

I If we would have the proper understanding of the Sabbath rest in Hebrews, we need to know the significance of the first mentioning of the Sabbath rest in the Bible: [Gen. 2:2](#) And on the seventh day God finished His work which He had done, and He rested on the seventh day from all His work which He had done. **A** God rested on the seventh day because He had finished His work and was satisfied; God's glory was manifested because man had His image, and His authority with His dominion was about to be exercised for the subduing of His enemy. [Gen. 1:26](#) And God said, Let us make man in Our image, according to Our likeness; and let them have dominion over the fish of the sea and over the birds of heaven and over the cattle and over all the earth and over every creeping thing that creeps upon the earth. **B** When there is a situation on earth in which man express God and represents God, that situation is a Sabbath rest to God; the Sabbath rest is simply God's satisfaction in His Heart's desire. **C** God's seventh day was man's first day; after man was created, he did not join in God's work, but he entered into God's rest; man was created not to work but to be satisfied with God and rest with God. **D** The Sabbath signifies that God has done everything, completed everything, and prepared everything and that man must stop all his work; to keep the Sabbath is to stop our work and to take God and all that He has accomplished for us as our enjoyment, rest, and satisfaction; this is God's economy. **E** The New Jerusalem will be God's ultimate and eternal Sabbath rest because there all the redeemed saints will fully express God in glory and reign with God's authority for eternity.

II The Sabbath rest is Christ as our rest, typified by the good land of Canaan; Christ is rest to the saints in three stages: [Heb. 4:8-9](#) For if Joshua had brought them into rest, He would not have spoken concerning another day after these things. So then there remains a Sabbath rest for the people of God. **A** In the church age the heavenly Christ, the One who has expressed, represented, and satisfied God and who rests from His work and sits at the right hand of God in the heavens, is the rest to us in our spirit; the Sabbath rest in Hebrews 4:9 is Christ as our rest, typified by the

good land of Canaan. **B** In the millennial kingdom, after Satan has been removed from the earth, God will be expressed, represented, and satisfied by Christ and the overcoming saints; then Christ with the kingdom will be the rest in a fuller way to the overcoming saints, who will be co-kings with Him and share and enjoy His rest. **C** In the new heaven and new earth, after all the enemies, including death, the last enemy, have been made subject to Him, Christ, as the all-conquering One, will be the rest in the fullest way to all of God's redeemed for eternity. **D** The Sabbath rest mentioned in Hebrews 4:8-9 refers to Christ as our rest in the first two stages, and especially in the second—the rest that remains for us to seek after and enter into diligently. **III** We need to take heed to the Lord's word in Matthew 11:28-30—“Come to Me all who toil and are burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am meek and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light”: **A** Toil refers not only to the toil of striving to keep the commandments of the law and religious regulations but also to the toil of struggling to be successful in any work; whoever toils thus is always heavily burdened. **B** Rest refers not only to being set free from the toil and burden under the law or religion or under any work or responsibility, but also to perfect peace and full satisfaction. **C** To take the Lord's yoke is to take the will of the Father; it is not to be regulated or controlled by any obligation of the law or religion or to be enslaved by any work, but to be constrained by the will of the Father. **D** The Lord lived such a life, caring for nothing but the will of His Father; He submitted Himself fully to the Father's will; hence, He asks us to learn from Him. **E** To be meek, or gentle, means not to resist opposition, and to be lowly means not to have self-esteem; He submitted Himself fully to the will of His Father, not wanting to do anything for Himself or expecting to gain something for Himself; hence, regardless of the situation He had rest in His heart; He was fully satisfied with the Father's will. **F** The rest that we find by taking the Lord's yoke and learning from Him is for our souls; it is an inward rest and is not anything merely outward in nature. **G** The Lord's yoke is the Father's will, and His

burden is the work of carrying out the Father's will; such a yoke is easy, not bitter, and such a burden is light, not heavy. **H** His yoke being easy means that His yoke, the Father's will, is good, kind, mild, gentle, pleasant—in contrast to hard, harsh, sharp, bitter. **IV** Exodus 31:12-17 reveals that the Sabbath follows the charge for the building of the tabernacle: **A** "You shall surely keep My Sabbath; for it is a sign between Me and you throughout your generations, that you may know that I am Jehovah who sanctifies you... Therefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations as a perpetual covenant. It is a sign between Me and the children of Israel forever; for in six days Jehovah made heaven and earth, and on the seventh day He rested and was refreshed" (Exo. 13,16-17). **B** On the seventh day God "rested and was refreshed"; man was God's refreshment because man was created in God's own image with a spirit so that man could fellowship with God and be God's companion and counterpart. **C** We need to see the following divine principle—God first supplies us with enjoyment, and then we work together with Him; in order to be one with God in His work, we must enjoy Him. **D** At Pentecost the disciples were filled with the enjoyment of the Lord— "they are full of new wine" (Acts 2:13); then Peter and the eleven stood to work together with the Lord. **E** With God it is a matter of working and resting; with man it is a matter of resting and working; then we work with the Lord by being one with Him. **F** As God's people, we should bear a sign that we need God to be our strength, energy, and everything so that we may be able to work together with Him for the building up of the church as Christ's Body; this honors and glorifies Him. **G** The sign we bear is that we rest with God, enjoy God, are refreshed with God, and are filled up with God first; then we work together with the very One who fills us in oneness with Him; this is an eternal covenant, an eternal contract, with God. **V** The means of enjoying Christ as the good land is the living and operative word of God that is "sharper than any two-edged sword, and piercing even to the dividing of soul and spirit and of joints and marrow, and able to discern the thoughts and intentions of the heart" (Heb. 4:12): **A** The children of Israel are a type of

us, the New Testament believers, in our participation in the full salvation of God: [1 Cor. 10:6](#) Now these things occurred as examples to us, that we should not be ones who lust after evil things, even as they also lusted. **1** In the first stage we receive Christ and are redeemed and delivered from the world, just as the children of Israel were delivered from Egypt. **2** In the second stage we become wanderers in following the Lord, just as the children of Israel wandered in the wilderness; our wandering always takes place in our soul. **3** In the third stage we partake of and enjoy Christ in a full way, just as the children of Israel partook of and enjoyed the riches of the good land; this is experienced in our spirit. **B** The writer of the book of Hebrews advised the Hebrew believers not to stagger in the wandering of their soul but to press on into their spirit to partake of and to enjoy the heavenly Christ. **C** The Hebrew believers' soul, with its wondering mind, its doubting concerning God's way of salvation, and its considering its own interests, had to be broken by the living, operative, and piercing word of God that their spirit might be divided from their soul.

CP1 The Lord's yoke is the Father's will and His yoke is easy to take. If we take His yoke, we will find rest in our souls

III We need to take heed to the Lord's word in Matthew 11:28-30—"Come to Me all who toil and are burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am meek and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light!": **A** Toil refers not only to the toil of striving to keep the commandments of the law and religious regulations but also to the toil of struggling to be successful in any work; whoever toils thus is always heavily burdened. **B** Rest refers not only to being set free from the toil and burden under the law or religion or under any work or responsibility, but also to perfect peace and full satisfaction. **C** To take the Lord's yoke is to take the will of the Father; it is not to be regulated or controlled by any obligation of the law or religion or to be enslaved by any work, but to be constrained by the will of the Father. **D** The Lord lived such a life, caring for nothing but the will of His Father; He submitted Himself fully to the Father's will; hence, He asks us to learn from Him. **F** The rest that we find by taking the Lord's yoke and learning from Him is for our souls; it is an inward rest and is not anything merely outward in

nature. **G**The Lord's yoke is the Father's will, and His burden is the work of carrying out the Father's will; such a yoke is easy, not bitter, and such a burden is light, not heavy. **H**His yoke being easy means that His yoke, the Father's will, is good, kind, mild, gentle, pleasant—in contrast to hard, harsh, sharp, bitter.

Young people, do not think that you are so free or liberated. In the Lord's recovery we all have been yoked. How good it is to be yoked! The Lord's yoke is easy and His burden is light. The Lord's yoke is the Father's will, and His burden is the work to carry out the Father's will.

Application to young people, college students, new ones

Testimony 1 I have been serving full time since 2020. I have always been very uncomfortable with the gospel, shepherding, and care for others, and I always felt burdened because I was not good at contacting people. The reason why I felt burdened was because I did not take the Lord's yoke and was contacting people in my natural life. When I served with Sister Kaika in Rokko district, I often coordinated together with her on the gospel and shepherding. At that time, I was very much inspired by the sisters' approach to the gospel and shepherding. She was bold in speaking the Word of God when contacting people. I was always overwhelmed by her concern for touching people's hearts and her capacity to accept others. I was exposed of my being afraid to speak God's word boldly, lacking concern and love for others, and being exclusive and narrow in my capacity of acceptance of others! I learn from her pattern and sing hymns I enjoyed and pray before my visit in order to carry out the gospel and shepherding in the yoke of the Lord. Then, strangely enough, the gospel and shepherding by visiting people no longer seems like a burden, but rather a joyful thing to do in the Lord. Thank the Lord.

Testimony 2 Since I was a child, I was never good at remembering people's faces and names. Even my mother thought that I really couldn't remember people's names. I always had a complex about that. As such, I have recently joined the Prayer Warriors Group and have come to know about the brothers and sisters and gospel friends. At Prayer Warrior, we have prayer time with the brothers and sisters three

times a week. When I started, I honestly felt it was tough to take 30 minutes out of my busy morning. My daughter, who is not saved, is looking at me cold, and the dog, who wants to go for a walk, is waiting for it to be over. When I first started, I didn't understand the importance of praying for people I had never met. However, I came to understand the environment and circumstances of the brothers and sisters and friends, which I had not known before, and I spontaneously began to pray in one accord. I then realized that the reason I could not remember people's names was because I had little interest in other people. I am really happy when the Lord answered our prayers. I realize that praying for someone else also leads to my own peace.

Prayer Oh Lord Jesus, even though I strive and toil in my natural life, there is no rest. But I remember that His yoke is easy to bear and His burden is light. To bear His yoke is to do the will of the Father. This yoke is good, kind, mild, gentle and pleasant, in contrast to hard, harsh, sharp, bitter. If I take His yoke upon me and there will be rest in my soul.

CP2 The word of God is living and operative and it can divide the sense of our spirit and unbelief of our soul. **V** The means of enjoying Christ as the good land is the living and operative word of God that is "sharper than any two-edged sword, and piercing even to the dividing of soul and spirit and of joints and marrow, and able to discern the thoughts and intentions of the heart" (Heb. 4:12): **C** The Hebrew believers' soul, with its wondering mind, its doubting concerning God's way of salvation, and its considering its own interests, had to be broken by the living, operative, and piercing word of God that their spirit might be divided from their soul: Heb. 4:12 For the word of God is living and operative and sharper than any two-edged sword and of joints and marrow, and able to discern the thoughts and intentions of the heart. **2** Whenever we read the Bible, it must be living, energizing, and sharp enough to divide our soul from our spirit and discern our thoughts and intentions, revealing which are of and for God; we must mix the word with faith by means of all prayer in spirit in order for it to be living and operative. Heb. 4:2 For indeed we have had the good news announced to us, even as they also; but the word heard did not profit them, not being mixed together with faith in those who heard. Eph. 6:17 And receive the helmet of salvation and the sword of the

Spirit, which Spirit is the word of God,³ The living word of God must pierce into our being and deliver us from our wondering mind and wandering soul into Christ as the Sabbath rest in our spirit; we should not be those who stagger in the wandering of our soul, but we need to deny the soul and press on into our spirit to partake of and enjoy the heavenly Christ so that we might participate in the kingdom rest of His reign in the millennium.

One of the psalms says, 'Today, if you hear His voice.' You have read this verse again and again without anything happening to you. Now I am using this psalm as a base for my talk with you. This word of God must be living and operative and must divide our soul from our spirit. Brothers, ...you are staggering and hesitating...because your soul is mixed with your spirit. Sometimes, when you are calm, deep within, your spirit is telling you to go on and follow Christ as today's Messiah. Although you may be clear about this in your spirit, you turn from your spirit to your soul. Your mind in your soul begins to wonder, and this causes your soul to wander. Because your soul and spirit are mixed together, I have quoted the living word of God, which is sharper than a two-edged sword. It will pierce your mixture, divide your spirit from your soul, and show you how foolish you are.

Application to businesspersons, graduate students

Testimony I frequently experienced worries, sufferings, and hesitations because I did not understand how to go forward in the complicated situations in the workplace. Especially when I was changing jobs due to a corporate acquisition, I was very worried and hesitant because I did not know which company to change to and whether or not I would be hired even if I accepted the interview. In such a situation, the Lord had mercy on me, and told me to pay attention not to my natural feeling, but to faith, which is a feeling that comes from reading and praying the Word. I am reminded of 1 Peter 1:24-25, 'For "all flesh is like grass, and all its glory like the flower of grass. The grass has withered, and the flower has fallen off, But the word of the Lord abides forever." And this is the word which has been announced to you as the gospel.' I prayed according to the Lord's speaking to me, "Lord Jesus, the feeling of my soul is worthless. I respect the sense of faith in the spirit that comes from pray-reading the Word. I cannot have an insight into everything, including the trends of the ages, but you know everything. And

You arrange all people, matters, and things for my good. My only responsibility is to exercise the spirit, enjoy You by faith, and follow You. I ignore the feeling of unworthy and fallen soul and pay full attention to the sense of faith in the spirit." I prayed these prayers over and over again because I felt a very strong feeling of my soul, a feeling of unbelief. When I prayed according to the words of the Bible, my inner man, my regenerated spirit, was strengthened. Gradually, through faith, I was able to walk the path of God's economy in a straight line, with no doubt or hesitation in my business life.

神戸に在る召会 交わりと報告事項

1. YouTube福音集会:

録画担当地区: 3/24 六甲、3/31 合同@魚崎。
4月から若者の働きを強化するために、第1週目、第2週目は次のように変更します。

第1週目: YP/本山/三宮・神戸

第2週目: 六甲/魚崎・六アイ/夙川

但し、YouTube録画担当でない地区も、福音集会を毎月一回行ってください。

第3週目: YP、第4週目: 六甲、第5週目: 合同は変更ありません。

2. 預言準備集会:

次の日の主日に、YouTube福音集会録画担当地区が福音集会の準備として行います。

3. 主日福音集会OLの交わり:

毎週水曜日 20:30-21:00

Zoom ID: 374 864 5537

4. 海外からの兄弟姉妹の訪問スケジュール:

3/27-4/1 Samuel兄弟一家(オーストラリア ブリスベン)

3/29-4/5 王B一家(台湾基隆 六甲/三宮)

4/20-24 台北市100集会所(21名)

5. Zoom等の集会:

Zoom等で主日集会に参加する人は、神を礼拝する敬虔な態度が必要ですので、特別な理由がない限り、カメラを開けてください。家から参加する時も、自分を聖別して参加してください。

6. 台湾全時間訓練生との福音開展:

4/1(月)~5/5(主)まで滞在し、共に福音開展に取り組みます。4/2(火)キックオフミーティングを祈りの集会の時間を使って六甲で行います。