

## Teaching: “Entering the Rest.”

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In the old testament, God planned a rest for His people.

For if Joshua had given them rest, he would not have spoken afterward of another day. There remains therefore a sabbath rest for the people of God, [Hebrews 4:8-9](#)

The Sabbath day, a type and shadow of the rest to come.

Let no man therefore judge you in meat, or in drink, or in respect of a feast day or a new moon or a sabbath day: which are a shadow of the things to come; but the body is Christ's, [Colossians 2:16-17](#)

The Sabbath day and the Lord's day.

Saturday – Sabbath, the seventh day God rested, [Genesis 2:2](#).

Sunday - the Lord's day, first day of the week, [Matthew 28:1](#).

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Jesus is our Sabbath rest.

He said unto them, The sabbath was made for man, and not man for the sabbath: so that the Son of man is Lord even of the sabbath, [Mark 2:27-28](#) also [Luke 6:5](#), [Matthew 12:8](#).

Jesus is now our rest, we need to rest in Him 24/7 and not just one day a week.

We must labor to enter into His rest.

Therefore let us labor to enter into that rest, lest anyone fall after the same example of unbelief, [Hebrews 4 11](#).

You shall find *Him*, if you seek with all your heart and soul, [Deut 4:29](#).

He is a rewarder of those who diligently seek Him, [Hebrews 11:6](#).

And he did the evil because he did not prepare his heart to seek Jehovah, [2<sup>nd</sup> Chronicles 12:14](#).

Note: We spend our time on what is important to us.

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## Jesus is our rest, spend time with Him!