



## Day seven (Genesis 2:1-3 Exodus 20:8-11)

### The Day of Rest

#### Nature of the day

- God rested because all was finished
- God did not rest because He was weary
- Was day to enjoy what had been made
- Was blessed and set apart for special use
- Was to be a pattern for us

#### Why is a week seven days long?

- A month is 28, 29, 30 or 31 days – does not correspond to 7 days
- The lunar month or solar year do not correspond to 7 days
- 7 day week found in Persian and Babylonian Empires, ancient India, China, Judaism and the Christian west.
- France adopted a 10 day week from 1793 to 1802 but reverted to 7 days
- Russia changed to a 5 day week in 1929 and 1931 but reverted to 7 days

#### The Purpose of the Seventh Day

- We need rest
- We need a day to worship and reflect on our Creator
- We need to see ourselves connected to the Creator
- Sabbath (same word for rest in Genesis 2:2) commanded by the law
- While the only one of the Ten Commandments not repeated in NT, Christians have maintained a day of worship
- We commemorate the "Lord's Day" to commemorate the resurrection of the first day of week

## Lessons:

- See every day and every week as a gift from God
- Be in sync with His pattern for life and activity
- Reserve time for rest
- Reserve time for worship and fellowship with God
- See one day of the week as a God-given benefit for man (Mark 2:23-28)

