

Sabbath Rest

**BUILDING
BLOCKS**

SEARCHING FOR THE **K I N G**

Let's find **Deuteronomy 12** in our Bibles. One of the ways God described what Israel would enjoy in the Promised Land is "REST."

"You shall not do according to all that we are doing here today, everyone doing whatever is right in his own eyes, for you have not as yet come to the _____ and to the inheritance that the LORD your God is giving you. But when you go over the Jordan and live in the land that the LORD your God is giving you to inherit, and when he gives you _____ from all your enemies around, so that you live in safety, then to the place that the LORD your God will choose, to make his name dwell there, there you shall bring all that I command you..." (12:8-11)

One of the commandments the children of Israel were to remember and bring with them into the Promised Land was "Remember the _____ day, to keep it holy" (Exodus 20:8-11). God reminded them that **HE** "rested" on the seventh day after six days of creation. **But what does this have to do with our search for our King?**

In **Hebrews 4**, we read something **REALLY** important:

Therefore, while the promise of entering his rest still stands... (4:1)

For if Joshua had given them rest, God would not have spoken of another day later on. (4:8)

So then, there remains a Sabbath rest for the people of God... (4:9)

Let _____ therefore strive to enter that rest... (4:11)

The Promised Land that God provided through Joshua was a wonderful blessing, but an even **GREATER** blessing is available to everyone through Jesus the King! Listen to what he said...

"Come to me, all who labor and are heavy laden, and I will give you _____. 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." (Matthew 11:28-29)



FOUNDATION STONES

BIBLE LIST Building Blocks:



🔊 “Remember the Sabbath day, to keep it holy” was one of the **Ten Commandments**. Those would be very good for us to memorize and remember. Can you find **Exodus 20** in your Bible? Let’s list those Ten Commandments:

1. You shall have no other _____ before me. (20:3)
2. You shall not make for yourself a carved _____. (20:4-6)
3. You shall not take the name of the LORD your God in _____. (20:7)
4. Remember the _____ day, to keep it holy. (20:8-11)
5. _____ your father and your mother. (20:12)
6. You shall not _____. (20:13)
7. You shall not commit _____. (20:14)
8. You shall not _____. (20:15)
9. You shall not bear _____ witness against your neighbor. (20:16)
10. You shall not _____. (20:17)



🔊 What do you think Jesus means in **Matthew 11:28-30** when he says, “Come to me... and I will give you **rest**. Take my yoke upon you, and learn from me”?