

Rest & Sabbath Bible Quiz

10 King James Version trivia questions • Difficulty: Medium

Ten KJV questions on rest and the sabbath — from creation, the wilderness, the prophets, and the New Testament fulfillment in Christ.

Questions

Q1. What did God do on the seventh day?

- A. He rested from all his work
- B. He created the stars
- C. He spoke to Adam
- D. He planted Eden

Q2. What did God do to the seventh day?

- A. Blessed it, and sanctified it
- B. Made it a feast
- C. Hid it
- D. Shortened it

Q3. Which commandment is the sabbath?

- A. The fourth
- B. The first
- C. The seventh
- D. The tenth

Q4. Who is Lord even of the sabbath?

- A. The Son of man
- B. Moses
- C. Aaron
- D. David

Q5. The sabbath was made for whom?

- A. Man
- B. God
- C. The priests
- D. The kings

Q6. What did Jesus offer to the heavy laden?

- A. I will give you rest
- B. Riches
- C. Honour
- D. Power

Q7. What yoke does Jesus give?

- A. My yoke is easy, and my burden is light
- B. A heavy yoke
- C. A wooden cross
- D. The yoke of the law

Q8. What remains for the people of God?

- A. A rest
- B. A warning
- C. A judgment
- D. A trial

Q9. How does one enter that rest?

- A. By faith
- B. By works
- C. By law
- D. By tradition

Q10. Where will the soul find quietness, according to the Psalm?

- A. My soul, wait thou only upon God
- B. In the mountains
- C. In silver
- D. In counsel

Answer Key & Explanations

Q1. What did God do on the seventh day?

Answer: A. He rested from all his work

And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made. (Genesis 2:2) (Genesis 2:2, KJV)

Q2. What did God do to the seventh day?

Answer: A. Blessed it, and sanctified it

And God blessed the seventh day, and sanctified it. (Genesis 2:3) (Genesis 2:3, KJV)

Q3. Which commandment is the sabbath?

Answer: A. The fourth

Remember the sabbath day, to keep it holy. (Exodus 20:8) — the fourth commandment. (Exodus 20:8, KJV)

Q4. Who is Lord even of the sabbath?

Answer: A. The Son of man

For the Son of man is Lord even of the sabbath day. (Matthew 12:8) (Matthew 12:8, KJV)

Q5. The sabbath was made for whom?

Answer: A. Man

And he said unto them, The sabbath was made for man, and not man for the sabbath. (Mark 2:27) (Mark 2:27, KJV)

Q6. What did Jesus offer to the heavy laden?

Answer: A. I will give you rest

Come unto me, all ye that labour and are heavy laden, and I will give you rest. (Matthew 11:28) (Matthew 11:28, KJV)

Q7. What yoke does Jesus give?

Answer: A. My yoke is easy, and my burden is light

Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light. (Matthew 11:29-30) (Matthew 11:29, KJV)

Q8. What remains for the people of God?

Answer: A. A rest

There remaineth therefore a rest to the people of God. (Hebrews 4:9) (Hebrews 4:9, KJV)

Q9. How does one enter that rest?

Answer: A. By faith

Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief. (Hebrews 4:11) (Hebrews 4:11, KJV)

Q10. Where will the soul find quietness, according to the Psalm?

Answer: A. My soul, wait thou only upon God

My soul, wait thou only upon God; for my expectation is from him. (Psalm 62:5) (Psalms 62:5, KJV)