



## [Genesis 2:3](#)

(3) Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.

*New King James Version*

[God](#) did this to no other day! The [Sabbath](#) day is *blessed*. The Bible clearly shows a blessing to be something given or conferred to bring a person a fuller and more abundant life. The blessing may be monetary, but it elevates the person's life. The blessing may be something spiritual such as [forgiveness](#) of [sin](#) or illumination of the mind to [truth](#). The person begins to be liberated, and his life begins to fill with the right things.

We can begin to see God's purpose in blessing the Sabbath. The purpose of the Sabbath is to bring a person - and everyone eventually - to a more abundant life, to liberate him from whatever holds him in bondage. The Sabbath is *the day of liberation*, of liberty, of freedom.

[Genesis 2:3](#) is the capstone of His blessings in the Creation week, expressing God's blessing of His whole Creation. By blessing a recurring period of time, God promises to be man's Benefactor through the whole course of human history. It is an invocation of God's favor to everyone who keeps it. We will see that its primary intention is to make and show God as our spiritual Benefactor.

Now, the Sabbath blessing also includes the physical. The two cannot be separated because we are physical. This is why He tells us to rest on it. It is a blessing to be able to rest on the Sabbath. Our health is increased because of it. We do not get sick as often as we used to. And when we do, we do not become as sick as we used to. Because we are resting on the Sabbath day, our body is freed from much of what would normally come upon us. If we do not keep it, we do not receive that blessing.

Even so, this is not its primary intention. Its primary intention has to do with the spiritual.

The Berean: Daily Verse and Commentary for Genesis 2:3 (<http://www.theberean.org>)

In [Luke 4:16-21](#), [Jesus](#) clearly ties His ministry to the Sabbath concepts of blessing, deliverance, liberty, and redemption. That is His mission: to bring these things to mankind.

— John W. Ritenbaugh

**To learn more, see:**

**[The Fourth Commandment \(Part 2\)](#)**



### **Related Topics:**

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[Sabbath](#)

[Sabbath as Blessing](#)

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[Sabbath, Liberating Intent of](#)

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