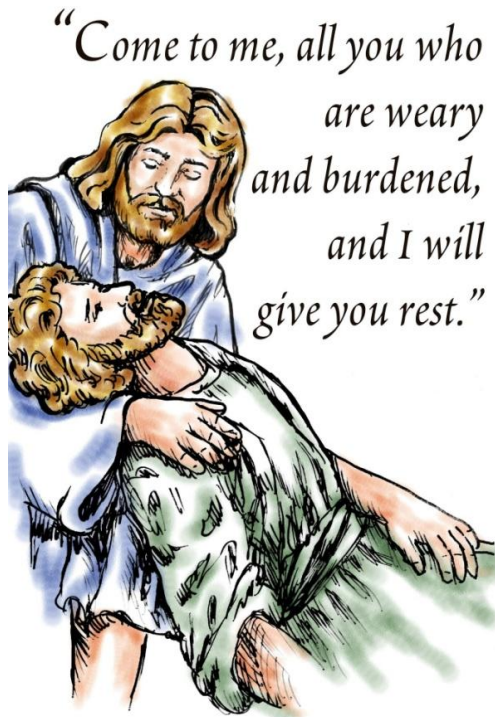


SUNDAY SCHOOL MATERIALS FOR ADULTS

LESSON 10



“Come to me, all you who
are weary
and burdened,
and I will
give you rest.”

THE SABBATH IS A TYPE OF HOLINESS

Scripture Texts: Exodus 31:13-14; Hebrews 4:9-11; Ezekiel 44:7-9; Romans 2:28-29; Galatians 6:15; Colossians 2:11

God teaches by Old Testament laws that holiness is His will for man. God said that the Sabbath was given to teach that **I am the Lord that doth sanctify you**. The Sabbath command is the only one of the Ten Commandments which is symbolic. Physical rest from labor on the Sabbath day represented the holy life, which is spiritual rest from sin. The Sabbath, at one time, was a day. Now it is the life of God lived out through a human being. It is a life of rest from sin every day. Circumcision represented a spiritual purification performed on the hearts of men and women.

Just as the keeping of the Sabbath separated the Israelite nation from those around them, so God’s salvation separates His people from all others.

MEMORY VERSE: *Come unto me, all ye that labour and are heavy laden, and I will give you rest.—Matthew 11:28*

The Sabbath Is a Sign

Exodus 31:13-14 The old covenant contained many visible or physical types whose realities in the new covenant are spiritual experiences. The Sabbath day was one of these. Under the Law, Israelites were commanded to rest and do no work every seventh day. Also, special days connected with feasts and each seventh year was Sabbaths. To keep these Sabbaths was strictly commanded by God. Disobedience was punished most severely. The reason was that this was a **sign** between God and men. God’s purpose was **that ye may know that I am the Lord that doth sanctify you**. The symbol then is to teach that the Lord sanctifies people – sets them apart for Himself. God moves into human hearts and lives there. He cleanses them and makes them holy. This work of God is the chief difference that distinguishes the new covenant from the old. This is what Jesus came to bring.

The Old Testament Sabbath was rest from their labor or bondage. We do not set one day aside to rest from the burden of sin, but we are free from its yoke every day. The Law had a shadow of good things to come; Christ brought the substance, the reality (**Colossians 2:17**). Many are clinging to the shadows and forms yet today and are missing the spiritual substance.

His Rest Is a Reality

Hebrews 4:9-11 Israel might have entered the spiritual rest of God, but they allowed unbelief to keep them out. Man is not without hope. God has given a remedy. The door remains open **to the people of God** through His only Son, Jesus Christ, and there is no other remedy. One who enters rest is described as having **ceased from his own works**. He has turned from his natural way of sin, denied self, laid down his way of life, and taken up the life of Christ. Only in Him is rest found.

When Jesus came bringing a new covenant, He came bringing rest. **Ye shall find rest unto your souls (Matthew 11:28-29)**. This is the Christian Sabbath. It is the rest told of in Hebrews – soul rest, peace with God.

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Circumcision Is a Type

Ezekiel 44:7-9 Another Old Testament type or symbol was the rite of circumcision, a physical mark put upon each male of Israel to set him apart as peculiar to God. It was a seal of membership in the holy nation of Israel, a pledge of obedience to its laws, a sign of purity. To refuse the rite meant to be cut off from His people.

Part of God's Law of circumcision was that no uncircumcised one **shall enter into my sanctuary** – this is the type. To meet with God, to offer acceptable worship, even to enter the building where these were done, one must bear the authorized mark of the people of God. The reality is that in this Christian dispensation, one must have a pure-heart – heart circumcision – to enter the church or Heaven (**Hebrews 12:14**). A cleansed heart, or holiness, is the distinguishing mark of the people of God. (See **Deuteronomy 30:6**.)

Holiness Is the Antitype

Romans 2:28-29 Now in the New Testament, God counts as His people only those who are pure **inwardly...of the heart, in the Spirit**. This quality is the antitype that which circumcision represented. Those circumcised in heart have the praise of God. They know God and God knows them and puts on them His approval. These are spiritual Jews, regardless of their nationality.

Galatians 6:15 Now God does not look for a physical mark. He looks for a **new creature**. For one to be a new creature, he must have new life in Christ, be born again.

Colossians 2:11 In whom also (in Christ, **verse 8**) **ye are circumcised...by the circumcision of Christ**. Paul was writing to the saints at Colossae. It was **made without hands**, a spiritual work in the heart. This is the antitype, the fulfillment. It puts **off the body of the sins of the flesh**. So, then, the cleansing away of sin is called circumcision. **Verse 13** says that Christ **quickened these together with him**. He gave them spiritual life with Him, the same life He has. This is holiness, freedom from sin, and the life of Christ within.

Gathering together the statements of Scripture, we find that the practice of circumcision and the Sabbath under the Law was a type of the holy life. Christ perfects in those who repent, believe, and obey Him.

JUST A THOUGHT

There is no rest for the sinner.

This lesson is adapted from a lesson by Mary Lehmann.
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