

Exodus 20:8-11 Remember the Sabbath

⁸“Remember the Sabbath day, to keep it holy. ⁹Six days you shall labor and do all your work, ¹⁰but the seventh day *is* the Sabbath of the LORD your God. *In it* you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who *is* within your gates. ¹¹For *in* six days the LORD made the heavens and the earth, the sea, and all that *is* in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it.

Have you ever had this happen:

A)You wake up in the morning, only to discover that your cell phone didn't charge the night before?

B)For the rest of the day, you're constantly trying to find a charger

1)to keep just enough battery to survive on all day

C)You spend the day trying to recover from not getting a full charge the night before.

D))Does your life ever feel like that?

Like you're bouncing from charger to charger, only to get enough to keep you surviving,

A)But never enough to get in the green?

B)Here is the thing: When you are always running on Red in Life/ It doesn't just drain your physical battery
1) it drains your soul!

And an empty soul is a restless soul that begins searching for how to fill itself back up.

A))That's why John Ortberg said “**busyness isn't just a disordered schedule, it's a disordered heart.**”

B)Well God in his infinite knowledge – knew full well that mankind would be wired that way

C)So he created a day that was meant to combat that – That day was called the Sabbath – Part of the Big 10
1)Ten Commandments

Now we are going to look at all 10 of these commandments on Wednesday as we tackle Ch.20

A)We will see why the 10 commandments are relative for us today.

B)Not just for Christians but for Society as a whole.

C)But it is interesting that – there is one commandment – that many people ignore –

1)some even think – no longer relevant

D))That is this one the 4th commandment about the Sabbath.

So today I wanted to spend some extra time looking at this one –

A)Because it is important that we as Christ followers – understand correctly.

B)Scene in Exodus 20 is the Children of Israel have finally made to MT Sinai –

B)God calls Moses to come and meet him – but the Children of Israel are not to even come near the Mt .

C)Ominous setting – The Whole scene was meant to magnify the Majesty and Holiness of God.

D)There God would give Moses these 10 commands – written on stone tablets with the Finger of God

This morning: The Sabbath – 4 Angles

- **The Command: The What and the Why of the Sabbath**
- **The Controversy: The Abuses and debates about the Sabbath**
- **The Connection to Christ: His practice and Fulfillment of the Sabbath**
- **The Christian's Application to the Sabbath**

The Command: The What and the Why of the Sabbath

A)Now one of the things that we will discuss this Wednesday is how the 10 commandments – **broken into two groups**

B)The first 4 Commandments have to do with Man's relationship with God.

C)The 2nd 6 have to do with Man's relationship to his fellow man.

Now commands 1-3 have to do with Worship of God!

A)The first commandment.

B)You have to worship the right god. **You will have no other gods besides me, the Lord said.**

C)You can't just pick and choose. I worship that God with that name, and they're all really the same.

D)NO! You've got to worship the right god. First and foremost.

Second command, V-6 you must worship the right God in the right way.

A)You can't say, well, I sort of have decided to worship God in my own way. This carved image.

B)No! The only worship God accepts is the worship God directs.

C)And then **the third commandment V.7 is not only do you worship the right god in the right way, 1)but even down to the honoring of His very name.**

D)Because His name speaks of HIS character, reputation, and authority.

E)So the 1st 3 commandments deal with Worship

And the fourth commandment is all part of that flow.

A)The Right God has set aside a day of the week for his people to delight in him – worship him – enjoy...

B)That was the purpose of the Sabbath

The term Sabbath = means stop.

A)Stop from all work and normal activity

B)Cease from focusing on provision, work and problems

C)And spend the day Delighting in God!

It is interesting that the 4th and 5th commandments stand out as Positive in nature.

A)The others have a more negative tone – they shall not

B)But the 4th Command – regarding the Sabbath and the 5th about honoring parents – different tone

C)This command regarding the Sabbath has been called the TENDER COMMAND

1)God the father telling his kids to Rest in HIM

D)Crazy to think about – God is saying Work hard for six days – then take the 7th off. - Command

1)Reveals the heart of God and his understanding of the make up of man – Man needs a day of Rest.

Consider the Origin of this Command:

A)The Origin is not the Exodus –

B)The Origin is Creation – the Lord alludes to this in V.11 – Draws attention to creation

B)Here's a quote from Genesis, chapter 2. **On the seventh day, God ended his work, which he had done. And he rested on the seventh day from all his work, which he had done. And God blessed the seventh day, and he sanctified it. Genesis 2:2-3**

C)So way back at the time of creation, the pattern of Six and one, was established.

D)Evening and Morning – was the first day – Friday sunset – Sat sunset

Now understand: God didn't rest on the 7th day because he was tired and needed a break.

A)He *ceased* because He was *finished*!

B)He had created it all for a reason, there was a purpose to the creation,

C)And the 7th day was the day He *enjoyed* that purpose.

1) The creation found it's reason realized on that 7th day!

That was a big part of the Sabbath – Enjoyment of God

A) Enjoyment of their relationship with God and all that He made.

B) Pause and give some special time to our relationship.

Married Couples are encouraged to do a similar thing: Date night

A) Pause from the Busyness of the week – to dedicate some special time together.

B) The Sabbath was invitation to stop and replenish souls and align their hearts again.

C) The Sabbath was a day for the people of God to rest in Who God is

1) and to remember who they were – and who they belonged to

D) And it was so important to God – He put it in the Big ten!

But the Sabbath was also about trust: -

A) Trust that they could take a day off and God would still provide.

B) They could take a day off and life wouldn't fall apart.

C) We saw back in Ch.16 – Sean McCary – Wednesday night – The Manna -

1) Gather each day enough for just that day.

D) The 6th day they were going to gather for 2 days –
1) because God didn't want them to gather on the 7th day.

So on the 6th day they had to trust that there would be enough for 2 days

A) They had to trust that the manna was going to spoil.

B) Theologian Marva Dawn said, “The Sabbath is in essence the practicing of the sovereignty of God.”

C) The Sabbath wasn't just about rest it was about identity:

- Sabbath helped them remember who they are, and it called them to rest in who God is.

D) Sabbath was a weekly reminder that God's people are not defined by what they do,

1) But by whose they are.

E) So The Sabbath was never meant to be a Restriction it was meant to be a gift.

1) THE WHAT & THE WHY of the command

That brings us to consider the #2 Controversy of the Sabbath

A) There have been many sense it's inception

B)Starting with these people here in the Wilderness:

C)Think about how foreign this would have seemed to them.

D)They had been slaves for 400 yrs in Egypt – that means they never had a day off

1)All they knew was hard work!

They lived, literally, hand to mouth.

A)They were in the wilderness -- they did not have crops to harvest.

B)The manna bread they ate each day, which was the center and staple of their diet,

1)they collected every morning from the ground.

C)They didn't have refrigerators or freezers – how in the world were they going to take a day off?

D)They were a hard working people

**Some of you can relate to that – Hard working people
Some of You work 7 days a week out of necessity**

A)Rarely if ever take a weeks vacation – maybe a few days here and there, never a full week.

B)I can relate to that mentality – My dad was a blue collar worker - Vacations were rare in our house. -

C)This command would have been a shocker to their system – complete resets in their thinking

D)No doubt it took some time for them to get comfortable with this.

As time went on the Jewish people swung to the other extreme.

A)They turned the day of rest into an incredible burden

B)They went to the extreme in defining what rest meant and what constituted work

C)In the Talmud –The most prized Rabbinical writings concerning Jewish religious and civic law

D)They created a list of 39 sabbath Violations –

But For those 39 violations they wrote 24 chapters explaining what it meant to break the Sabbath

A)You could spit on the sabbath – because you were supposed to work the soil – spitting ... working..soil

B)if the Sabbath began and you were wearing your false teeth, that was okay,

1)because they were considered a part of you,

C)But you could not put your false teeth *in* on the Sabbath

1)because that would be lifting a tool, and that was a no-no.

D)You couldn't lift a lamp to see in the dark – because that was considered working – carrying a burden

E)So they turned this day that was meant to be a blessing into a great burden

1)No one looked forward to – couldn't do anything

When Jesus showed up on the Scene:

A)Jesus told them – you got this all wrong –

B)The Sabbath was made for man – to be a blessing to man – enjoyment to man

C)Not man for the Sabbath – Not a restriction but a gift.

D)So the Jewish rabbi's went to one extreme and complicated the Sabbath – a burden

The protestant church went to the other extreme: We are no longer called to keep the sabbath

A)Let's work hard.

B)I grew up in a church culture – we never talked about the Sabbath

C)Scoffed at that idea of taking a day off – Busy about the Kingdom!

D)That mentality created a Generation of workaholics
Somebody once said, “we've become a generation of people who worship our work, who work at our play, and who play at our worship.”

So that brings us to #3 The Sabbath Connection to Christ.

A)Now it might surprise you to know that Jesus observed the Sabbath.

B)He never broke the Sabbath from the view of resting in God and enjoying God

C)But he constantly was breaking what had become the man made tradition of the Sabbath – picking grain

1)Traveling –

There are 7 healings that Jesus on the Sabbath.

A)I think he did that just to irate the religious leaders – healing on the Sabbath = Work

B)Imagine that – show up at church Sunday from 5pm on Friday to get prayed for – but not on Saturday.

C)Jesus healed on the Sabbath – because the Sabbath was meant to bring healing to weary hearts –

D) So Jesus observed the principle of Sabbath – good for us

1) Jesus healed on the Sabbath – sabbath was about healing

Jesus fulfilled the Sabbath- Called the Lord of the Sabbath

A) “Christ’s first coming did not abolish the sabbath

B) it ushered in a deeper kind of rest than the Sabbath could ever offer.”

C) In Jesus, something greater than the Sabbath is here.

1) A better rest – a complete rest

D.A. Carson writes,
That Jesus Christ is Lord of the Sabbath is not only a messianic claim of grand proportions, but it raises the possibility of a future change or reinterpretation of the Sabbath, in precisely the same way that His professed superiority over the Temple raises certain possibilities about ritual law.

D) Jesus gives the great invitation – Matthew 11:28

“Come to me, all who labor and are heavy laden, and I will give you rest”

E) Not a rest in a day but a rest in a person and his completed work of Redemption

Final point: So How does this apply to us as Christ followers today

A) What is the Christian’s application to the Sabbath

B) Are Christians required to keep the Sabbath? – No – and Yes

C) No in the sense that if you miss a week where you don’t take a Sabbath – not in sin –

D) If You never take a Sabbath – you are not going to hell.

Paul the apostle made this clear:

“Let no one pass judgment on you in questions of food and drink, or with regard to a festival or a new moon or a Sabbath. These are a shadow of the things to come, but the substance belongs to Christ.” Colossians 2:16–17:

A) So according to Paul Paul since Christ has now come, He is the substance – everything else shadow

B) So since Christ has come observing the Sabbath is no longer a matter of obedience or disobedience.

C) So Paul says, “Let no one pass judgment on you.”

It is a matter of personal conviction

One person esteems one day as better than another, while another esteems all days alike. Each one should be fully convinced in his own mind. (Romans 14:5)

Now although it is no longer a matter of obedience or disobedience -

A)As a matter of practice it is a good idea.

B)God established it for our good in mind.

C)Good for your soul – good for your heart – good for your relationship with God.

Think of it this way:

A)We all have a book in your car – that most of us have never read: - Owners manual

Every Owners manual says something like this:
Regular maintenance is essential to obtaining the highest level of performance, safety, and reliability from your car.

This booklet is designed to help you make sure that your vehicle receives proper and timely maintenance.

And it ends by saying, follow this booklet's recommendations, and you will enjoy maximum reliability and peace of mind from your vehicle for many years to come.

Now in modern cars today – they have all these warning signals

A)Maintenance required – light for each thing – oil, tire pressure, engine

B)Why did they program new cars that way:

Because No one read the owners manual. ☺

C)The God who created you and saved you to live in fellowship with him says –

1)You need to take a break – Learn to rest.

In essence when the Children of Israel practiced the Sabbath –

A)It was a rebellion against system they grew up in

B)Egypt's system – picture of the World – Pharoah said You are going to work 7 days a week –

1)no breaks – no vacations no holidays

C)So by practicing Sabbath they we in essence revolting against that system.

The same is true for us:

Stephen Smith says: “When practiced, Sabbath-keeping is an active protest against a culture that is always on, always available, and always looking for something else to do.”

A)At the heart of keeping the Sabbath is the desire to be Satisfied in God

“When work is an idol, rest will feel like a sin.” Gunner Gunderson

B)A great practice -

Closing today: Three ways to practice Sabbath

A) I try to practice a type of Sabbath most weeks

B) I work 6 days a week – Saturday is a work day for me

C) So My Sabbath starts on Thursday late afternoon – through Friday

Here is what I try to do:

A) #1 Stop: Cease from all labor and work related activity and thinking

B) I am going to turn off my brain – not working on any problems – issues –

1) Not trying to study ahead

C) Hard because there is always a lot to do!

D) Denise and I have a Rule: No church talk – not looking at emails – text – Unplug

#2 Rest: Intentionally seek to be Renewed- spiritually, mentally, and Physically

A) Extra time in the word – throughout the day

B) Lots of meditation on scripture:

C) My life is mental – On my Sabbath – Physical activity is a must

1) Great day: Paddle board – swim – bike ride

Work project at my house: Not work – it is delight

A) Because I told do a lot of that type of work

B) Once I spent a whole day didn't talk to a single person – super energized

C) So Stop, Rest #3 Delight: Enjoy God's creation, food, friends and spouse.

A bike ride down the Coast – a paddle board session – walk on the beach.

A) Favorite Restaurant – good food

B) Meet up with Friends –

C) A day set aside for Denise!

That is what my Sabbath looks like – I encourage you to find what works for you. –

A) Your body will thank you, your heart with thank you, your soul will thank you.

B) You will find yourself – Growing closer to the Lord

As we close today: Maybe your hear today not a believer in Jesus

A) You could adopt this for a better lifestyle –

B) Practice rest – but you would be missing the point

C) The question is: **Will you keep chasing rest? Or will you come to the one who is rest?**

