



MINISTÈRE DU PASTEUR CLÉMENT SALOMON · BIBLE STUDY #3

God's Gift of Rest

The Sabbath – the one gift most of the world forgot to open

Imagine a world so busy it forgot how to rest. People tired, anxious, always reaching for more — and never enough. Now imagine the Maker of that world leaving a gift on the table, wrapped and waiting, with your name on it. Most people walk right past it. What if opening it could change your whole week?

That gift is older than any church. It's older than any nation. It goes all the way back to the seventh day of the world.

A gift built into the very first week

When God finished making the world, He did something surprising. He didn't make one more thing. He made a **day**.

"And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work."

Genesis 2:3 (KJV)

Before there was sin, before there was a temple, before there was a single rule written on stone — there was rest. God set apart the seventh day and made it holy. It was His first gift to the human family, given to people who had done nothing to earn it.

It's about love, not rules

Later, God wrote the gift into the heart of His Ten Commandments:

"Remember the sabbath day, to keep it holy... the seventh day is the sabbath of the LORD thy God."

Exodus 20:8-10 (KJV)

Notice the first word: "**Remember.**" God knew we would forget. And He told us why the day matters — because in six days He made the heavens and the earth (Exodus 20:11). The Sabbath is a weekly reminder of who made you, who loves you, and who is still in control when your week feels out of control.

Jesus said it plainly: "The sabbath was made for man, and not man for the sabbath" (Mark 2:27). It's not a cage. It's a gift — made *for* you.

Jesus kept it — and so can you

Some think the Sabbath was only for long ago. But look at what Jesus, our example, did:

"And, as his custom was, he went into the synagogue on the sabbath day."

Luke 4:16 (KJV)

It was His **custom** — His regular, joyful habit. Jesus is "Lord even of the sabbath day" (Mark 2:28). And the Bible says the rest He offers still remains for God's people today (Hebrews 4:9). The gift was never taken off the table.

What the gift does for you

God describes the Sabbath as a **delight**:

"If thou call the sabbath a delight... then shalt thou delight thyself in the LORD."

Isaiah 58:13-14 (KJV)

One day in seven, you stop striving. You put down the phone, the worry, the endless to-do list. You spend unhurried hours with your family and with your God. You remember you are loved — not for what you produce, but simply because you are His. In a world that never stops, that is rest your soul was made for.

One question before you go

What would it feel like to have one whole day each week that belongs to peace, family, and God? You don't have to figure it out alone — we'd love to study God's gift of rest with you.

Would you like to know more about Jesus, study the Bible, or go deeper on the Sabbath? Reach us:

📞 903-748-9353 · ✉️ jils19802012@gmail.com

Leave a comment, send us a direct message, and **subscribe + follow** on YouTube and Facebook so the next study finds you.

Don't miss what's next. If rest is a gift, then so is the way back to God when we fail — and most people misunderstand how it actually works. Our next study: *"Saved by Grace: The Gift You Can't Earn."* Subscribe now so it reaches you the day it drops. 🔔

SHARE THIS WITH SOMEONE WHO IS TIRED

Viewer Handout

God's Gift of Rest — pocket version

5 truths to remember

1. God made the Sabbath holy at creation — His first gift to people (Genesis 2:1-3).
2. It's in the heart of the Ten Commandments: "Remember" (Exodus 20:8-11).
3. It's a gift made for us, not a burden (Mark 2:27-28).
4. Jesus kept it as His custom (Luke 4:16); His rest remains for us (Hebrews 4:9).
5. God calls it a delight that draws us close to Him (Isaiah 58:13-14).

Memory verse

"The sabbath was made for man."

Mark 2:27 (KJV)

Think & pray about it

- What in my life keeps me from truly resting?
- How would a weekly day with God change my heart and my home?
- Will I accept God's invitation to rest in Him?

Presenter Bullet Sheet

- **Open with the "forgotten gift" image** — ask: "When did you last truly rest?"
- **Point 1 — Created in Eden:** Genesis 2:1-3. Rest before sin, before rules.
- **Point 2 — Written in love:** Exodus 20:8-11. "Remember"; the Creator's memorial.
- **Point 3 — Made for us:** Mark 2:27-28. A gift, not a cage; Jesus is Lord of it.
- **Point 4 — Jesus' custom:** Luke 4:16; Hebrews 4:9. Still ours today.
- **Point 5 — A delight:** Isaiah 58:13-14. Rest for the soul.
- **Appeal:** Invite them to experience God's rest; offer prayer and Bible study.
- **Close:** Memory verse + tease next topic ("Saved by Grace").

10 Myths vs. Facts

Myth	Fact (with Bible)
1. The Sabbath was invented later, for one nation only.	God made it holy at creation, for all people (Genesis 2:1-3) — long before any nation.
2. The Sabbath is a heavy burden of rules.	"The sabbath was made for man" — a gift for our good (Mark 2:27).
3. Jesus did away with the Sabbath.	Jesus kept it as His custom (Luke 4:16) and called Himself "Lord... of the sabbath" (Mark 2:28).
4. Resting one day means I'm trying to earn salvation.	Salvation is by grace; Sabbath rest is a response of love and trust, not a payment (Hebrews 4:9-10; Ephesians 2:8).
5. Any day is the seventh day — it doesn't matter.	God blessed a specific day, "the seventh day" (Exodus 20:10-11).
6. The Sabbath is only about not working.	It is a positive delight — time with God and family (Isaiah 58:13-14).
7. Keeping it is impossible in modern life.	It was made for humans in every age; God provides for those who trust Him (Mark 2:27; Exodus 16).
8. The commandment to "remember" is minor.	It sits in the heart of the Ten Commandments God wrote with His own finger (Exodus 20:8-11; 31:18).
9. Rest is wasted time.	God Himself rested and blessed the day; rest restores body and soul (Genesis 2:2-3; Mark 6:31).
10. The Sabbath has nothing to do with Jesus.	Jesus is its Lord and our true rest: "Come unto me... and I will give you rest" (Matthew 11:28).

Where this comes from (Sources)

This study is built on the Bible and reflects the published beliefs of the Seventh-day Adventist Church. Verify everything for yourself:

- The Bible — Sabbath passages: Genesis 2:1-3; Exodus 20:8-11; Mark 2:27-28; Luke 4:16; Hebrews 4:9-10; Isaiah 58:13-14; Matthew 11:28 (King James Version, public domain).
- Seventh-day Adventist beliefs, "The Sabbath": <https://adventist.org/the-sabbath/>
- What We Believe: <https://adventist.org/beliefs/> / General Conference: <https://gc.adventist.org/>
- Ellen G. White, *The Great Controversy* and *Desire of Ages* (public domain): <https://whiteestate.org/> / <https://m.egwwritings.org/>

Ministère du Pasteur Clément Salomon — Proclaiming Jesus until He returns.

pasteurclementsolomon.org · 903-748-9353 · jils19802012@gmail.com

You may freely print and share this study. © Ministère du Pasteur Clément Salomon.