

## THE LORD OF THE SABBATH

Exodus 20:8-11 (ESV)

*"Remember the Sabbath day, to keep it holy. <sup>9</sup> Six days you shall labor, and do all your work, <sup>10</sup> but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. <sup>11</sup> For in six days the LORD made heaven and 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."*

Exodus 20:8-11 (ESV)

### 1. The Sabbath of Freedom.

*"For in six days the LORD made heaven and 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."*

Exodus 20:11 (ESV)

*Six days work shall be done, but on the seventh day you shall have a Sabbath of solemn rest, holy to the LORD. Whoever does any work on it shall be put to death.*

Exodus 35:2 (ESV)

- Sabbath rest sets us apart as FREE, HOLY people.

### 2. The Sabbath for Man.

*At that time Jesus went through the grainfields on the Sabbath. His disciples were hungry, and they began to pluck heads of grain and to eat. <sup>2</sup> But when the Pharisees saw it, they said to him, "Look, your disciples are doing what is not lawful to do on the Sabbath." <sup>3</sup> He said to them, "Have you not read what David did when he was hungry, and those who were with him: <sup>4</sup> how he entered the house of God and ate the bread of the Presence, which it was not lawful for him to eat nor for those who were with him, but only for the priests? <sup>5</sup> Or have you not read in the Law how on the Sabbath the priests in the temple profane the Sabbath and are guiltless? <sup>6</sup> I tell you, something greater than the temple is here. <sup>7</sup> And if you had known what this means, 'I desire mercy, and not sacrifice,' you would not have condemned the guiltless. <sup>8</sup> For the Son of Man is lord of the Sabbath." <sup>9</sup> He went on from there and entered their synagogue. <sup>10</sup> And a man was there with a withered hand. And they asked him, "Is it lawful to heal on the Sabbath?"—so that they might accuse him. <sup>11</sup> He said to them, "Which one of you*

*who has a sheep, if it falls into a pit on the Sabbath, will not take hold of it and lift it out?<sup>12</sup> Of how much more value is a man than a sheep! So it is lawful to do good on the Sabbath.”<sup>13</sup> Then he said to the man, “Stretch out your hand.” And the man stretched it out, and it was restored, healthy like the other.<sup>14</sup> But the Pharisees went out and conspired against him, how to destroy him.*

Matthew 12:1-14 (ESV)

*So then, the law was our guardian until Christ came, in order that we might be justified by faith.<sup>25</sup> But now that faith has come, we are no longer under a guardian,<sup>26</sup> for in Christ Jesus you are all sons of God, through faith.*

Galatians 3:24-26 (ESV)

- The law is no longer our GUARDIAN. The Lord of the HOUSE is home.

### 3. The Lord of the Sabbath.

*“I tell you, something greater than the temple is here.”<sup>7</sup> And if you had known what this means, ‘I desire mercy, and not sacrifice,’ you would not have condemned the guiltless.<sup>8</sup> For the Son of Man is lord of the Sabbath.”*

Matthew 12:6-8 (ESV)

Therefore, holy brothers, you who share in a heavenly calling, consider Jesus, the apostle and high priest of our confession...<sup>1</sup> Therefore, while the promise of entering his rest still stands, let us fear lest any of you should seem to have failed to reach it.<sup>2</sup> For good news came to us just as to them, but the message they heard did not benefit them, because they were not united by faith with those who listened.<sup>3</sup> For we who have believed enter that rest, as he has said, “As I swore in my wrath, ‘They shall not enter my rest,’” although his works were finished from the foundation of the world.<sup>4</sup> For he has somewhere spoken of the seventh day in this way: “And God rested on the seventh day from all his works.”<sup>5</sup> And again in this passage he said, “They shall not enter my rest.”<sup>6</sup> Since therefore it remains for some to enter it, and those who formerly received the good news failed to enter because of disobedience,<sup>7</sup> again he appoints a certain day, “Today,” saying through David so long afterward, in the words already quoted, “Today, if you hear his voice, do not harden your hearts.”<sup>8</sup> For if Joshua had given them rest, God would not have spoken of another day later on.<sup>9</sup> So then, there remains a Sabbath rest for the people of God,<sup>10</sup> for whoever has entered God’s rest has also rested from his works as God did from his.<sup>11</sup> Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience.<sup>12</sup> For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.<sup>13</sup> And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account.

Hebrews 3:1; 4:1-13 (ESV)

*Cast your burden on the LORD, and he will sustain you; he will never permit the righteous to be moved.*

Psalm 55:22 (ESV)

- We can rest from our STRIVING now that Christ is our REST.