

Exodus 16:30

Authorized King James Version (KJV)

So the people rested on the seventh day.

Analysis

So the people rested on the seventh day—Finally, Israel obeys. The Hebrew שָׁבַת (shavat, 'ceased, rested') indicates they stopped gathering and trusted God's provision. This corporate rest after initial resistance shows grace's triumph over rebellion. The simplicity of this statement contrasts with previous conflicts, showing obedience brings peace. This Sabbath rest prefigures the rest believers enter through Christ (Heb 4:3): 'we which have believed do enter into rest.' The people's rest on the seventh day anticipates the eternal rest awaiting God's people (Heb 4:9). Israel's physical rest from manna-gathering pictures spiritual rest from works-righteousness—trusting Christ's completed redemption.

Historical Context

This successful Sabbath observance established a pattern that continued throughout wilderness wandering and became one of Israel's defining practices as God's covenant people.

Related Passages

Romans 2:1 — Judging others

Revelation 20:12 — Judgment according to deeds

Study Questions

1. What enables the shift from Sabbath-breaking to Sabbath-keeping in your spiritual life?
2. How does physical rest on the seventh day picture spiritual rest in Christ's finished work?

Interlinear Text

1	וַיַּשְׁבַּת	וְ	בַּעַד	בְּיֹם	הַשְׁבָעִים
rested	So the people		day	on the seventh	
H7673	H5971		H3117		H7637

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