

The Sabbath Rest

Hebrews 4:11

This word "Rest" in our opening text is very important for you and me to fully comprehend.

- Because its directly connected to how we fight demons
- How we solve conflict in relationships
- It's connected to how we hear God's voice and feel his Presence.

This word "Rest" refers to 3 kinds of Biblical Sabbaths you and I must operate in to live an overcoming life.

Read Leviticus 25:1-4, 18-22

1) The Earth Sabbath (Sabbath for the Earthly Body)

- This was a form of rest for Gods people.
- When Israel violated this rest Sabbath or this earth and land Sabbath, God dealt with them severely. Read Leviticus 26:28-35.
- Between the Exodus and The Babylonian captivity, the land Sabbath was disregarded 70 times by the house of Judah. This caused God to sentence them to 70 years of Babylonian captivity.
- Read 2 Chronicles 36:16-21
 - Israel despised God's reaching for intimacy and despised His Sabbath laws.
- So, the Sabbath rest for you and I is a specific attitude and lifestyle commitment we make to Jesus Christ himself.
- This land Sabbath rest is defined as God's intimate love and voice walking with you every day through prayer and dependency relationship.
- And God commands we labor to enter into a rest of covenant love attitude with the priorities of our week.
- You prove and show God you are walking with His earth Sabbath rest by the priorities and decision you make for your week.

Land Sabbath (Rest for the body)

1. Give your body a break with regular fasting and the abstaining of food. (Doctors prove this is medically healthy for your body and digestive system).
2. Obey the Rest of God by going to bed on time. (Ps. 24:1, 1 Corinthians 6:19-20)
3. Make time for work-out or exercise time for your body. It will change the way you feel about yourself and God.
4. Make time to reorganize and reassess your living environment. It is proven that clutter leads to depression and procrastination.
5. Reach out to specific relatives and close friends each month so you are not neglecting the people that care about you the most.

6. Make time with you and your family to find a wholesome, therapeutic event, or activity that doesn't violate holiness living to participate in on a regular basis.
7. Obey and make time for family time on Thursday nights.
8. Get a health checkup and physical examination once a year.
9. Confide in someone in the five-fold ministry or approved ministry outside of the church, where you can do once a quarter mental cleansing with any toxic issues going on in your life.

2) Second Sabbath is found in Matthew. 12:2, 6-8

- So, when you and I are filled with the Holy Spirit, we are filled with Jesus, The Lord of the Sabbath.
- His Spirit gives us rest through-out our week when we obey it
- So, the Sabbath day after Christ died was no longer a specific 24-hour time period from Friday night to Saturday sundown, according to Old Testament Torah.
- But Jesus, who is greater than the Sabbath, abides in us to be the Rest, Hebrew 4 is talking about. (Ezekiel 36:23-30)
- God, from the beginning, sought to have an indwelling Sabbath rest relationship with humankind. Israel perverted it with putting their laws ahead of Faith in God's love for them
- God knew without this indwelling rest, his people could not enjoy living for Him. Their talents and gifting's are not enough to fight evil. We need Sabbath rest.

WEEKLY SABBATH REST (Rest for your spirit)

Isaiah 28:11-12, this is the Sabbath weekly rest #2. We must labor in prayer and worship to enter this rest.

Read Hebrews 10:25

- This 2nd rest is found in our spirit. The First Rest is found in our bodies the earth or the land. This rest is the weekly Sabbath rest we find in our human spirit.
1. Intentionally plan your priorities where absolutely nothing hinders your attendance to the house of God on Sundays.
 2. I will bring my tithes to the storehouse ON TIME every week.
 3. I will commit my gifts and talents to the Sabbath day rest.
 4. I will refrain from fleshly entertainment on the Sabbath day.
 5. I will arrive ON TIME for Sabbath day worship (Pre-service prayer). Cain came to Sabbath day worship on his own terms.
 6. I will practice the fear of God when coming to Sabbath day services in how I handle the Kingdom business. I will not take the Kingdom business lightly. I will help keep the sanctuary clean.
 7. I will dress in my Sabbath best for the House of God.
 8. I will come with the first priority to minister to God, go to the altar after preaching and reach out to edify others before myself.

Hebrews 4:4-10

God wanted Israel, you and I, to learn to reach after his presence throughout our day.

Hebrews 4:11-16

This is talking about the Holy Ghost causing Rest in your daily grind and daily responsibilities.

- And this rest activates things in our daily walk

#1) Gods word in Rhema power in us to overachieve (Hebrews 4:12)

#2) Gods gifts of The Spirit (1 Corinthians 12:1-5)

#3) Spiritual gifting's (1 Corinthians 12:8-9)

- These 3 things cause us to rest (Hebrews 4: 10) from our own natural talent labors.
- He refreshes your emotions and impacts your intellect to perform above your natural talents Acts 3:19-21.

Gifts of the Spirit- The Definitions

There is some controversy as to the precise nature of each of the gifts of the Spirit, but here is a list of spiritual gifts and their basic definitions.

- **The gift of wisdom** seems to be the ability to make decisions and give guidance that is according to Gods will.
- **The gift of knowledge** is the ability to have an in-depth understanding of spiritual issue or situation.
- **The gift of faith** is being able to trust God and encourage others to trust God, no matter the circumstances.
- **The gift of healing** is the miraculous ability to use Gods healing power to restore a person who is sick, injured, or suffering.
- **The gift of miracles** is being able to perform signs and wonders that give authenticity to Gods word and the Gospel message.
- **The gift of prophecy** is being able to proclaim a message from God.
- **The gift of discerning spirits** is the ability to determine whether a message, person, or event is truly from God.
- **The gift of tongues** is the ability to speak in a foreign language that you have no knowledge of in order to communicate with someone who speaks that language.
- **The gift of interpreting tongues** is the ability to translate the tongues speaking and communicate it back to others in your own language.
- **The gift of administration** is being able to keep things organized and in accordance with Gods principles.
- **The gift of helps** is always having the desire and ability to help others, to do whatever it takes to get a task accomplished.

1. So, the first Sabbath rest is in our bodies.
2. The second is in our Spirit.
3. The third and last one is found walking in dependence on God daily. Read Hebrews 4:1-3 He's talking about people living for God out of their human talent and not by their spiritual gifting's.

Daily Sabbath Rest (Rest while walking with God)

1. To intentionally break away from your daily grind of responsibilities to connect with the Holy Ghost and His meditative Word for several minutes.
2. Private short devotions between you and Jesus where you experience peace, serenity, and emotional strength from the confrontations of your day.
3. Take breaks from your body and health physically and emotionally in your day instead of working straight through the day: or never slowing the mind down from its constant decision-making.
4. Creating quiet moments to listen for Gods instructional wisdom to complex problems and situations. Acknowledge the Lord, in all thy ways and He will give you the desires of your heart.
5. Stopping in your day to release the creative Word against the enemy when you are feeling overwhelmed. If possible our loud in your work environment.
6. Stopping long enough to tell God you simply want to minister to him in worship and prayer and desire for him to walk with you today in your heavy responsibilities
7. Putting on the word or worship music for several minutes to break up the monotony of your routine
8. Take your lunch break time to pray in the sanctuary or in your car or a private place available.

It's very serious if we don't practice these 3 rest according to Leviticus 26:28-35.

Deuteronomy 34:7

God has put in His kingdom a specific methodology for building his church so his people do not wear out from the constant warfare.

- 1) Gifts of the Spirit
- 2) Spiritual giftings
- 3) His Spirit releasing His word
 - Too often, we give 100% of ourselves from out of **our talent giftings.**
 - When we try to do administrative work, mentoring, and teaching in our natural giftings it ages us faster and becomes very taxing. You cannot do ministry like a regular normal job.
 - The Devil brings depression and the fear of failure.
 - The gift ministries in 1 Corinthians 12 is Gods divine wisdom, strength, and endowment.
 - We must ask God through prayer for him to activate the gifts of administration at VCA and POW.
 - The help gifts releases giftings through us to show us what is needed in diverse areas.
 - So if we do not train the people and model this to the staff will make it harder for its leadership.

So How Do We Let God Build His Church?

- Pastor and staff should go into classrooms and pray for staff and children when lead by the spirit. (Stop and have reset moments)
- You are training students to be sensitive to the Holy Ghost and the gifts of the spirit.
- You will raise up students for spiritual giftings by modeling this.

- We are not exercising our full authority as a Christian school when we do not take full advantage of the liberty to pray.
- You are training students towards life when you stop for prayer and model it to them.
- Students will learn the Presence of God, the operation of the gifts, and staff will see the forces blocking their students learning abilities.
- God wants to raise up students to be used by God this way.
- The Spirit wants to operate more in the classroom and with the administrator.
- For the Presence of God will subdue forces against us.
- It cannot be business as usual because of the kinds of assaults against the Kingdom Community Culture.
- The Spirit of Prayer activates and increases the force of the Word for us. The Spirit uses the Word to transform us.
- This is how God builds His church.

#1 Land Sabbath

#2 Weekly Sabbath

#3 Walking in Dependence daily Sabbath

- These 3 by entering his presence opens up the door for our spiritual gifting, the gifts of the spirit, and the power of the Word.

“The Sabbath Rest”

1. Habakkuk had a Sabbath Rest in Habakkuk 3:4- God showed him the hiding of His power.
2. Abraham Sabbath Rest saw Jesus in grave baptism and Melchezidek.
3. Moses wrote of Jesus and had a Sabbath rest when he built the Tabernacle.
4. Daniel had a Sabbath Rest when he wrote the 70 weeks of prophecy.
5. David’s Sabbath Rest in Psalm 22 saw Calvary from inside of Jesus’ head.
6. John the Revelator had his own Sabbath Rest when he wrote the book of Revelation.

The Rest

1. The majesty and Splendor of Elohim.
2. The other side of the grave.
3. Revelation of Calvary.

Closing Prayers

1. Break off mental Strongholds
2. Break off Generational patterns
3. Break off Wrong thinking
4. Break off Emotional oppression
5. Break off Failure to thrive
6. Break off Hopelessness
7. Break off Besetting sins
8. Break off Stubbornness

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