

Exodus 16:23

Authorized King James Version (KJV)

And he said unto them, This is that which the LORD hath said, To morrow is the rest of the holy sabbath unto the LORD: bake that which ye will bake to day, and seethe that ye will seethe; and that which remaineth over lay up for you to be kept until the morning.

Analysis

This is that which the LORD hath said, To morrow is the rest of the holy sabbath unto the LORD—Moses explains the double portion by introducing Sabbath (שַׁבָּת, shabbat, 'rest, cessation'). The definite article 'the rest' indicates a specific, known concept even before Sinai's formal commandment, linking to creation's seventh day (Gen 2:2-3). The Sabbath is 'holy' (קֹדֶשׁ, qodesh) and 'unto the LORD,' emphasizing its sacred character and divine ownership. The command to 'bake' and 'seethe' (boil) today for tomorrow's eating requires Sabbath preparation, teaching that rest requires forethought. This prefigures believers who rest in Christ's completed work, having prepared through faith.

Historical Context

This introduces Sabbath observance before the formal giving of the Ten Commandments at Sinai, showing rest as gift before law, grace before demand.

Related Passages

Romans 1:17 — The righteous shall live by faith

James 2:17 — Faith and works

1 Corinthians 13:4 — Characteristics of love

John 15:13 — Greatest form of love

Study Questions

1. How does Sabbath as 'rest unto the LORD' differ from merely taking a day off?
2. What preparation does spiritual rest require, and how does Christ's work provide it?

Interlinear Text

וַיֹּאמֶר	אֵלֶּה	הָוָא	אֲשֶׁר	דָּבַר	לַיהוָה	שַׁבָּת	וְ
And he said	H413	H1931	H834	hath said	unto the LORD	is the rest	
H559				H1696	H3068	H7677	
אֶפְרוֹחַ	אֶפְרוֹחַ	אֲשֶׁר	אֵת	מָחָר	לַיהוָה	קֹדֶשׁ	שַׁבָּת
bake	bake	of the holy	unto the LORD	To morrow		sabbath	
H644	H644	H6944	H3068	H4279		H7676	
כָּל	וְ	אֲשֶׁר	וְ	בִּישׁ לֹ	בִּישׁ לֹ	וְ	אֵת
and that which		that ye will seethe	that ye will seethe				
H3605		H1310	H1310				
הַבֹּקֶר:	עַד	לְמַשְׁמַרְתָּ	לָכֵן	הֵנָּה	יָחוּ	הָ עַד	רָ
until the morning		for you to be kept		lay up		remaineth over	
H1242	H5704	H4931	H0	H3240		H5736	

Additional Cross-References

Leviticus 23:3 (Holy): Six days shall work be done: but the seventh day is the sabbath of rest, an holy convocation; ye shall do no work therein: it is the sabbath of the LORD in all your dwellings.

Exodus 31:15 (Holy): Six days may work be done; but in the seventh is the sabbath of rest, holy to the LORD: whosoever doeth any work in the sabbath day, he shall surely be put to death.

Exodus 23:12 (Parallel theme): Six days thou shalt do thy work, and on the seventh day thou shalt rest: that thine ox and thine ass may rest, and the son of thy handmaid, and the stranger, may be refreshed.

Luke 23:56 (Parallel theme): And they returned, and prepared spices and ointments; and rested the sabbath day according to the commandment.

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