

Dear friends,

This week we will continue to look at the Ten Commandments found in the book of Exodus. This Sunday we will explore the concept of keeping the Sabbath holy.

Exodus 20: 8-11

⁸ “Remember the Sabbath day by keeping it holy. ⁹ Six days you shall labor and do all your work, ¹⁰ but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. ¹¹ For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but He rested on the seventh day. Therefore, the Lord blessed the Sabbath day and made it holy.

This command tends to cause confusion and guilt; our lives are so busy and our schedules so different that it seems impossible at times to commit to a day of rest. Our time for the most part seems not to be our own—family needs, work schedules and so much more scream for our attention. Each moment of the day and the ensuing demands fight to be at the top of our priority list. But our minds are not made to be completely emersed in thought and deed 24/7. The commandment says for six days we are to do our work (to the glory of God). This poses a question: what is our true work as Christians?

God understands us fully. After all, He created us and knows our strengths and weaknesses. God knows we need to come into a holy place to find true rest. This is why He calls us to be quiet for a time. Remembering we are not of this world is a conscious effort. When we accept Jesus and His gift of salvation, we come to understand by the grace of God that we are covered by the blood. This sacrificial blood allows the Father to see us as holy and therefore worthy of His sabbath, rest in Him.

With this understanding we come to understand Jesus’s teaching in the book of Mark.

Mark 2:27

²⁷ Then he said to them, "The Sabbath was made for man, not man for the Sabbath.

We are to act on this truth, to renew our minds and hearts in the likeness of Jesus. As we celebrate the Sabbath on the first day of the week, it prepares us to meet the demands of a busy world. Focusing on what we learned Sunday helps us be the light of Jesus to those in darkness, a glimmer of hope to the many searching for answers in a hopeless world. And resting our bodies gives us the strength for this action.

Just like Adam and Eve who were given the responsibility to oversee the garden of Eden, we also have great work to do in our lifetime.

Colossians 3:15-17

¹⁵ Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. ¹⁶ Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. ¹⁷ And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him.

We are commanded to find holy rest on the Sabbath so we might do the will of God the rest of the week.

Let's find rest together this Sunday.

Your Brother in Christ,

Archie