

with Dr. Greg Evans

**8. What Nature Says About Resting In Peace**

- Q: Is our amount of disposable time, or use of it, getting any better?
  - A: No
  - Q: What end-time prophecy related to time did Daniel declare? Dan 12:4
  - A: In the end-time, people will be busily running to and fro.
  - We're living in the fast track, and modern society is driving us faster and faster.
  - We have forgotten how to:
    - Rest
    - Have peace in our lives instead of stress
  - Q: Has God designed something for us in order to have more peace and less distress in our lives? 2 Peter 1:2,3
  - A: Yes, because He has provided "all things pertaining to life and godliness."
  - Q: What is the answer to our time pressures? Ex 20:8-11
  - This is God's answer to distress – resting 1 day in 7.
  
  - Q: What did God create after the 6<sup>th</sup> day? Gen 2:1-3
  - A: The 7<sup>th</sup> day, the Sabbath day.
  - The seventh day is very special and different, because God did 3 things on this day that He never did on any other day of the week. He:
    - 1.) Rested on it – He did no more work on that day.
    - 2.) Blessed it – He gave it His stamp of approval; &
    - 3.) Sanctified it – He set it apart from all other days of the week.
  - Q: So what difference does the Sabbath make in your life?
  - A: The time away from work and spent with God, family, and nature, provide many physical, mental, social, and spiritual benefits.
  - Q: How are we considered when we keep the Sabbath? Ex 19:5
  - A: By keeping the Sabbath holy, we become God's "special treasure ... above all people."
  - When we celebrate the Sabbath, we celebrate the birthday of our new life with Jesus.
  - Q: How is the Sabbath a sign of our redemption? Deut.5:12-15
  - A: For us, Jesus says, "You were slaves to sin in this world, and I brought you out via the Cross. I have liberated you from the bondage of sin. You are a new person. Remember that!"
  - Deuteronomy 5 tells us that the Sabbath is a time when we should remember what Jesus has done for us. Redeemed us! Freed us! Forget to keep it holy, and you will forget the depth of what Jesus has done for you.
  - Q: The Sabbath was made for whom? Mark 2:27 A: Man
  - It was made for us for:
    - The physical, mental, spiritual, and emotional rest that we have with Jesus;
    - Greater peace and less distress.
  - Q: What invitation does Jesus call to all of us? Matt 11:28
  - A: Come unto Me the Prince of Peace, Sabbath with Me, I will give you rest
- Next Time: What Nature Says About Changing Times**