

# Exodus 16:30

Authorized King James Version (KJV)

So the people rested on the seventh day.

## Analysis

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**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

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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

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**Romans 2:1** — Judging others

**Revelation 20:12** — Judgment according to deeds

## Study Questions

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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

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|---------------|----------------------|------------|-----------------------|
| וַיָּשָׁבֶת ו | הָעָם                | בַּיּוֹם   | הַשְּׁבִיעִי:         |
| <b>rested</b> | <b>So the people</b> | <b>day</b> | <b>on the seventh</b> |
| H7673         | H5971                | H3117      | H7637                 |

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