



2022 1Q In These Last Days: The Message of Hebrews Lesson 5: Jesus—The Giver of Rest

by Tim Jennings (announcements last page)

SABBATH

What do you think of the title? What is the focus most likely to be?

The focus is on the Sabbath—the day of rest.

But as we consider the Sabbath, let's consider it in this context:

The last great conflict between truth and error is but the final struggle of the long-standing controversy concerning the law of God. Upon this battle we are now entering—a battle **between the laws of men and the precepts of Jehovah**, between the religion of the Bible and the religion of fable and tradition. GC 582

Where did the controversy concerning the law of God begin? In heaven—and when Satan began his controversy over God's law in heaven, was there a Sabbath?

According to Jesus the Sabbath was made for man—not for angels, and when was the Sabbath made? At the end of creation week—and had Satan already started his rebellion over God's law? Yes, we find him in Eden from the very beginning of Adam and Eve's life.

And this quote from EGW lets us know she viewed it this way also:

Angels on probation had been deceived by Satan, and had been led on by him in the great rebellion in heaven against Christ. [Angels on probation—what does this mean? Probation is a trial period, a period to give one opportunity to demonstrate themselves. Why were they on probation? This is insightful, Satan claimed equality with Jesus, not with the Father, why? Because Jesus was the member of the Godhead who would leave infinity and enter into linear existence and presented Himself to the angels in the form of an angel even though He is fully God. Satan became jealous of Jesus and claimed unfairness from God in allowing Jesus to go into councils that Lucifer could not enter. But why couldn't Lucifer enter? 1Tim 6:16 because God lives in unapproachable light—God lives in infinity, infinite power, infinite knowledge, and Lucifer would be destroyed if he could step into infinity.] **They failed to endure the test brought to bear upon them, and they fell.** [Who brought the test upon them? Lucifer—and what was the test? It was a test of loyalty, of faithfulness, of what and who they would believe and what law they would apply to their lives. Their characters were being tested when a question of God's methods, character, principles and trustworthiness was presented to them. They were presented with questions over God's law, what type of law did God run His



universe upon. Satan makes allegations of equality with Jesus and unfairness about the Father. Satan alleged it was arbitrary rules and external power to enforce behavioral control—such as denying Lucifer access to meetings he was well-qualified for. They believed the lies about God’s law and thus about God and their characters were changed into fear and selfishness. Notice, what happens next—after these angels fell.] **Adam was then created in the image of God and placed upon probation.** [Did Adam and Even have a different probation than the angels, or was it the same—a period of time for them to develop their own views, beliefs, attitudes and choose who they would trust, what methods and principles they would live out? And in regard to the Sabbath—Satan’s rebellion and fall happened **before** Adam, which means it happened **before the Sabbath** was created, which means it wasn’t a question over the Sabbath day, which means the final conflict of this long-standing battle over God’s law will be something much more than which day of the week we stop work upon.] He had a perfectly developed organism. All his faculties were harmonious. In all his emotions, words, and actions, there was a perfect conformity to the will of his Maker. After God had made every provision for the happiness of man, and had supplied his every want, **He tested his loyalty.** If the holy pair should be obedient, the race would, after a time, be made equal to the angels. **As Adam and Eve failed to bear this test,** Christ proposed to become a voluntary offering for man. {Con 18.2} [What happened here? What kind of test? A test of loyalty—meaning what? What character they would develop. Would they choose truth, love, liberty, trust, faithfulness, fidelity? Would they choose the knowledge of good, to be loyal to God, to know God and His methods as their way of life, what they settle into so they cannot be moved—or would they choose to know evil, fear, selfishness, believe lies, become cheats, exploiters, abusers and malcontents? Sadly, they chose the later, and Jesus chose to become human and overcome Satan and the power of sin and restore God’s law into humanity, developing with His human abilities and human power a godly character loyal to God’s methods and principles. Now each of us, because of Jesus, have the choice—who will we be loyal to? Who will we trust and what law will we choose as our hearts operating system in how we live and in how we treat others?]

So, back to the Sabbath—how does the Sabbath fit into the final conflict between truth and error that began over God’s law before there was a Sabbath?

The Sabbath was made for man—for what purpose? Did God foreknow that Adam and Eve would fall into sin and the human race would be born into sin and struggle with sin? Yes—so He made the Sabbath with foreknowledge of our plight for a purpose—what purpose?

Say to the Israelites, ‘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 NIV84).

I gave them my Sabbaths as a **sign** between us, so they would know **that I the LORD made them holy.** (Eze 20:12 NIV84).

It is a sign that He sanctifies us or makes us holy—what does that mean?



What is the sign that God makes us holy? Is the Sabbath itself the sign, or is our Sabbath observance the sign? Or is it some combination of both?

What is a sign? It is a marker, a signal, an evidence, a notice, something that conveys meaning, something that stands or reminds us of something, an indicator.

The Sabbath itself is a sign from God to us that He makes us holy—it is to be remembered, not forgotten—but what is to be remembered about the Sabbath? How does God make us holy?

What if we have the right day of the week but attach and remember lies about the meaning and purpose of the Sabbath? What if we teach the right day of the week and to remember and keep it, but do so through the imposed law lens and the Sabbath is an arbitrary test of obedience?

Did the Jews in Christ's day have the right day of the week? Did they remember the Sabbath? What did the Sabbath remind them of?

- Did they remember God was Creator?
- Did they remember God delivered them from Egypt?
- Did they remember a Messiah was promised?
- Did they remember they were a special and chosen people and the Sabbath was a sign or evidence of how they were not the same as the rest of the people in the world, that they were set apart?
- And did these Jews kill the Lord of the Sabbath?

So, is remembering all of these things about the Sabbath sufficient to be prepared for the last days? Is behavioral rest for work sufficient to observe the Sabbath, to be one of the people whom God makes holy?

What is missing? What did the Jews not remember?

Design law, they didn't remember what the Sabbath really reveals, truth, love and liberty—how God works! After six days of creating, God rested. God did NOT use power to force Satan into line, to inflict punishment for rebellion. God presented truth, in love, building an entire world in which all living organisms operate upon the law of love, and created beings in His own image to govern the planet in love and then God created a day where He rested, where He stepped back, where He stopped using power, where He gave freedom to think to all intelligent beings. And God gave every one of His intelligent beings, including Adam and Eve, the ability to act righteously—they could have chosen loyalty, but instead they chose disloyalty and sin.

And God gave the Sabbath—which reveals what? Truth, love, liberty. How is God able to make people holy?

What does it mean to be sanctified or made holy?



“May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. The one who calls you is faithful and he will do it” (1 Th 5:23–24 NIV84).

But just as he who called you is holy, so be holy in all you do; for it is written: “Be holy, because I am holy.” (1 Pe 1:15–16 NIV84).

How does the Sabbath fit into this?

Consider this quote from the book *Education* regarding becoming holy or sanctified:

The mind occupied with commonplace matters only, becomes dwarfed and enfeebled. If never tasked to comprehend grand and far-reaching truths, it after a time loses the power of growth. **As a safeguard against this degeneracy, and a stimulus to development, nothing else can equal the study of God's word.** As a means of intellectual training, the Bible is more effective than any other book, or all other books combined. The greatness of its themes, the dignified simplicity of its utterances, the beauty of its imagery, quicken and uplift the thoughts as nothing else can. **No other study can impart such mental power as does the effort to grasp the stupendous truths of revelation.** The mind thus brought in contact with the thoughts of the Infinite cannot but expand and strengthen. Ed 124.2

And even greater is the power of the Bible in the development of the spiritual nature. Man, created for fellowship with God, can only in such fellowship find his real life and development. Created to find in God his highest joy, **he can find in nothing else that which can quiet the cravings of the heart, can satisfy the hunger and thirst of the soul.** He who with sincere and teachable spirit studies God's word, seeking to comprehend its truths, **will be brought in touch with its Author;** and, except by his own choice, **there is no limit to the possibilities of his development.** Ed 124.3

What did you hear? Our true joy, life, fulfillment is found only in relationship with God and the study of God's word brings us into contact with Him. There is no limit to our development along these lines because God is infinite and as we move forward in godly truth more truth is unfolded to us and we grow and develop. This is an eternal journey of discovery and joy.

And the Sabbath was given as a sign or evidence of our Creator God who is the source of truth, love and liberty. Remember the Sabbath, remember the Creator, remember God's methods, Remember truth, love and liberty. Remember that in Jesus you are free. Remember in God you are fulfilled, your purpose is realized, your development is unending. Remember the Sabbath for the God of the Sabbath will heal and restore you if you trust Him

But again, how does this fit in to the final conflict over the longstanding battle regarding God's law that began in heaven before there was a Sabbath? The book the Great Controversy continues:



The last great conflict between truth and error is but the final struggle of the long-standing controversy concerning the law of God. Upon this battle we are now entering—a battle between the laws of men and the precepts of Jehovah, between the religion of the Bible and the religion of fable and tradition. GC 582

The agencies which will unite against truth and righteousness in this contest are now actively at work. [Do we see agencies in the world that are active and opposed to truth and righteousness?] God's holy word, which has been handed down to us at such a cost of suffering and blood, is but little valued. [Do we see that societies around the world, including the USA have devalued the Bible?] The Bible is within the reach of all, but there are few who really accept it as the guide of life. Infidelity prevails to an alarming extent, not in the world merely, but in the church. Many have come to deny doctrines which are the very pillars of the Christian faith. **The great facts of creation as presented by the inspired writers, the fall of man, the atonement, and the perpetuity of the law of God,** are practically rejected, either wholly or in part, by a large share of the professedly Christian world. [Do we find this to be true? Have many Christians embraced some aspect of evolution—not adaptation that things change, but the idea that humans evolved from lower life forms? And what does that do to the belief in God? What kind of God would God be if death and destruction are necessary for the creation of humans? And if people remembered the Sabbath and what it represents, would they ever consider evolutionary origins of life?] Thousands who pride themselves upon their wisdom and independence regard it as an evidence of weakness to place implicit confidence in the Bible; they think it a proof of superior talent and learning to cavil at the Scriptures and to spiritualize and explain away their most important truths. [Do we find this happening? And yet the Bible is the supreme source of intellectual development and wisdom. The Bible themes are so deep we will never fully penetrate them, at least not this side of heaven.] Many ministers are teaching their people, and many professors and teachers are instructing their students, **that the law of God has been changed or abrogated;** [And here it is—the last conflict of the long standing battle is but the final struggle over the law of God which began in heaven. And what did it begin in heaven over? God's law being imposed rules that can be changed rather than design protocols for life. We must return to design law, to the reality that God's laws never change, and how does the Sabbath fit in if it didn't exist before Satan rebelled, wouldn't that be a change, adding the Sabbath? If it were a rule to be obeyed, then yes, adding the Sabbath would be evidence of Satan's allegation that God makes up rules and punishes rule-breakers. But when we realize the Sabbath is a gift that we are free to embrace and use or not then it is not a rule, it is the evidence of God's character, truth, love and freedom. The Sabbath is a sign of God's character, that His law is design law, that only in harmony with Him is their life. That only resting which means trusting Him is their freedom from sin. It is in our rest or trust relationship with Jesus that He heals us. When we come to Him He gives us rest from fear, from guilt, from shame, from the fear of death. And the Sabbath is God's flag built into time, God's evidence like the rainbow in the sky reminds us that God will not destroy the world with a flood, the weekly Sabbath reminds us of God's character of love, His methods, His trustworthiness and if we rest in Him He will make us holy.] and **those who regard its requirements as still valid, to be literally obeyed, are thought to be deserving only of**



ridicule or contempt. GC 582.3 [Why? Because they are viewed as legal requirements from an arbitrary god and thus those who keep such rules are viewed as foolish.]

In rejecting the truth, men reject its Author. **In trampling upon the law of God, they deny the authority of the Law-giver.** It is as easy to make an **idol of false doctrines and theories as to fashion an idol of wood or stone.** By **misrepresenting the attributes of God,** Satan leads men to conceive of Him in a false character. With many, **a philosophical idol is enthroned in the place of Jehovah;** while the living God, as He is revealed in His word, in Christ, and in the works of creation, is worshiped by but few. [Teaching the Sabbath is an arbitrary test of obedience and that it is about our performance and if we don't do certain things in certain ways we get a demerit in a book in heaven and God will use power to inflict suffering on us and kill us for breaking the Sabbath is creating a philosophical idol—a false god while keeping the right day.] **Thousands deify nature while they deny the God of nature.** [Many in the green movement, the save the earth advocates, the climate alarmists are in this camp, earth is our mother and we must save her, but they deny the true God of heaven and fail to realize we are agents of Christ to save people, not the planet, the planet is going to be recreated by Jesus.] Though in a different form, **idolatry exists in the Christian world today as verily as it existed among ancient Israel in the days of Elijah.** The God of many professedly wise men, of philosophers, poets, politicians, journalists—the God of polished fashionable circles, of many colleges and universities, even of some theological institutions—is **little better than Baal, the sun-god of Phoenicia.** GC 583.1 [How? By accepting the lie that God's law works like human law, imposed rules that require infliction of punishment, people then teach that God requires a legal payment of the blood of a sinless human sacrifice to forgive the guilty or assuage His wrath etc. Thus, they teach God is like Baal. This is penal substitution theology and other theologies that require such sacrifice to God or God's law.]

No error accepted by the Christian world strikes more boldly against the authority of Heaven, none is more directly opposed to the dictates of reason, none is more pernicious in its results, than the modern doctrine, so rapidly gaining ground, **that God's law is no longer binding upon men...** GC 584.1 [What kind of law can be revoked, set aside, or no longer be binding? Imposed law, rules made up like we make. Thus the real lie is that God's law is imposed. No one would suggest that because Jesus died and we are promised a new immortal body when He comes that the laws of health are no longer binding upon humans. But that is what people do when they suggest that God's moral law is not binding. Worse, they corrupt how we see and understand God and God's character. He becomes the source of pain, suffering and death, we are told, under the guise of justice.]

Wherever the divine precepts are rejected, sin ceases to appear sinful or righteousness desirable. **Those who refuse to submit to the government of God are wholly unfitted to govern themselves.** [What is being described here? This is design law—the law of worship, by beholding we become changed; and the law of exertion, if you want something to be stronger you exercise it. If we refuse to practice the laws upon which God built life we damage ourselves and lose capacity for self-governance. The carnal drives become stronger, wisdom is lost, discernment is lost, fear increases, survival drives take greater control, we see life through



the lens of self and we become slaves of our own base instincts.] Through their pernicious teachings the spirit of insubordination is implanted in the hearts of children and youth, who are naturally impatient of control; **and a lawless, licentious state of society results.** [What are we seeing in society today? An absolute breakdown in social order—and where are we seeing it the most? In the municipalities that identify as liberal or left leaning, where the Bible is mocked, where a belief in God is scorned, where church attendance is ridiculed, family integrity is undermined, where accountability for one's own behavior is not required, and just as this author describes when the Bible and its principles are rejected people lose self-control.] While scoffing at the credulity of those who obey the requirements of God, the multitudes eagerly **accept the delusions of Satan.** [Because Satan has infected Christianity with the lie that God's law is imposed, he has been able to lead Christians to create all kinds of ridiculous and non-sensical teachings and arbitrary rules and rule-enforcement, which has led people to view God as an arbitrary dictator, which has led others to eventually reject God and the Bible altogether, which has resulted in the state of the godlessness we have in society today. And all kinds of delusional beliefs—like godless evolution, a delusional willingness to trust human governments, or if you read my [blog this week](#) on mass delusion you will see how godlessness contributes to the root causes of mass delusion in general and the delusional beliefs around COVID.] They give the rein to lust and practice the sins which have called down judgments upon the heathen. GC 584.3 [And what do we see in society? And what are God's judgment referred to here? Either therapeutic interventions to keep open avenue for Messiah and advancement of the healing remedy (gospel), or letting people go to reap what they have chosen because they are beyond healing. But those who accept Satan's lie about God's law, which began the war in heaven, today will teach the lie that God uses His power to punish the wicked. But listen to what this author says about God's judgments:

"I was shown that the **judgments of God would not come directly out from the Lord** upon them, but in this way;

"They place themselves beyond His protection. He warns, corrects, reproves, and points out the only path of safety; then if those who have been the objects of His special care will follow their own course, independent of the Spirit of God, after repeated warnings, **if they choose their own way, then He does not commission His angels to prevent Satan's decided attacks upon them.**

"It is Satan's power that is at work at sea and on land, bringing calamity and distress, and sweeping off multitudes to make sure of his prey, and storm and tempest both by sea and land will be, for Satan has come down in great wrath. He is at work. He knows his time is short and, he is not restrained; we shall see more terrible manifestations of his great power than we have ever dreamed of." Manuscript Release vol. 14, p. 3]

Those who teach the people to regard lightly the commandments of God sow disobedience to reap disobedience. [What is being described? What law? Design law, sowing and reaping. You cannot sow selfishness and reap love. And what are we seeing in the world today?] **Let the restraint imposed by the divine law be wholly cast aside, and human laws would soon**



be disregarded. [Modern Western society has rejected the Bible, and teaches evolution in our schools, and godlessness has become predominant, the laws of God are not respected and what do we see in society? Are human laws being obeyed now or do mobs destroy other's properties, wholesale thefts, increasing murder and what about elected officials—are our officials obeying the laws on immigration, protecting our constitutional liberties etc.? Notice, those in leadership around the world who are the most godless, meaning they don't actually value the principles of the Bible, are the ones most willing to violate human rights, disobey the laws of their own land, and take away freedom. Many people are so blinded by rhetoric, they can't see past what is said to what is actually being done. But the mature have developed the ability to discern, to see past the words to the actions and accomplishments.] **Because God forbids dishonest practices, coveting, lying, and defrauding, men are ready to trample upon His statutes as a hindrance to their worldly prosperity;** but the results of banishing these precepts would be such as they do not anticipate. If the law were not binding, why should any fear to transgress? **Property would no longer be safe. Men would obtain their neighbor's possessions by violence,** and the strongest would become richest. [What are we seeing in the cities where police are defunded, where elected officials refuse to enforce the laws? This prediction is being proved true in our lives today!] **Life itself would not be respected.** [Do we see in these same cities horrible increases in murder? Yes!] **The marriage vow would no longer stand as a sacred bulwark to protect the family...** [Have we seen the breakdown of the family? And where is marriage less valued, in those who continue to value the Bible or in those who have rejected it?] The fifth commandment would be set aside with the fourth. Children would not shrink from taking the life of their parents if by so doing they could obtain the desire of their corrupt hearts. The civilized world would become a horde of robbers and assassins; and peace, rest, and happiness would be banished from the earth... GC 585.1 [What happens when we reject God? Do sinners have the ability to be moral, righteous, upright in their own strength separated from the power of God in their lives? No! It is unavoidable as God is rejected that sin increases and society decays.]

Courts of justice are corrupt. Rulers are actuated by desire for gain and love of sensual pleasure. [Have we seen this in societies around the world? Have we seen decisions made that hurt the people in order to empower the few?] Intemperance has beclouded the faculties of many so that Satan has almost complete control of them. Jurists are perverted, bribed, deluded. Drunkenness and revelry, passion, envy, dishonesty of every sort, are represented among those who administer the laws. "Justice standeth afar off: for truth is fallen in the street, and equity cannot enter." Isaiah 59:14. GC 586.1

The iniquity and spiritual darkness that prevailed under the supremacy of Rome were the inevitable result of her suppression of the Scriptures; but where is to be found the cause of the widespread infidelity, the rejection of the law of God, and the consequent corruption, under the full blaze of gospel light in an age of religious freedom? Now that Satan can no longer keep the world under his control by withholding the Scriptures, he resorts to other means to accomplish the same object **To destroy faith in the Bible serves his purpose as well as to destroy the Bible itself. By introducing the belief that God's law is not binding, he as effectually leads**



men to transgress as if they were wholly ignorant of its precepts... GC 587 [How does he do this? By the lie that God's law is like human law and thus can be set aside.]

How does the Sabbath fit in?

It is a weekly evidence, sign, landmark built right into time of God's kingdom, God's creatorship, but also God's character and the promise of life, health and freedom we have with Him!

SUNDAY

Read first paragraph, "When God delivered..." What is your understanding of these historic events? What was God's purpose in the promise to Abraham? Was it God's purpose that Abraham's genetic descendants would live in Palestine—was this the vision, the goal? Let me restate it this way, Was God's goal, vision, plan and purpose for Abraham's descendants to live **perpetually in sin** in Palestine?

Or was God's purpose for Abraham, Isaac and Jacob's descendants to occupy that land for the purpose of being the avenue for the Messiah who would deliver humanity from sin and then God would give the real inheritance—the entire recreated earth to the saved—the meek shall inherit the earth?

Who are considered children of Abraham and heirs according to the promise?

"If you belong to Christ, then you are Abraham's seed, and heirs according to the promise" (Galatians 3:29 NIV84).

Israel occupying Canaan was a type of the righteous occupying the new earth. The promise to Abraham was a type and the antitype is when the meek inherit the earth—this is the true fulfillment of the promise. Any ideas that suggest that the promise to Abraham is for genetic descendants of Abraham to occupy Palestine today is a misreading of Scripture and diverts attention away from Jesus and the true gospel message.

MONDAY

The lesson focuses on Hebrews 3:12-19, which itself is a reflection on the rebellion at Kadesh barnea and the lack of faith to enter Canaan. And since they didn't enter Canaan, they didn't rest from their wandering in the desert.

What is the object lesson for us? We are still wandering the wilderness or desert of this world and have not entered the heavenly Canaan because the church and world haven't accepted 3 Angels Message about returning to worship the Creator whose laws are design laws, and instead we keep teaching of an imperial dictator who must punish rule-breakers.



Let's read these verses from The Remedy:

See to it, brothers and sisters, that none of you cling to lies about God and retain a selfish, distrusting mind that turns you away from the living God.¹³ But daily build each other up in the truth, as long as there is still time, so that none of you may be blinded, confused, and hardened by the lies about God.¹⁴ We have become partakers of Christ's character if we hold firmly till the end to the confidence we initially had in the truth about God, revealed by Christ.¹⁵ As has just been said: "Today, if you hear his voice offering healing and restoration, do not reject the true Remedy and darken your minds as you did in the rebellion."¹⁶ Who were they who heard the message of healing truth but instead rebelled and preferred lies? Were they not all those whom Moses led out of Egypt?¹⁷ And with what was God angry for forty years? Was it not with having to watch his children persistently reject his healing ways and slowly die and fall in the desert?¹⁸ And whom did God tell that they could never get well and find rest as long as they rebelled against the only Remedy if not those who died in the desert?¹⁹ So we see that they were not able to get well and enter into God's rest because they didn't trust him or accept the truth he revealed. (Hebrews 3:12-19 REM).

TUESDAY

Read first paragraph, "The unbelief..." What is this rest we are offered today? Is it by observing the 7th day Sabbath? Did the Jews in the desert, who did NOT enter God's rest, have the wrong Sabbath day?

So it must be more than the day we go to church upon—what else is it?

Read Hebrews 4:1-11 from The Remedy:

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.² 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.³ 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 —⁴ 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."⁵ 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."

⁶ 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.⁷ 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."⁸ For if Joshua had already given them healing of character and rest for their minds, God would not have spoken later about another day of rest still to come.⁹ There remains then a Sabbath-rest—a rest in the evidence and truth of the character of God—which heals and transforms the people of God;¹⁰ for anyone who rests in the achievements of Christ rests from working to save himself, just as God rested from his work.¹¹ Let us therefore make every effort to rest in the truth about God as revealed by Christ, so that no one will fall by following the example of distrust and refusal to accept the truth. (Hebrews 4:1-11 REM).

WEDNESDAY

Entering into His Rest –what does this mean?

How do we enter into God's rest?

From what are we to rest?

Are we resting from physical labor or something else?

Are we resting only one day in seven if we enter into the rest Jesus offers?

How does the Sabbath day relate to the resting in Christ from sin? Don't we rest all week long when we are in Christ?

THURSDAY

The lesson states the Sabbath has always pointed forward to Redemption and a new earth... Read the third paragraph, "This has always been..." What does the Sabbath show us about the world to come?

God's character and methods—truth, presented in love, leaving us free—we have freedom, real freedom in Christ, in God's kingdom. We are liberated and totally free!

Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death. (Ro 8:1–2 NIV84).



ANNOUNCEMENTS:

New Release: The Final Message of Mercy to the World—The Three Angels, magazine.

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