

# Sabbath Rest

Genesis 2:1–3

Exodus 20:8–11; Deuteronomy 5:12–15

Exodus 23:12; 34:21

Exodus 31:12–17

Numbers 15:32–36

Mark 2:27

## Hebrews 4:3–5

<sup>3</sup> ... although the works were finished from the foundation of the world. <sup>4</sup> For He has spoken in a certain place of the seventh day in this way: "And God rested on the seventh day from all His works"; <sup>5</sup> and again in this place: "They shall not enter My rest."

## Hebrews 4:6–7

<sup>6</sup> Since therefore it remains that some must enter it, and those to whom it was first preached did not enter because of disobedience, <sup>7</sup> again He designates a certain day, saying in David, "Today," after such a long time, as it has been said:

"Today, if you will hear His voice,  
Do not harden your hearts."

## TIME LINE Dates are approximate

**Abraham** is called by God to go to Canaan; God makes a covenant with Abraham that Abraham's descendants will be "a great nation" (Gen. 12:1-7).

**Joseph** is sold into slavery by his brothers. In Egypt, he rises to prominence (Gen. 37-41).

**Jacob** blesses his sons on his deathbed (Gen. 49).

2080 BC

1928-1908

1897-1884

1876

1859

**Jacob** (Abraham's grandson) marries Leah and Rachel; they and their handmaidens bear 12 sons (Gen. 29-30).

**Famine** prompts Jacob's family to migrate to Egypt where they are reunited with Joseph (Gen. 42-46).

**In Egypt:** Jacob's descendants remain there 430 years, part of that time in slavery.

**The Exodus:** Moses leads the Israelites (Jacob's descendants) out of Egypt (Ex. 3-14).\*

**First census** of Israelite tribes at Sinai (Num. 1-3).

**Second census** in Moab (Num. 26). Moses blesses tribes before his death (Deut. 33).

**Era of Judges** begins\*

**King David** conquers Jerusalem (2 Sam. 5).

1446

1406-1405

1350

1051

1011

**Wilderness Wanderings:** Israelites live in the wilderness for 40 years.

**Tabernacle** built at Sinai (Ex. 26).

Tribes camp around tabernacle under their family banners (Num. 2).

**Joshua** leads the tribes into Canaan and divides the land among the tribes (Josh. 1).

*\*Some scholars date the exodus at c. 1290. For this "low date," the dates for wilderness wanderings and beginning of the era of judges would slide to the right 156 years, compressing the era of judges.*

**King Saul** unites the tribes into one kingdom (1 Sam. 9-11).

**Kingdom splits:** Southern tribes become Kingdom of Judah; Northern tribes become Kingdom of Israel (1 Kings 12).

**Babylonia** conquers Kingdom of Judah, destroys temple, exiles people to Babylon (2 Kings 25). In exile, distinctions between the tribes become less important. The people become known as Jews.

960

931

722

586

538-516 BC

**King Solomon** builds the temple in Jerusalem (1 Kings 6).

**Assyria** conquers Kingdom of Israel (2 Kings 17).

**Persia** conquers Babylonia and allows the Jews to return to the land and rebuild the temple in Jerusalem (2 Chron. 36:23).

## Hebrews 4:8–10

<sup>8</sup> For if Joshua had given them rest, then He would not afterward have spoken of another day. <sup>9</sup> There remains therefore a rest for the people of God. <sup>10</sup> For he who has entered His rest has himself also ceased from his works as God did from His.