

Understanding Sabbath Today

Colossians 2:13-17 NIV

- I. My journey.
 - a. No work on Sunday! We didn't study – Sunday was God's day.
 - b. Chariots of Fire – couldn't run on Sunday and it was a moral conviction.
*Why Sunday and not Saturday? *Seventh Day Baptists *Seventh Day Adventists – we are Sabbath breakers!
 - c. If it's part of the moral law why aren't we enforcing the penalties for breaking it? Numbers 15:32-36 NIV *Intentionally breaking it – forgot yesterday, God will understand, getting ahead for next week, afraid of being cold?
 - d. The Sabbath is part of the ceremonial law which was fulfilled in Christ. It is the gospel in the ten commandments. *They are being told to add the ceremonial law back to be more holy – Sabbath, foods, do not touch, do not taste, it seems better to be more religious but it won't provide to power from God – it's all in Christ.

- II. Christ in the Sabbath.
 - a. Hebrews 4:9-11 NIV “There remains, then, a Sabbath-rest for the people of God; ¹⁰for anyone who enters God's rest also rests from their works,^[a] just as God did from his. ¹¹Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.” * As God did from His is a reference to the original giving of the Sabbath. Genesis 2:3 NIV “Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.”
 - i. The only day holy or set apart, and the only day with His blessing on it. Jesus is our Sabbath – He was set apart – there is salvation in no other Name. Every spiritual blessing the Father has placed in Christ.
 - ii. They rest on a day, we rest in a Person.
 - b. Sabbath changed their identity and made them the people of God. Deut. 5:12-15 NIV “Observe the Sabbath day by keeping it holy, as the LORD your God has commanded you. ¹³Six days you shall labor and do all your work, ¹⁴but 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 ox, your donkey or any of your animals, nor any foreigner residing in your towns, so that your male and female servants may rest, as you do. ¹⁵Remember that you were slaves in Egypt and that the LORD your God brought you out of there with a mighty hand and an outstretched arm. Therefore the LORD your God has commanded you to observe the Sabbath day.”

- i. Sabbath means “to cease” or “to stop.”
 - ii. Stop all your work and remember God’s work on your behalf. No longer slaves, but now the people of God. My identity comes from Him. I am who He says I am.
- c. Salvation is the Sabbath day. Ephesians 2:8-9 NIV “For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—⁹ not by works, so that no one can boast.” No longer slaves that fear, but we have been adopted as the very children of God. To be saved:
 - i. Cease from your own works.
 - ii. Trust Christ’s work on the cross.

III. The Ease of Heaven.

- a. Chris Gore at Bethel, Hot tubs, “Make every effort...” to live from Sabbath rest – don’t dial up, dial down. *Quiet time is not one more burden, it’s how all the other burdens are lifted. *Gas in the car so I can drive all day instead of walking.
- b. Dream – slow down. Addicted to Busy; Carons and Sarah Monson – a Sabbath day not as a law but as a gift.
- c. Luke 5:15-17 NIV “Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. ¹⁶But Jesus often withdrew to lonely places and prayed. One day Jesus was teaching, and Pharisees and teachers of the law were sitting there. They had come from every village of Galilee and from Judea and Jerusalem. And the power of the Lord was with Jesus to heal the sick.”
 - i. A life of stops and margin – the power of verses 15 and 17 comes from the withdrawing of verse 16.
 - ii. Captology and the technopoly – addiction to dopamine to an addiction to the Holy Spirit. Average 80 times a day, higher for young people. 46% say they can’t live without their phone.