



## 2021 3Q Rest In Christ: Lesson 1 Living in a 24-7 Society

by Tim Jennings (announcements last page)

### SABBATH

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During Q&A last week a question came in that I deferred until class this week as we are starting a new quarter with a study guide entitled *Rest in Christ* and the first week's lesson is focused on Sabbath rest.

The question from last week is:

*I clearly understand how 9 of the 10 commandments are a diagnostic tool. But how is it that if I am a healthy Christian I will remember the Sabbath day to keep it holy? How is this done without being legalistic? I am still having a hard time wrapping my mind around Sabbath being a day of freedom vs a day of rule keeping. Thanks!*

How would you answer this question?

What law lens do we look this through?

If we look through imposed law, then the Sabbath is a test of obedience a rule to keep and if you don't you get punished. Taught in this way, it undermines both love and trust and incites rebellion. Just look at the millions who have rebelled because of such teachings.

But what do we understand about the Sabbath through design law?

The Sabbath was designed, built, created by God differently than the other six days of the week. God Himself acted differently and created or designed this day with different purpose—what is the difference about the Sabbath as God created it from the other six days?

The first six days of the week are days where God created, God worked, God expended power and energy—but the seventh day God Himself stopped working, stop creating—God rested—why? What does that reveal? Why would God create a day in which He stopped working and rested?

Because at that time in universal history Satan's rebellion was under way. Questions about God's goodness, God's trustworthiness, God's use of power, God's law needed answers. Satan alleged God was arbitrary, that God made up rules and used His power to punish rule-breakers, basically that God runs His universe the way we see sinful humans run human governments today. What does the Sabbath have to do with such allegations?



If God were to run His universe on threat, on inflicted punishment, on intimidation, on domination, on power over others, would there be a weekly Sabbath day in which God rested? No! God created planet earth demonstrating His power to create. He created a new species and shared with them pro-creative power, godlike abilities, and dominion to rule and govern. Earth was a mini-heaven where Adam and Eve, two separate beings united as one in love could create beings in their image and govern—all operating on love. And then God rested—God said, “You have heard the allegations, you have seen the evidence, now universe, take 24 hours aside, consider for yourself, come to your own conclusions, no pressure, no intimidation, I rest my case.”

Would the Sabbath exist if God is like Satan says? Are we in the middle of this same war? Do we need evidence to demonstrate and reveal the truth about God to free us from Satan’s lies? Is the Sabbath a weekly evidence, its very existence that God is our Creator and that His laws are design law, that in Him we are free and He does not intimidate, or inflict punishment?

**So the Sabbath’s primary purpose is revelation and evidence of God’s character, methods and law of love—truth presented in love while leaving us free.** All true Sabbath observers will practice these methods.

But the commandment says we are to remember the Sabbath to keep it holy—what does this mean?

In this world of sin, as we choose to come apart from the world’s business, work, responsibilities and rest in the Lord our trust in Him grows—but the Sabbath is more than that time to exercise this—we can have confidence in our rest because of what the Sabbath reveals about God—it is this intelligent understanding of the Sabbath that magnifies our growth in godliness

But if the Sabbath is not a delight, if instead we are level four and below and keep the Sabbath because we are:

1. seeking to get a reward or avoid punishment
2. doing our part of the deal with God so we can get a blessing
3. accepted by our church group—part of the remnant
4. avoiding legal trouble, ensuring we do the right stuff at the right time

Then we are not actually benefitting from the Sabbath because it becomes a day in which self is still center, in which we do good, we obey, we avoid legal trouble; but if keep the Sabbath for these reasons and then don’t receive what we expect from God, say a blessing, a better job, then we are angry at God feel let down, become disillusioned and perhaps give up on God.

When we understand Design Law we understand the blessings of the Sabbath are primarily spiritual, experiencing the principles of God in our hearts, minds and characters and we love our Creator God who presents truth in love and leave us free.

So, why do we keep the Sabbath, for self, to get something, to avoid legal trouble, or to glorify God by incorporating His principles of truth, love and freedom into our character and celebrating with Him the freedom from guilt, shame, and sin each week, and then remembering all week long what the Sabbath



represents, what it reveals? We do this because it makes sense, because we are persons of integrity, because we love who God is and want to be like Him!

Regarding the Sabbath I have considered there are truths on different levels or layers, from basic truths to more complex truths.

- First truth what day is the Sabbath?
- Second truth what does the Sabbath reveal?
  - God's character and methods of love, God as Creator, His laws as design laws
  - Is the Sabbath the only place these truths about God are revealed?
    - No but the Sabbath is the sign God chose to reveal these truths, and thus stands as God's emblem, sign, flag, mark of His kingdom and government, His methods and principles
  - Can a person learn these truths about God without understanding the Sabbath?
    - Yes, Romans 1:20 God's divine nature is revealed in what He has made so that men are without excuse. This would of course include the Sabbath for the Sabbath was made—and made for man, for us to not only rest, but for us to see and understand its purpose, which brings us to the third truth.
- Third truth what is the purpose of the Sabbath?
  - a gift to us from God for our sanctification—for our cleansing from sin, for our restoration to holiness:
    - “I gave them my decrees and made known to them my laws, for the man who obeys them will live by them. Also I gave them my Sabbaths as a sign between us, so they would know that I the LORD made them holy” (Eze 20:11–12 NIV84).
  - to reveal truth and give people the time/place to choose with whom they will align, whose law they will embrace in practice, thus what character they develop
  - can a person learn the truth of God's character, design laws, methods and choose to apply them to their lives and rest each week from their work to honor God, but not have the first truth and thus do so on Sunday?
    - Yes, knowing about the Sabbath in its true light becomes a blessing, but salvation isn't knowing about the Sabbath, salvation is knowing Jesus and trusting Him such that we open the heart and have the Holy Spirit sanctify us such that we practice God's principles of truth, love and freedom, even if we don't know about the Sabbath.
- Fourth truth what is the impact on people to rest on the Sabbath?
  - The Sabbath is a gift from God to assist us in our sanctification a time to choose who we will trust, to choose love for God over advancing self. Thus the Sabbath rest is a time for character transformation as we exercise our choice in who we love, who we trust with our lives, our fortunes, our careers.
  - Does this happen only one day a week?
  - This is why we remember the Sabbath in the setting of the Great Controversy all week long.
    - Consider this quote:



- **All through the week we are to have the Sabbath in mind** and be making preparation to keep it according to the commandment. **We are not merely to observe the Sabbath as a legal matter. We are to understand its spiritual bearing upon all the transactions of life.** All who regard the Sabbath as a sign between them and God, showing that He is the God who sanctifies them, **will represent the principles of His government. They will bring into daily practice the laws of His kingdom.** Daily it will be their prayer that the sanctification of the Sabbath may rest upon them. Every day they will have the companionship of Christ, and will exemplify the perfection of His character. Every day their light will shine forth to others in good works. 3TT 20.3
- Thus the Sabbath is a gift to us to give us the opportunity to solidify our characters in love and trust to God and to practice God's methods of truth, love and freedom.
  - But when the Sabbath is perverted through the imposed law lie it becomes a tool of the enemy to harden hearts so much that people actually kill the Creator and run home to observe the Sabbath.
- How do people choose for or against the Sabbath?
  - If a person doesn't appreciate the significance of the first truth—the specific day of the week, but they appreciate the second and third truth and choose God, and trust Him and practice His methods of truth, love and liberty and rest in trust of God on Sunday are they a Sabbath keeper?
  - If a person has the first truth, the right day of the week, but doesn't appreciate God's law as design law and therefore teaches the Sabbath as an arbitrary test of obedience and they don't appreciate the third truth and thus choose to obey out of fear of punishment and support punishing others who disobey—are they Sabbath keepers? Were the Jews who crucified Christ Sabbath keepers?

Love only grows in an atmosphere of liberty—if the Sabbath is a day in which liberty is restricted, in which we are bound by rules, in which we live in fear of deeds—of doing the wrong thing lest we get into legal trouble, then the Sabbath obstructs love and incites fear. This is always what happens when people believe the lie that God's law functions like human law.

The real purpose of the Sabbath is evidence of God's law and methods. This is why the Sabbath is a sign, a flag, a mark, a pennant of God's government. It stands as a sign of the Creator whose laws are design laws, truth, presented in love, leaving people free, no coercion, no inflicted punishment. This is what the Sabbath reveals and represents. We remember it all week long and practice those methods in our lives. And then on Sabbath we choose to disengage from self-advancement pursuits, to surrender our plans or work our agenda into God's hands to trust Him with our lives, to come apart and rest in God.

We weekly choose:

- to put God before ourselves
- to put God before our plans
- to put God before our work, school or whatever else we value.



**By making this choice to surrender in trust to God, to rest in Him our faith grows, are characters are transformed and we are renewed in righteousness.** All week long we remember God's methods and principles and we look forward to our weekly vacation from the burdens of life and the time we will have resting in our Creator again the next Sabbath.

But if the Sabbath is an arbitrary test, if it is legal, if it is about do's and don'ts then all week we don't look forward to it, it isn't a day of rest and freedom but a day where we are restricted, can't do this, can't do that for fear of a mark on our legal account in heaven that if we don't get the blood of Jesus to erase we will be punished for, punished with eternal death. Thus in the legal system the Sabbath doesn't refresh it stresses.

But let's consider a quote from one of the founders of the SDA church, how do you hear it?

**Every person has been placed on trial**, as were Adam and Eve in Eden. [When you hear trial, to you hear a legal event, a court room, or do you hear something like the Olympic trials where people are put to the test? What test are they put to in the Olympic trials? Is it a legal test?] As the **tree of knowledge** was placed in the midst of the Garden of Eden, so **the Sabbath command** is placed in the midst of the Decalogue. In regard to the fruit of the tree of knowledge, the restriction was made, Ye shall not eat of it ... lest ye die. Of the Sabbath, God said, Ye shall not defile it, but keep it holy.... As the tree of knowledge was the test of Adam's obedience, **so the fourth command is the test that God has given to prove the loyalty of all His people.** The experience of Adam is to be a warning to us so long as time shall last. It warns us not to receive any assurance from the mouths of mortals or of angels that will detract one jot or tittle from the sacred law of Jehovah.—The Review and Herald, August 30, 1898. CTr 355.5

What kind of a test is this? Is this a legal test? A test of rule-keeping? Or is this a test of character, a test of who one chooses to be and become?

Take a moment to consider through design law (how reality functions) God's actual purpose in placing the Tree of Knowledge in the garden. What did He want for and from Adam and Eve? How was this tree necessary for them to fulfill and achieve what God desired for them?

What meaning do you take from the name of this tree – the Tree of the *Knowledge* of Good and Evil?

Do you see it as the tree of data-download, fact assimilation or of *knowing* reality? Do you understand it as the place where Adam and Eve would decide what they would *know*?

What does it mean to *know* something or someone?

Now this is eternal life: that they may *know* you, the only true God, and Jesus Christ, whom you have sent (John 17:3 NIV84, emphasis mine).

Is knowing God and Jesus merely cognitive – to know facts, information, data? No. In the Bible, to *know* means to have an intimate *experiential* knowledge of something or someone. Think of the



difference between *knowing about* someone from reading a biography and actually *knowing them* as a friend or family member. Or the difference between *knowing about* swimming because you have seen it in the Olympics and *knowing how* to swim.

The Tree of the Knowledge of Good and Evil wasn't a place of theoretical knowledge, cognitive knowledge, or academic knowledge. God and the angels had already informed Adam and Eve about Satan, about evil, and about death being the result of sin. The two had been instructed.

Adam and Eve had information, factual knowledge. But having mere facts is not what the Tree was about – it was about experience, *knowing by experience*, by choice, either good or evil. Choose to trust and believe God and know good – or choose to believe lies, distrust God, and know evil.

God told them, “It is at this tree you will have knowledge, so choose well; choose not to partake of the fruit and you will know good – you will know love, trust, loyalty, devotion, maturity, integrity, joy, peace, and godliness. All of this will solidify in your character. So please, my beautiful children, choose to know good! But if you choose to partake in the fruit, you will *know* evil – you will know fear, selfishness, insecurity, guilt, shame, distrust, pain, suffering, and death. Please, my beautiful children, don't choose to *know* evil.”

So the same author who wrote the quote about the Sabbath being a test similar to the Tree of Knowledge, wrote the following:

Our first parents, though created innocent and holy, were not placed beyond the possibility of wrongdoing. . . . They were to enjoy communion with God and with holy angels; but before they could be rendered eternally secure, **their loyalty must be tested**. At the very beginning of man's **existence a check was placed upon the desire for self-indulgence**, the fatal passion that lay at the foundation of Satan's fall. [Will they choose love and trust or will they choose selfishness. This is the question. God can create sinless beings, but God cannot create the character of the sinless being. The character, the kind of person, loyal, loving, faithful, true, or deceitful, selfish exploitive, is developed by the being. The Tree was placed there for them to choose what they would know in heart, mind and character, a check, a place to say **NO to selfishness and YES to love and loyalty**] The tree of knowledge, which stood near the tree of life in the midst of the garden, **was to be a test of the obedience, faith, and love of our first parents**. While permitted to eat freely of every other tree, they were forbidden to taste of this, **on pain of death**. [Why? What happens when one chooses selfishness? Where does life come from? If one severs their connection to God, the source of life what happens?] They were also to be exposed to the temptations of Satan; but if they endured the trial, they would finally be placed beyond his power, to enjoy perpetual favor with God. . . . {CC 13.2}

**God might have created man without the power to transgress His law**; He might have withheld the hand of Adam from touching the forbidden fruit; **but in that case man would have been, not a free moral agent, but a mere automation. Without freedom of choice, his obedience would not have been voluntary, but forced. There could have been no development of character**. . . . It would have been unworthy of man as an intelligent being,



and would have sustained Satan's charge of God's arbitrary rule. {CC 13.3} [What was the purpose of the Tree? It was to let them decide what kind of being they would be—for them to test themselves, choose love and trust or choose lies, fear, selfishness and distrust. Is this an arbitrary test with inflicted punishment, or is it the test of reality, of design law, of what they must as sentient beings go through in order to become, by action, by choice, by their individual determination, solidified in love and godliness?]

So what about the Sabbath? It is the same, it is evidence of God's methods and principles and we must choose what kind of people we will be, what methods we will practice. The Sabbath represents the government of God, the government of design law and those who choose to honor God will practice His methods in their lives and remember the Sabbath and what it represents all week long.

## SUNDAY

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The lesson asks us why God created the Sabbath a rest day before anyone was even tired?

Read first two paragraphs, "Even before..." What was the purpose of the Sabbath in a sinless world? Well, while the Sabbath was created before Adam and Eve sinned, was the Sabbath created before or after sin in the universe? After, so does the Sabbath have some utility in dealing with sin in the universe? Is it a special gift or blessing to human beings in a universe where sin exists?

What is Satan's allegation against God? That God is arbitrary, makes up rules, that God's law is imposed and God must punish. How does God reveal that His law is design law?

God created a new world, and the entire planet was a microcosm of the universe. All the various forms of life on the planet living only by giving to others. Receiving energy from the sun, radiating out freely to all, giving life to the plants which give oxygen to the animals which give carbon dioxide back.

Then God created Adam and Eve, human beings in His image with dominion, to govern in love, and procreative abilities to make beings in their image.

Then God said to the universe, "You heard the allegations, you have seen the evidence given, I rest my case. Take 24 hours aside and consider for yourselves and choose—no pressure, no coercion."

What does it say about God, that in a war over His right to rule, instead of using power to force everyone into compliance, He created a day for freedom to think and choose?

Recently a well-known SDA scholar, endorsed by one of the SDA conferences, made a video about the question of Sunday as a day of worship being an issue before Christ returns. He made the case that what Ellen White wrote in the *Great Controversy* and other places about Sunday being a test, or being the mark of the beast, or Sabbath being a test, is likely not to happen. He made the case that this was a conditional prophecy for her day and that she is a classic prophet not an apocalyptic prophet.



A classic prophet is like Micah, one who is inspired with a message for the people of their day, with predictions that would only occur if the people responded properly, but if not they would not occur. In other words, conditional prophecies.

Apocalyptic prophets are like Daniel and John who wrote about future events for the world or all people. This SDA theologian made the case that the predictions about Sunday as a mark of the beast are not going to happen because they were conditional and the followers of Christ in the 19<sup>th</sup> century failed to fulfill their part to bring about the final events.

As I listened to this person I understood his position, but he had one major flaw in his understanding—he understands God’s law as imposed and thus doesn’t understand that the two days are symbols of two systems, two laws, two governments: God’s law is design law and is represented by the Sabbath which was built, created, designed as a day of rest. Satan’s government is imperial, made up rules that require external infliction of punishment and is represented by Sunday which became a day of rest by legislation.

The historic two days of worship within Christianity—Sabbath and Sunday—stand as two banners, signs, flags, marks, pennants that represent two divergent systems of governing. Just as the US Flag—the grand old Stars and Stripes—is a symbol or sign of the United States of America, so these two days of worship are signs of two different systems of governing. However, the flag is not the *reality* for which it stands. The US flag is only a *symbol* of the USA. And a person can wave the flag of America while being an enemy of the US.

And notice how the enemies of freedom have attacked the US flag. The US flag has always been a symbol of the principles of the USA—**freedom and justice for all**. Yet, the enemies of liberty, the enemies of truth, the enemies of justice have gone on a propaganda campaign to make the flag into a symbol of oppression, of intolerance, of exploitation and what has happened in America since the symbol has been attacked? The principles of equality, of liberty, of genuine justice have been undermined in America and we have seen terrible injustice, mobs, violence, restrictions of liberties of all kinds, censoring, inciting of fear, restrictions on free speech, religion, and assembly.

Likewise, Satan attacks the Sabbath, the sign of God’s creatorship and the design laws of truth, love, liberty. He attacks it by either reframing it as an arbitrary test of obedience or replacing it with a day legislated and in both cases God’s design law is replaced with imposed law in the minds of people and trust in God is undermined and hearts are hardened.

Understanding all of this, we can see that Sabbath is a sign of something larger than a day to go to church upon—it is an evidence of a system of governing to which we adhere and live in harmony with God and His government all week long, not just one day in seven.

Salvation in Christ is about restoring sinners to holiness; it is not about restoring the Sabbath to holiness. And rightly understood, the Sabbath is a “sign” that God makes us holy: “You must observe my Sabbaths. This will be a **sign** between me and you for the generations to come, so you may know that **I am the Lord, who makes you holy.**” (Ex 31:13).





We can't be holy only one day in seven, so the Sabbath is a sign of a way of living, a loyalty, an embracing of and transformation back into God's design, to which we live all week long. Further, every seven days, the Sabbath affords an opportunity for us to exercise our trust in God and rest in Him, thus choosing to identify with His kingdom of love.

So Sabbath will always be a sign of God's government—design law, the principles of truth, love and freedom. And Sunday will always be a mark of imperialism, imposed law with imposed punishments. And these two systems will be the test in the end. Those who are sealed of God, of which the Sabbath is a sign, will have the law of God, truth, love, liberty sealed into their characters such that they live out these principles—these are Sabbath keepers—regardless of which day they go to church upon. And those who receive the mark of the beast, will embrace the system of imposed laws, use government and imperial power to coerce and force others regardless of which day they go to church upon.

The lesson talks about the benefits of rest, about how so many people are sleep deprived and in need of physical rest.

Let's talk about this. It is the law of restoration. Once a finite being expends a resource, we must rest and recover in order to have more to spend.

The lesson points out that people are sleep deprived and this is true.

Over 49 million Americans report sleep difficulties impair concentration, more than 18 million report memory problems related to sleep loss and over 40 million Americans report impairments in daily functioning such as work, hobbies, finances or driving. <sup>i</sup>

People with chronic sleep problems suffer higher rates of diabetes mellitus, obesity, hypertension, depression, cancer and die younger than those who get normal sleep. <sup>ii</sup>

A CDC's analysis found that 34% of people sleep less than 7 hours per night, 48% report snoring, 37.9% report unintentionally falling asleep during the day, and 4.7% report falling asleep while driving. <sup>iii</sup>

The US Department of Transportation estimates there are 100,000 accidents, 1,550 fatalities and over 40,000 injuries each year due to drivers impaired by sleepiness. <sup>iv</sup>

Sleep is critical to our health. Our brains are very active and use much energy.

The brain weighs about three pounds, which is 1-2% of the body weight, but uses 20% of the body's energy. This high metabolic activity means it is producing a lot of by-products of metabolism, which need to be removed from the brain cells. The waste removal occurs during sleep. When we are asleep our brain cells contract expelling the byproducts of metabolism from the fluid (cytoplasm) inside the neurons out into the cerebrospinal fluid to be removed from the brain. <sup>v</sup> If we don't get normal



amounts of sleep we interfere with the brain's ability to remove these metabolites. Over time this can contribute to increased oxidative stress and neuronal loss, accelerating the aging process.

This is why infants, toddlers, children and adolescents need more sleep than adults—their brains are assimilating more data and structurally going through much more modification and change and thus they have more byproducts of metabolism to clear and data to assimilate.

According to the National Sleep Foundation, recommendations for sleep by age are <sup>vi</sup>:

- Newborns (0-3 months): 14-17 hours
- Infants (4-11 months): 12-15 hours
- Toddlers (1-2 years): 11-14 hours
- Preschoolers (3-5 years): 10-13 hours
- School-age (6-13 years): 9-11 hours
- Teenagers (14-17 years): 8-10 hours
- Young adults (18-25 years): 7-9 hours
- Adults (> 25 years): 7-8 hours

Memories consolidate in sleep. In two studies college students were randomized into two groups and given made up words to memorize and recall those words immediately after exposure and then twelve hours later. One group was kept awake and the other group got to sleep. Those who slept during the intervening twelve hours not only were able to recall more words than those who didn't sleep, but they were able to recall more words than they did immediately after learning them twelve hours previously.  
<sup>vii</sup>

But it is not merely the number of hours slept during each twenty-four hour day that is important. Studies also show that the *when* one sleeps is critical to optimum health. Sleeping at night, in harmony with nature's biorhythms—awake when the sun is up and sleeping when the sun is down—is much healthier than working during the night and sleeping during the day. In fact, according to research by Eva S. Schernhammer, M.D., published in the *American Journal of Preventative Medicine* in January 2015, those who work third shift for five years or more die younger and having significantly higher rates of heart disease than those who do not work third shift; and those who work third shift for fifteen years or more die at higher rates from lung cancer than those who work day shift. <sup>viii</sup> Not only is sleep a physical requirement for life and health, but *when* one sleeps is critical to maintaining one's optimum health and slowing the aging process.

What Is Normal Sleep? Many people think normal sleep is going to bed, sleeping 7-8 straight hours and then waking up. No human brain sleeps this way. Normal sleep goes in stages with multiple awakenings each night.

So it is true that we need physical rest, it is true that people need sleep and many are sleep deprived. But the Sabbath was not given for this reason.



Our physical rest comes each night with sleep. But the Sabbath rest is not for physical rest, it is for mental rest, for decompression from life's stresses, to come apart and unwind, relax and refresh the mind, the heart, the soul in a love relationship with God.

Have you heard of the Blue Zones? Dan Buettner's book? He researched the five areas in the world which have the highest concentration of people living to be over 100, and these are the five zones:

- Blue Zones
  - Ikaria, Greece
  - Nicoya, Costa Rica
  - Okinawa, Japan
  - Sardina, Italy
  - Loma Linda, CA
- What unique about Loma Linda
  - Heterogeneous

And Loma Linda has a high concentration of SDA's. Buettner sought out lifestyle activities that he concluded led to longer and healthier lives and this is what is said on the Blue Zones website about Loma Linda:

“Find a sanctuary in time to decompress. ...Observance of the Sabbath strictly occurs from Friday to Saturday night, giving Adventists a weekly time to focus on family, friends, God and nature.”

<http://www.bluezones.com/live-longer/education/expeditions/loma-linda-california/>

So the Sabbath is beneficial, but not for physical rest, for mental rest, to destress, to experience relaxation of the mind and soul, which decreases the stress cascade, reducing inflammatory processes in the body.

## TUESDAY

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Read second paragraph, “The Hebrew Old Testament...” Do you experience Sabbath as a holiday? I think this is a great way to think about it—a weekly vacation, a day off from all the burdens of life, not just employment, but from laundry, housekeeping, schoolwork.

I have many good Christians as patients who work all week, go to church on Sunday and then Sunday afternoon is filled with housekeeping, laundry, yardwork and they never actually rest. And they are exhausted, burning out, tired.

Taking 24 hours vacation each week is restorative and doing so in a love relationship with our Creator builds our trust in Him. If we understand the evidence of the Sabbath, why it exists, the methods and government of God and choose to honor God by resting on His Sabbath for all these reasons we grow in our wisdom and our characters become more like Christ as we practice God's methods in our lives.



The lesson asks us to read Deuteronomy 31:16 and asks, “What kind of rest is being talked about here?”

And the LORD said to Moses: “You are going to rest with your fathers, and these people will soon prostitute themselves to the foreign gods of the land they are entering. They will forsake me and break the covenant I made with them. (Dt 31:16 NIV84).

What kind of rest? Do you understand the first death experience as a rest? As a cessation from work, as a pause, as a relief, as a mercy, as an artificial state of suspended animation while the plan of salvation is completed?

What is Paul talking about here?

For I am already being poured out like a drink offering, and the time has come for my departure. I have fought the good fight, I have finished the race, I have kept the faith. Now there is in store for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day—and not only to me, but also to all who have longed for his appearing. (2 Timothy 4:6–8 NIV84).

What happens when a person running a race crosses the finish line? Do they keep running or do they rest?

Is Paul talking about going to heaven right then, or about resting in the grave until the day when the Lord appears and resurrects him?

Do we see this as God’s grace at work?

Then do we understand all the deaths of all the people throughout all history thus far are sleep, are this suspended state, are under God’s grace in an artificial state waiting for resurrection.

This is critical to understanding history and Scripture. The wages of sin is not sleep, not suspended animation awaiting resurrection. The wages of sin is death, eternal nonexistence. No human being has yet experienced this. All who have died are in a state of suspended animation awaiting resurrection to receive their reward, either eternal life, or eternal death, depending on what they have chosen.

## WEDNESDAY

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The lesson points us to Hebrews four, lets read the first 5 verses:

Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it. For we also have had the gospel preached to us, just as they did; but the message they heard was of no value to them, because those who heard did not combine it with faith. Now we who have believed enter that rest, just as God has said,



“So I declared on oath in my anger,  
‘They shall never enter my rest.’ ”

And yet his work has been finished since the creation of the world. For somewhere he has spoken about the seventh day in these words: “And on the seventh day God rested from all his work.” And again in the passage above he says, “They shall never enter my rest.”

It still remains that some will enter that rest, and those who formerly had the gospel preached to them did not go in, because of their disobedience. Therefore God again set a certain day, calling it Today, when a long time later he spoke through David, as was said before:

“Today, if you hear his voice,  
do not harden your hearts.”(Heb 4:1–7 NIV84).

What does this mean? How do you explain it? What law lens do we understand it through?

Here is the *Remedy* version:

1 Therefore, since the Remedy is still available, and the promise of complete healing and perfect rest still stands, let us be careful that none of us be found to have rejected it.<sup>2</sup> For we also have had the good news of God's healing truth presented to us just as they did; but the message of truth had no value to them because they did not believe it nor did they trust the one who gave it.<sup>3</sup> But we, who have trusted God on the basis of the truth Christ provided, experience healing and enter that rest, and our minds are at peace. As God has said, "So I granted them their persistent choice and said, 'Since they refuse the truth—the Remedy I freely offer—they will never be able to enter my rest and get well.'" It was not because God's perfect rest was not available—for it had been ready since his work of creation was complete — <sup>4</sup> as the Scriptures say elsewhere regarding the seventh day: "And on the seventh day, God rested his case. He had finished all his work of providing the evidence needed to refute the lies of Satan."<sup>5</sup> And yet in another passage he says, "If they refuse the truth, if they reject the evidence I have provided, their minds will never find rest and they will not get well."<sup>6</sup> The opportunity to find God's healing and rest still remains, even though those who formerly had the good news of God's healing truth presented to them did not get well or find rest because they refused to believe the truth and trust God.<sup>7</sup> Therefore God again and again presents his healing Remedy, and he set a certain day which he called "today," when much later he spoke through David in the same Scripture as before: "Today, if you hear his voice offering healing and restoration, do not reject the true Remedy and darken your minds."

## THURSDAY

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The lesson points to Cain and how he would be a restless wanderer and asks why Cain would never find rest?



Read second paragraph, “When God said...” This is well said.

## **ANNOUNCEMENTS:**

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### **New Music in Member’s Section**

Brad & Donna Horne, online members in Australia, created an album that they have graciously donated to our ministry to share with those who love this message.

Brad wrote:

I had always wanted to create an album that would tell the bible story that could be used to target believers as well as non believers. I had attempted a few false starts and the idea didn’t really go anywhere apart from a few sketchy iPhone recordings.

I then read *Journal of the Watcher* and loved the story and was blown away by the illustrations, this book gave me the context and frame work to get my album idea up and running, and with the covid19 fiasco, the impetus to hurry up and get this idea done.

So my wife and I wrote the songs and started recording the album which took approximately 12 months.

When I read *The God-Shaped Brain*, I came across the word *Hilasterion*, and remember thinking that would make a great album name—that was years ago, funnily reading that word from Tim’s book became our album name. Jesus is our Hilasterion who brings reconciliation and makes peace.

So long story short this album had a lot of it inspiration/influence via Come and Reason Ministries. The album tells the story of the war in heaven and finishes with Parousia , the king is coming, divided in 3 section themes 1. Old Testament, 2. Jesus’ ministry, 3. Contemporary influence.

**SHARING campaign June: *Could It Be This Simple? A Biblical Model for Healing the Mind***  
**BE SURE TO USE OUR WEBSITE STORE TO PLACE YOUR ORDER—DON’T SEND AN EMAIL.**



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<sup>i</sup> <http://www.cdc.gov/Features/dsSleep/index.html>

<sup>ii</sup> Institute of Medicine. *Sleep Disorders and Sleep Deprivation: An Unmet Public Health Problem*. Washington, DC: The National Academies Press; 2006.

<sup>iii</sup> <http://www.cdc.gov/mmwr/PDF/wk/mm6008.pdf>

<sup>iv</sup> US Department of Transportation, National Highway Traffic Safety Administration, National Center on Sleep Disorders Research, National Heart Lung and Blood Institute. Drowsy driving and automobile crashes [National Highway Traffic Safety Administration Web Site]. Available at [http://www.nhtsa.gov/people/injury/drowsy\\_driving1/Drowsy.html#NCSDR/NHTSA](http://www.nhtsa.gov/people/injury/drowsy_driving1/Drowsy.html#NCSDR/NHTSA) Accessed February 10, 2011.

<sup>v</sup> Science 18 October 2013: Vol. 342 no. 6156 pp. 373-377 DOI: 10.1126/science.1241224

<sup>vi</sup> <https://sleepfoundation.org/excessivesleepiness/content/how-much-sleep-do-babies-and-kids-need>

<sup>vii</sup> [Cortex Volume 74](#), January 2016, Pages 289–296

<sup>viii</sup>

[http://www.ajpmonline.org/pb/assets/raw/Health%20Advance/journals/amepre/AJPM\\_Mar15\\_PR\\_Schernhammer\\_FINAL\\_2.pdf](http://www.ajpmonline.org/pb/assets/raw/Health%20Advance/journals/amepre/AJPM_Mar15_PR_Schernhammer_FINAL_2.pdf)