ways in which we fulfill the commandment for the Sabbath.

Open your bibles to Genesis chapter 2 and while you do let me remind you of our simple definition of a Spiritual Discipline.

***The spiritual disciplines are practices we find in Holy Scripture that honor God in our doing and promote spiritual growth in the gospel of Jesus Christ among believers. They are practices or habits that Christians prioritize because it aids us to cling more to Christ and grow in Christlikeness.***

Surely, because Sabbath is command of our Lord it is something that we should do and do well.

I pray that you are blessed and motivated to practice Sabbath faithfully as a result of our time together tonight.

**Genesis 2:1-3 1Thus the heavens and the earth were finished, and all the host of them. 2And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. 3So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.**

**Exodus 20:8-11 8“Remember the Sabbath day, to keep it holy. 9Six days you shall labor, and do all your work, 10but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. 11For in six days the LORD made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.**

If you’ve been with us for some time perhaps you’ll remember our lesson on the Sabbath when we taught through the 10 commandments (the universal moral law) in that series. I would encourage you to talk to your table group leader to get the audio of this lesson for your reference if you missed it or is something you feel you would benefit from hearing again.

There are some foundational points of clarity that I want to share with you knowing that many of you weren’t here for those lessons. These are points that give definition that will help us see the clarity and ongoing command of God to honor the Sabbath day and keep it holy.

The first definition I want to share is the definition of “Universal Moral Law.” The WoTC defines the universal moral law as:

**Universal Moral Law (Natural Law): Unchanging law and commands based on the right and character of God, to which man is held accountable for all of life. Universal Moral Law is written in the hearts of all people, leaving them without excuse in disobedience.**

The ten commandments of God are Universal moral laws. They do not change or vary because they are rooted in the Character of God and God does not change or vary:

**James 1:16-17 16Do not be deceived, my beloved brothers. 17Every good gift and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change.**

Since these commandments are rooted in God’s character and God’s character is unchanging then these commandments do not change.

Now I’m setting these things up for you so that you can see our need to continue honoring the Sabbath day as God has commanded. If there were any confusion on the command for the Sabbath I hope through our lesson tonight that will be cleared up. I want to start with the clear teaching that this command is still for us today and we need to honor it.

We see that this command is ongoing and applicable to us today but we also must see that this command is universal. Meaning this command applies to every image bearer of God. Those who suppress the truth about God will be held accountable for their failure to honor God in regards to the keeping of the Sabbath day.

Finally I want to briefly remind you about creation ordinances. This ordinance of Sabbath rest is a creation ordinance. In our exodus passage that the command for Sabbath is rooted in the creation order of God and therefore we can rightly see that Sabbath is a creation ordinance. What we can know from this is that God clearly was setting the stage for how mankind, His created image bearers, should work and rest. Since this is the case it holds certain truths that we must apply to rightly honor God.

**Creation Ordinance: A creation ordinance was a command that Adam, even in his pre-fallen state, would have known about and obeyed, and that it is a universal, eternal command that every human everywhere is bound to obey at all times.**

When we consider an ordinance or command given pre-fall, we call it a creation ordinance. With it comes the understanding that the ordinance is not brought about due to the fall and therefore it is not given to us for a specific time and purpose but rather, it reveals to us that this is a command that is meant to be obeyed at all times, it is meant to be obeyed by all people, and it is not changed by sin entering the world. This means that God requires all of His image bearers to honor the command of the Sabbath rest and He will hold all to account for failure to do so.

I want you to not miss the gravity of this point. Even those who sinfully reject God in every way and consider Him to have no value or authority are commanded by God who is authoritative over all His creation to honor his command that we worship and rest in God one day a week, every week without exception. This is serious and not to be taken lightly by anyone!

Now that we have the Sabbath command established let’s consider the purpose of the Sabbath. Our WoTC gives us a good foundation for this.

**Q48. Why does God give the fourth commandment: Remember the Sabbath day, to keep it holy?**

So we will worship and rest in God andremember the finished work of Jesus.

**Genesis 2:1-3 1Thus the heavens and the earth were finished, and all the host of them. 2And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. 3So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.**

It seems very helpful for us to consider the purpose of the Sabbath so that we can rightly know how to honor the Sabbath. In the creation account we see something that should stick out to us in a big way. Verse 2 declares that God rested from all His work that He had done. What we know about God is that He does not grow weary or tired therefore when we see Him rest we must understand the purpose of this. Now what we have to understand is that God rested from His work of creation but He does not stop being God in this moment. As God, even in this moment where scripture declares He rested from His work of creation, He simultaneously upholds the creation that He made. Every second of creation existing, it is being upheld by God the Creator. This is an important point for us to consider because it should show us that this rest was not a necessity for God and therefore there was a deeper purpose for this than what may, on the surface, seem like God was tired from creating.

When pastor Matt taught this lesson during our WoTC series he also pointed out that when we see this reality in Genesis 2 we ought to consider why God created in 6 days. He is God as Matt said He could have created everything in a moment or less than a moment. What God was doing in this specific 7 day event was establishing what we, that is all mankind, are to do.

Now turn your attention to verse 3.

**Genesis 2:3 So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.**

Scripture declares that God blessed or sanctified the seventh day and made it holy. This means that God set apart the seventh day and has a specific purpose that His image bearers honor this 7th day as holy and rest from the normal everyday work that God also commands to Adam in creation and to us thereafter.

Church you have to see that this rest was not for God but was an act of God setting up a holy day to be kept by His image bearers. God commands Adam to work and to steward all that God had created. Prior to the fall the work was not as difficult as it became after the curse for sin was handed down by God. However there was still pre-fall command to work and Adam would have understood that his work was to be done 6 days and that the 7th day he would rest from the normal work and intentionally honor God with a 24 hour period of time that’s focused on God.

The command from Exodus in the Universal Moral Law helps shed light on this act of God in Genesis for us and in it we see that this act in Genesis was given to us as a command for rest and a setting apart of 1 day in 7 to honor and focus on God. The purpose of God resting on the 7th day was that we would see and honor His example and rest from the work God has given us to steward His creation with a specific turning to and focusing on God. This day should be considered holy, set apart by us, with an intentional focus on God and aim of resting in Him. Jesus declares this in:

**Mark 2:27** **And he said to them, “The Sabbath was made for man, not man for the Sabbath.**

Church this is a key point that Jesus in a larger context makes for us to see about the Sabbath. God intended the Sabbath day to be a blessing to man. God made man and made the Sabbath day for the man. This is a good and blessed command for us to see. God in His grace and goodness commands this law to be obeyed as a blessing for us. God commanded that we rest in Him. I really hope that you will reconsider beauty of this command if you’ve had a bad view of it in the past. This is a happy day, a joyful and blessed day and we are commanded (for our good and for God’s glory) to obey it. Church God is so good! He has commanded us to dedicate a day each week to honor Him, to find our rest in Him, and to remember that all the work we do during the week to steward God various gifts that He has given cannot be done apart from Him. We truly need to regularly acknowledge Him and His provision for us and His sustaining of us to do this work. If you have viewed the Sabbath in any other way than the blessing that God has given us in it, then I ask you to genuinely reconsider that.

One day in seven God has given us to turn a particular focus upon Him, to find our true rest in Honoring Him, to put away the distractions of the world and the work that is necessary, as a sweet reminder to our souls that apart from God we cannot do anything. This day that we are to set apart is for our good! I really pray that you are seeing this day as beautiful joyous gift and that you are looking forward to this day to honor God and enjoy Him in this rest.

I want to bring an important clarity and I’ll follow up with this in our more practical application time. The Sabbath day is given for us, but it is not primarily about us. So I want you to see the sweet blessing the Sabbath day is for us, but I also want to be clear that it is a day we set aside for the honoring of God. It is for us and our good but it’s about God and His goodness.

Now that we have established that the Sabbath command is an ongoing command and that its purpose is for man to honor and enjoy God – to rest in Him, let’s see what Christ Jesus taught us about how to keep the Sabbath during His earthly ministry.

Most often we see Jesus teach us about the Sabbath due to a misinformed/sinful view of Sabbath keeping that the Pharisees had prescribed to God’s people. The Sabbath was one of the commands that the Pharisees tried to use regularly to accuse Jesus of sin.

**John 7:21-24 21Jesus answered them, “I did one work, and you all marvel at it. 22Moses gave you circumcision (not that it is from Moses, but from the fathers), and you circumcise a man on the Sabbath. 23If on the Sabbath a man receives circumcision, so that the law of Moses may not be broken, are you angry with me because on the Sabbath I made a man’s whole body well? 24Do not judge by appearances, but judge with right judgment.”**

Jesus, addressing the Pharisees and their desire to kill Him because He broke their Sabbath law, reveals to the Pharisees that they do not hold a proper view of the Sabbath and that according to their own view of Sabbath even Moses would have failed to pass their test. If you are good to circumcise on the Sabbath then healing a person is also an acceptable practice.

This small interaction shows us that acts of good works or acts of necessity are acceptable acts to be doing on the Sabbath. The Pharisees had done what they often did and had added to God’s law specific rules to follow. This was never the intent of God and Jesus makes that clear here in the passage we read.

One of the major issues the Pharisees had is that they had added to Gods law certain rules because they genuinely believed that by keeping rules they would be blessed by God. The problem in most of these is that they failed to see that God cares about the heart of a man in obedience and not the formal act of the duty itself.

**Matthew 12:1-14 1At that time Jesus went through the grainfields on the Sabbath. His disciples were hungry, and they began to pluck heads of grain and to eat. 2But when the Pharisees saw it, they said to him, “Look, your disciples are doing what is not lawful to do on the Sabbath.” 3He said to them, “Have you not read what David did when he was hungry, and those who were with him: 4how he entered the house of God and ate the bread of the Presence, which it was not lawful for him to eat nor for those who were with him, but only for the priests? 5Or have you not read in the Law how on the Sabbath the priests in the temple profane the Sabbath and are guiltless? 6I tell you, something greater than the temple is here. 7And if you had known what this means, ‘I desire mercy, and not sacrifice,’ you would not have condemned the guiltless. 8For the Son of Man is lord of the Sabbath.”**

**9He went on from there and entered their synagogue. 10And a man was there with a withered hand. And they asked him, “Is it lawful to heal on the Sabbath?”—so that they might accuse him. 11He said to them, “Which one of you who has a sheep, if it falls into a pit on the Sabbath, will not take hold of it and lift it out? 12Of how much more value is a man than a sheep! So it is lawful to do good on the Sabbath.” 13Then he said to the man, “Stretch out your hand.” And the man stretched it out, and it was restored, healthy like the other. 14But the Pharisees went out and conspired against him, how to destroy him.**

You see when it comes to Sabbath there are certain acts of necessity or acts of good deeds that do not fall outside of the commands of keeping the Sabbath. Jesus takes the Pharisees false understanding and added Sabbath rules, and reveals to them that they have missed the mark. He tells the Pharisees that doing good deeds on the Sabbath is not a sin. In this short passage we see that acts of necessity (rescuing livestock) and acts of good deeds (healing a man’s hand) are not failures to honor the Sabbath.

The point of keeping the Sabbath is to take 1 day out of 7 and to enjoy and honor the Lord by resting and focusing on Him. Remember that God graciously commands the Sabbath for man. He made it for us to rest in and enjoy Him. We honor God by seeing this command as good for us, as a purposeful gift to us, and as a specific set aside time to think of our God and all that He is and has done for us. We are commanded to honor the Lord and to rest from the everyday work, but this should not be seen as a begrudging duty to earn something from the Lord.

This command was a sweet gift of God to us to refocus our hearts and minds on God and to honor Him by resting from the normal daily work and devoting a special focus on Him in public worship and to worship him in the home. The Sabbath day is a specific day each week that we prepare for so that we do not do the daily work that we do the other 6 days to provide for our families so that we can focus on God and find our rest in God. We take this seriously and practice it faithfully as a way of loving and honoring the Lord who created us. Notice something else from our passage, Jesus says that, ***the Son of Man is Lord of the Sabbath***.

When Jesus declares this, He is declaring to be God.

It is a unique and clear way of declaring this truth. Consider this, on the 1st Sabbath day the 7th day of creation as it is often referred to, God rests from the work of creating. But as I said earlier, God does not need to rest right? He never grows tired or weary or faint (Isaiah 40:28). Also when God declares that He rested, was He not simultaneously upholding His creation by His power? What we know from scripture is that Jesus, the Son of Man, upholds the universe by the word of His power. So uniquely God the Son is causing the hearts of the Pharisees to beat while His human nature is honoring the Lord by Sabbath rest. When Jesus declares that the Son of Man is Lord over the Sabbath He is declaring that because God the Father works constantly in the sustaining of His creation, God the Son also likewise works constantly. Jesus’s divine nature does not rest and does not need rest. The Sabbath was given to man to honor the Lord with a specific day focused upon Him and not taken up by the normal work that our days typically involve. However Jesus’s divine nature cannot rest or the things of this world cease to be. When Jesus makes this declaration to the Pharisees He is declaring to be God. That’s just a side note but an oh so important one!

Christian as a spiritual discipline we must see that honoring God with a specific 24 hour period of time where we put aside the normal duties and work that we have been given to provide for and steward well the varied gifts of God (family, food, homes, jobs, etcetera), so that we can instead more intentionally focus on God and find rest in Him is a sweet gift of God to us. It is a weekly reminder of God’s providence and sovereignty in and over our lives. It is a way of trusting in God that the needs of life will be provided and that no matter how hard we work we are dependent upon God for all that we have and do. It is a time to remember that all of our doing and producing still doesn’t satisfy our souls or provide what our hearts need, but rather we find satisfaction in Christ and what He has done alone. It is a joyful time of celebrating God’s provision, God’s authority over all creation (including us), and honoring God as creator, sustainer, and ruler of everything. It is a time for our souls to rest in the completed work of Christ and the joy we find in Christ and not our circumstances.

Jesus said in **Matthew 11:28-30 Come to me, all who labor and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For my yoke is easy, and my burden is light.”**

Church, weekly Sabbath is a joyful time of celebrating God’s provision, God’s authority over all creation (including us), and honoring God as creator, sustainer, and ruler of everything.

The regular corporate gathering of the saints also provides a great way for us to enjoy the Sabbath when we come together and worship God with the body that He has blessed us to do life with. This is why typically God’s people honor the Sabbath on Sunday. We do this because Sunday is when our church body joins together to pray, sing praises, sit under sound teaching of Scripture, and enjoy the new covenant ordinances of Lord’s Supper and Baptism. This corporate worship is such a sweet gift to us church.

For clarities sake, we do not believe that you must honor a Sabbath day on Sunday specifically. Many faithful brothers and sisters believe wholeheartedly that Sunday is the new Sabbath day under the New Covenant of God, often referring to it as “the Lord’s Day”. We do not see this didactically taught in scripture, therefore we choose to be careful to only commend what scripture does make clear and that it is that we would faithfully set aside 1 day in 7 to honor and rest in the LORD. To practice the spiritual discipline of Sabbath. Church, Sundays are a great time to do this because of the gathering of the saints for corporate worship service and fellowship wherein we are focused on God and resting with the body of Christ. However we do not hold and do not believe scripture requires us to hold that the Sabbath is only to be honored on Sunday. Another clarity that is worth stating with this understanding of Sabbath is that “if” you have another day in which you honor the Sabbath (meaning not Sunday morning) then you must still honor Gods command to not neglect your participation in the gathering of the saints that we do on Sunday.

**Hebrews 10:24-25 24And let us consider how to stir up one another to love and good works, 25not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.**

In light of this I wanted to share this for your consideration. Stick with me here for a second as what I’m about to say needs the full unpacking for you to understand what I mean. I hope you felt the distance and the loss of joy, perhaps the sting of absence when we paused our corporate gathering temporarily during the initial onset of Covid. What I mean is the short term loss of the gathering of the saints weekly should have caused some hurt/suffering in your soul as it did most certainly in mine. It is a blessing that we were uniquely able to worship with today’s advances in media and internet but it simply wasn’t the same. The very first online service we did I practically cried the entire time. I remember my girls looking up at me and asking if I was okay and what was wrong.

This providential time that God ordained for our church helped me to see how desperate I am for the gathering of the saints as God commands and how good and sweet this command from God is for my soul. For clarities sake, I was so thankful for the careful leadership of our Elders to exercise caution with something we did not have a clear picture about. I was thankful that I got to sing praises to God and hear the word taught and join Pastor Josh in prayer. But the deep pain of not being in the presence of my blood bought family to hear each other’s voices and hug one another with brotherly affection was very hard for me and I am so thankful that it was. This time in our church reminded me how sweet the gift of the gathering of the Saints is to my soul.

So, whether you practice Sabbath on Sunday with the added benefit of the gathering of our blood bought family or you practice Sabbath on another day each week, we must see the goodness and beauty of God’s good commands for both of these practices.

So now that we see the foundation of our Sabbath and the clarity that we need to honor the Sabbath and our corporate gathering on Sunday what practical ways do we honor God on our Sabbath?

There have been many well intentioned teachings about Sabbath and how we honor it but there has also been a lot of confusion in regards to what can and can’t be done to rightly honor the Sabbath day. So I want to end our time with a very practical walking out of these things so that you may have a good and right understanding.

We need to see that the Sabbath day is a 24 hour period or a 1 day in 7 that we set aside to put down the work we typically do the other six days. We put this work down as God demonstrated to us in Genesis so that we can turn an intentional focus on and enjoyment of our good God. In this we find our rest in who God is and what God does. I would go so far to encourage you to consider this; if you are not rested, if you are constantly tired, perhaps there is a wrong application of honoring Sabbath rest in your life.

When we focus on the truths of God being sovereign over all things, when we consider the providence of God and how He is in control and has His perfect purposes and will for why things are the way they are, it really helps us to find our rest in God.

If you are not setting aside a specific day to do this, to put down the normal work of your week to rest in and turn a proper focus to God, then this should be step one of the process for you. You should repent of failing to honor God’s command for Sabbath and take up a new practice. Church, we are to honor the Lord’s command and never make an excuse for why we do not faithfully practice the spiritual discipline of the Sabbath every week that God entrust to us. Holding this conviction high to your employer, your family, and or your friends, is a primary way that you show a watching world what comes first in your life and that you will not compromise God’s commands to satisfy other horizontal priorities or longings.

So the Sabbath must be one day in seven, but which day you do that on is a liberty for you to choose and to prepare for each week.

It must have an intentional purpose of focusing on God. On this day there can be extra time in scripture, in worship, in prayer. Using these gifts as a way of communing with God purposefully and in a more thorough way than you do on normal days. If you have a family there can be an intentional time in family worship or perhaps a more extended family worship time. These are all good ways to honor God on your Sabbath day.

So one day in seven with an intentional focus on God through prayer, study, worship, etcetera.

What should that day look like in regards to resting from work? As God’s word declares we should put aside the normal weekly work as much as possible. For example if your work is labor intensive then the things that you do should be as little as possible of the same labor you do during the week. For example, if you work for a company doing a specific trade or something along those lines, then doing your side job that’s the same work would not be something you would do on your Sabbath. This does not mean you can’t do any labor or any acts of mercy that may involve labor on your Sabbath. For example; if you are an electrician and you do side work on your days off you should not be scheduling this side work on your Sabbath day. However if another brother or sister in Christ or perhaps a family member is having some sort of emergency and it happens to take place on your Sabbath, you are free to help them address that as an act of mercy. I would exercise caution in that if it is something that would take up your entire day and take your focus off of God and honoring Him then it would be worth considering asking them if it can wait or perhaps recommending to them a better option (someone or some company you know that could help).

Another brief example; perhaps you work for a moving company and you move people for a living. If a brother or sister was in need of help and your Sabbath day was the day they had to move, you could help them as an act of mercy on your Sabbath day. That would be permissible again with the consideration of limiting some of that time so you’re still able to honor the Lord with intentional focus on Him.

Perhaps you’re the caretaker of the home, your daily work is training you kids, caring for your home, preparing and feeding your family. As much as is fitting you should put down the normal work involved in these things to rest on your Sabbath. If you need to prepare food on the Sabbath as we saw in Jesus’s example that’s an act of necessity and is permissible. I would encourage you to consider an easier meal to prepare and if you’re able why not set it up the day before so that you can limit the amount of those things being done on your Sabbath day. Another example in this vein is this; if you, your children, or husband spills something, you don’t have to let the spill sit there until your Sabbath is over, your free to clean it up you wouldn’t be breaking your Sabbath in this case, it would be considered an act of necessity.

Maybe the weekly work for you is mentally heavy, you’re an IT guy and working your brain all week. Well on your Sabbath along with the intentional focus on God you should put down that work and rest. Again if an act of mercy was to help someone with something IT related and it was brief enough then that’s permissible. I would again consider if it was going to take all day, offering a better solution would be the proper course of action so that it would not keep you from the other God honoring focuses on that Sabbath day.

When it comes to recreation and other things like hobbies etcetera that you enjoy know that you are free to enjoy those on your Sabbath as well, provided that you don’t spend your entire day focused and doing only those things. I would even encourage you to use those things in such a way that you’re continually focused on and thinking of God in them. For example if you were taking your kids to the local park, be thoughtful and point out all the unique things God has given you and them as blessings. Fill your conversation with those things and show your children (and remind yourself) in a more purposeful and intentional way the goodness and beauty of God. Perhaps you love hiking and want to take the family, what a cool way to enjoy that hobby and to purposefully have a focus on God. While hiking stop and read scripture together, consider God’s creativity in your surroundings, speak about those things with your family, stop and pray and thank God for those things. Be purposeful to enjoy those hobbies but be focused on God in them. I would again encourage you to not make those hobbies and activities fill your day. But you are free to enjoy them and it can provide unique ways to continue focusing on God in them.

Before we wrap up the lesson I want to add another beautiful reality about Sabbath. In Hebrews we see that the Sabbath rest has an eternal element. When we are in the New Heavens and the new earth, we will enter into an eternal Sabbath rest. We are called in the book of Hebrews to strive to enter that rest!

**Hebrews 4:9-11 9So then, there remains a Sabbath rest for the people of God, 10for whoever has entered God’s rest has also rested from his works as God did from his. 11Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience.**

Consider this church, your weekly Sabbath rest is a sweet gift to you from your good God. It is meant to be used to honor God with an intentional focus, reminding your soul of all the glorious realities of Him who called you unto salvation. So not only is there this very clear blessing for us when we're honor God's command here, but there is also a future reality that this is pointing too. Are you tired, are you struggling to find rest, are the weights of the fallen world draining you? Then 1 day in 7 it ought to hit you like a Mac Truck that there is a day coming off eternal rest! Christian left up your head, consider the temporary rest found in focusing on God and remind yourself that He is in control, and consider the eternal realities that this is temporary and all your exhaustion will be met one day with eternal Sabbath rest! Praise God church for this beautiful reality, it ought to sir or hearts to the praise of our good God!

Let me say this as well first in a negative sense then in a positive sense. If the practice in time of honoring the Sabbath is something you do not look forward too and have not found joy in do you think you'll look forward to eternal Sabbath? On the flip side of that coin in the positive sense, we get to practice eternal realities in this temporary life for our good and joy and for the Glory of our God whom we treasure! Church how amazing is this!?!

Remember these truths and strive to enter into this rest. Consider this, in a fallen world perhaps the striving you must do is not due to your sin personally but due to living in the fallen world. I bring that clarity because often times when we are going through difficult even suffering times and it is not directly related to our personal sin and we tend to get frustrated and bitter, however we should not be surprised by this happening for we are told that to enter this eternal rest we must strive. We don’t get to this rest apart from running the race with endurance! We don't run the race with endurance apart from the gracious gift of saving faith by our sovereign God. And if we fail to practice this Sabbath rest we will fail to remind our souls of these truths, and miss out on the blessed gift of God to command us to rest in Him!