

5/23/2026

Welcome / Prayer

Last week news – about the great end times deception, what the church will do, UFO disclosure etc.?

Article:

“Bob Lazar (associated w/ this, credible, career working for mil) says there was classified material connected to religions and that ‘aliens’ viewed huans as containers for the soul.

Gee... where have we heard this before? Gen 6 ‘daughters of men were fair...’ = “fit extensions”

Memorial Day tomorrow.

synopsis – Whats the purpose of Memorial Day? When / how did it come about?

It originated after the Civil War as “Decoration Day,” when people would decorate the graves of fallen soldiers with flowers and flags, and it gradually evolved into a national day of remembrance for all U.S. military members who died in service. 1971 became official holiday

Ge 2:2 By the seventh day God completed His work which He had done, and He rested on the seventh day from all His work which He had done. **:3** Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.

He rested as a memorial

Ge 1:31 ¶ God saw all that He had made, and behold, it was very good..... **Ge 2:1 ¶** Thus the heavens and the earth were completed, and all their hosts.

He saw all that He had made and lookie!!

a time of reflection

Does God need to rest? no

Isaiah 40:28 Do you not know? Have you not heard? The Everlasting God, the Lord, the Creator of the ends of the earth Does not become weary or tired. His understanding is inscrutable.

Rested, and there was no more work from creation until after the fall, then on to redeeming and upholding His creation (us) **Heb 1 and upholds all things by the word of His power.**

Remember this is before 10 commandments, Adam was made in God’s image, no sin. No need to rest. This ‘rest’ is isolated to God alone, no prescriptions or uses for man.

Just a special memorial to His creation and its original perfection.

Then we don’t see this again until nearly 3,000 years later, where God gives manna to the people and says gather 6 days, then double portion on day 6, to see if they will follow instruction.

Then in Exodus 20 a few months later, we see it show up in the 10 commandments.

SABBATH IN 10 COMMANDMENTS

ONE

3 "You shall have no other gods before Me. MORAL/TIMELESS

- **Mt 4:10** Then Jesus *said to him, "Go, Satan! For it is written, 'YOU SHALL WORSHIP THE LORD YOUR GOD, AND SERVE HIM ONLY.'"
- **1Co 8:6** yet for us there is *but* one God, the Father, from whom are all things and we *exist* for Him; and one Lord, Jesus Christ, by whom are all things, and we *exist* through Him.

TWO

4 "You shall not make for yourself an idol, or any likeness of what is in heaven above or on the earth beneath or in the water under the earth. 5 "You shall not worship them or serve them; for I, the LORD your God, am a jealous God, visiting the iniquity of the fathers on the children, on the third and the fourth generations of those who hate Me, 6 but showing lovingkindness to thousands, to those who love Me and keep My commandments. MORAL/TIMELESS

- **1Jo 5:21** Little children, guard yourselves from idols.
- **Ac 17:29** "Being then the children of God, we ought not to think that the Divine Nature is like gold or silver or stone, an image formed by the art and thought of man.

THREE

7 "You shall not take the name of the LORD your God in vain, for the LORD will not leave him unpunished who takes His name in vain. **MORAL/TIMELESS**

- **Mt 6:9 ¶** "Pray, then, in this way: 'Our Father who is in heaven, Hallowed be Your name.

FOUR

8 "Remember the sabbath day, to keep it holy. 9 "Six days you shall labor and do all your work, 10 but the seventh day is a sabbath of the LORD your God; in it you shall not do any work, you or your son or your daughter, your male or your female servant or your cattle or your sojourner who stays with you. 11 "For in six days the LORD made the heavens and the earth, the sea and all that is in them, and rested on the seventh day; therefore the LORD blessed the sabbath day and made it holy. **CEREMONIAL – as we will see**

FIVE

12 "Honor your father and your mother, that your days may be prolonged in the land which the LORD your God gives you. **MORAL/TIMELESS**

Mt 19:19 HONOR YOUR FATHER AND MOTHER

SIX

13 "You shall not murder. **MORAL/TIMELESS**

Mt 19:18 Then he *said to Him, "Which ones?" And Jesus said, "YOU SHALL NOT COMMIT MURDER

SEVEN

14 "You shall not commit adultery. **MORAL/TIMELESS**

Mt 19:18 ... YOU SHALL NOT COMMIT ADULTERY;

EIGHT

15 "You shall not steal. **MORAL/TIMELESS**

Mt 19:18 ... YOU SHALL NOT STEAL; .

NINE

16 "You shall not bear false witness against your neighbor. **MORAL/TIMELESS**

Mt 19:18 ... YOU SHALL NOT BEAR FALSE WITNESS;

TEN

17 "You shall not covet your neighbor's house; you shall not covet your neighbor's wife or his male servant or his female servant or his ox or his donkey or anything that belongs to your neighbor." **MORAL/TIMELESS**

- **Lu 12:15** And he said unto them, Take heed, and beware of covetousness: for a man's life consisteth not in the abundance of the things which he possesseth.
- **Ro 7:7 ¶** What shall we say then? *Is the law sin?* God forbid. Nay, I had not known sin, but by the law: for I had not known lust, except the law had said, Thou shalt not covet.

WHAT ABOUT TODAY?

Are the 10 commandments still for today?

Trick question. No, they do not save you. Yes, they are a picture of God. All of them.

(back up and see green note at each commandment)

Isaiah 58: Isa 58:13 ¶ "If because of the sabbath, you turn your foot From doing your own pleasure on My holy day, And call the sabbath a delight, the holy day of the LORD honorable, And honor it, desisting from your own ways, From seeking your own pleasure And speaking your own word, 14 Then you will take delight in the LORD, And I will make you ride on the heights of the earth; And I will feed you with the heritage of Jacob your father, For the mouth of the LORD has spoken."

Remember **Ps 37:4** Delight yourself in the LORD; And He will give you the desires of your heart.

"Delight yourself" → plan a big party for, have a big time in, make effort to raise something up

Make God your delight and you get new healthy, righteous, godly desires that propel you in a new nature.

10 COMMANDMENTS IN N.T. WHERE IS SABBATH?

(go back up to the purple text on each commandment)

The Sabbath observance went away with all the rest that belonged to Judaism. Consider Jesus:

DID JESUS KEEP THE SABBATH? HOW?

Matt 12:1 At that time Jesus went on the sabbath day through the corn; and his disciples were an hungred, and began to pluck the ears of corn, and to eat. 2 But when the Pharisees saw it, they said unto him, Behold, thy disciples do that which is not lawful to do upon the sabbath day. 3 But he said unto them, Have ye not read what David did, when he was an hungred, and they that were with him; 4 How he entered into the house of God, and did eat the shewbread, which was not lawful for him to eat, neither for them which were with him, but only for the priests? 5 Or have ye not read in the law, how that on the sabbath days the priests in the temple profane the sabbath, and are blameless? 6 But I say unto you, That in this place is one greater than the temple. 7 But if ye had known what this meaneth, I will have mercy, and not sacrifice, ye would not have condemned the guiltless.

You think THIS (picking grain on Sunday) is bad...

David and company went into the house of God and ate the shewbread

Lev 24:9 And it shall be Aaron's and his sons'; and they shall eat it in the holy place: for it is most holy unto him

- Nadab and Abihu profaned the holy
- Belshazzar profaned the utensils of the house of God
- "you make a big deal out of NO WORK ON SUNDAY and yet the priest class works all day, what about them?"
- Thus – the weightier is mercy not sacrifice

(Sunday is a work day for people in the church.

- Do u think PT is on vacation?
- Sarah just rolls in here and sings?
- Becky shows up to rest during Grow class?
- Nursery "resters"?

8 For the Son of man is Lord even of the sabbath day

He can do whatever He wants with this. Memorial day? Death for violation like other mosaic law?

Does it again in Luke 14 – watching him in home of Pharisee, He healed a guy, then criticized their hypocrisy

Luke 1:5b Which of you shall have an ass or an ox fallen into a pit, and will not straightway pull him out on the sabbath day?

No answer

It is not moral. It wasn't even given until the time of Moses and abrogated in the time of Christ.

2 Cor 3, Heb 8 read about passing away of old covenant and institutionalization of new – that's abrogation

Pool of Bethesda in John 5 – Jesus heals a guy and tells him to carry his pallet

- In Mishnah Shabbat, like 39 categories of work you can't do, carrying a sleeping bag considered "a load"
 - yet Jesus said to DO this on purpose!
 - So, Jesus had him violate the Sabbath

Not convinced?

- **16 For this reason the Jews were persecuting Jesus, because He was doing these things on the Sabbath.**

point - followed the old covenant and embellishments to the letter; and yet they missed the whole point of the Sabbath.

Hebrews 3: ⁷ Therefore, just as the Holy Spirit says, "TODAY IF YOU HEAR HIS VOICE, ⁸ DO NOT HARDEN YOUR HEARTS AS WHEN THEY PROVOKED ME, AS IN THE DAY OF TRIAL IN THE WILDERNESS, ⁹ WHERE YOUR FATHERS TRIED *Me* BY TESTING *Me*, AND SAW MY WORKS FOR FORTY YEARS. ¹⁰ "THEREFORE I WAS ANGRY WITH THIS GENERATION, AND SAID, 'THEY ALWAYS GO ASTRAY IN THEIR HEART, AND THEY DID NOT KNOW MY WAYS'; ¹¹ AS I SWORE IN MY WRATH, 'THEY SHALL NOT ENTER MY REST.'"

This refers to Canaan (obviously), and it is a 'rest' that God prepared for them. then...

¹² Take care, brethren, that there not be in any one of you an evil, unbelieving heart that falls away from the living God. ¹³ But encourage one another day after day, as long as it is *still* called "Today," so that none of you will be hardened by the deceitfulness of sin. ¹⁴ For we have become partakers of Christ, if we hold fast the beginning of our assurance firm until the end, ¹⁵ while it is said, "TODAY IF YOU HEAR HIS VOICE, DO NOT HARDEN YOUR HEARTS, AS WHEN THEY PROVOKED ME."

Contextually, he (writer of Heb.) links partaking of Christ & belief to the cure for not entering into His rest.

¹⁶ For who provoked *Him* when they had heard? Indeed, did not all those who came out of Egypt *led* by Moses? ¹⁷ And with whom was He angry for forty years? Was it not with those who sinned, whose bodies fell in the wilderness? ¹⁸ And to whom did He swear that they would not enter His rest, but to those who were disobedient? ¹⁹ So we see that they were not able to enter because of unbelief.

No commandment in n.t. about keeping the sabbath.

This is viewed in the new covenant, (this "rest") as salvation, being *in Christ*

People who do not enter into His rest suffer from unbelief and thus disobedience.

Not convinced? Read on...Next chapter – verse 7b

"TODAY IF YOU HEAR HIS VOICE, DO NOT HARDEN YOUR HEARTS." ⁸ For if Joshua had given them rest, He would not have spoken of another day after that.

So he's not talking about Sunday or a physical promised land when he emphasizes the importance of entering God's rest. So then what?? read on.

⁹ So there remains a Sabbath rest for the people of God. ¹⁰ For the one who has entered His rest has himself also rested from his works, as God did from His.

We are not saved by works, though we owe God everything!

Eph 2: ⁸ For by grace you have been saved through faith; and that not of yourselves, *it is* the gift of God; ⁹ not as a result of works, so that no one may boast.

We cease from law –

Have to be circumcised, have to not do anything on Sunday etc.

Mark 2:²⁷ Jesus said to them, "The Sabbath was made for man, and not man for the Sabbath. ²⁸ "So the Son of Man is Lord even of the Sabbath."

<https://pubmed.ncbi.nlm.nih.gov/31923837/>

A large Japanese study

- 30,194 Japanese male workers
- Followed 7 years (1999 → 2006 health checkups)

found that:

- long work hours,
- night/weekend work,
- and short rest intervals

were associated with worse mental health outcomes

and

13% increased odds of high triglycerides

This can lead to

- Heart disease
- Fatty liver disease (MASLD/NAFLD)
- Type 2 diabetes
- Pancreatitis (rare but serious)

LET EACH BE CONVINCED

Finally, Romans 14

⁵ One person regards one day above another, another regards every day *alike*. Each person must be fully convinced in his own mind. ⁶ He who observes the day, observes it for the Lord, and he who eats, does so for the Lord, for he gives thanks to God; and he who eats not, for the Lord he does not eat, and gives thanks to God. ⁷ For not one of us lives for himself, and not one dies for himself; ⁸ for if we live, we live for the Lord, or if we die, we die for the Lord; therefore whether we live or die, we are the Lord's.