

## Sabbath-Rest

### Description

[RG110710](#)

There was a time, not too long ago, when the word “Sabbath” had a much different meaning. It was a welcomed day, with Sunday School; a stirring worship service; Sunday dinner around the family table. In the afternoon for the adults, it was a nap; for the kids, a leisurely day of play outside.

As children, we knew it was different. Unlike the other six, it was a day set aside for the Lord. This welcomed day was usually stress-free, no heavy schedules or appointments, no little league or shopping.

The writer of Hebrews compares the Sabbath to a life entirely sanctified to God. Jesus reminds us that when our hearts, souls, minds, and strength are totally surrendered to Him, we experience a peace that surpasses understanding. Good news! In the midst of our hectic, demanding, pressure-filled lives, through Christ’s death, resurrection, and indwelling presence, “There remains, then, a Sabbath-rest.”

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