

## **Are we making the most out of our Sundays?**

### **The Sabbath day was a day to rest from your work.**

*There are six days when you may work, but the seventh day is a day of sabbath rest, a day of sacred assembly. You are not to do any work; wherever you live, it is a sabbath to the Lord.” Leviticus 23:3*

*Remember the sabbath day, to keep it holy. Six days you shall labor and do all your work, 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. Exodus 20:8-10*

*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. Exodus 20:11*

### **The Sabbath day was a day of sacred assembly.**

*There are six days when you may work, but the seventh day is a day of sabbath rest, a day of sacred assembly. You are not to do any work; wherever you live, it is a sabbath to the Lord.” Leviticus 23:3*

### **The Sabbath day was a day of reflecting on their rescue.**

*You shall remember that you were a slave in the land of Egypt, and the Lord your God brought you out of there by a mighty hand and by an outstretched arm; therefore the Lord your God commanded you to observe the sabbath day. Deuteronomy 5:15*

## **How could we do a better job of making the most of our Sundays?**

### **By being more transparent to the things God has done in our lives.**

*After these things there was a feast of the Jews, and Jesus went up to Jerusalem. John 5:1*

*Now there is in Jerusalem by the sheep gate a pool, which is called in Hebrew Bethesda, having five porticoes. John 5:2*

*In these lay a multitude of those who were sick, blind, lame, and withered, waiting for the moving of the waters; for an angel of the Lord went down at certain seasons into the pool and stirred up the water; whoever then first, after the stirring up of the water, stepped in was made well from whatever disease with which he was afflicted. John 5:3-4*

### **By coming to church with a sense of expectation.**

*A man was there who had been ill for thirty-eight years. John 5:5*

*When Jesus saw him lying there, and knew that he had already been a long time in that condition, He said to him, “Do you wish to get well?” John 5:6*

### **By being more aware of the need for encouragement of those who are discouraged.**

*The sick man answered Him, “Sir, I have no man to put me into the pool when the water is stirred up, but while I am coming, another steps down before me.” John 5:7*

**People can get discouraged when other people bring them to the pool but don't stay at the pool.**

**People can get discouraged in those times when the pool is not stirring.**

**People can get discouraged when other people who have been healed at the pool no longer come to help others in the pool.**

*Jesus said to him, “Get up, pick up your pallet and walk.” Immediately the man became well and picked up his pallet and began to walk. Now it was the Sabbath on that day. John 5:8-9*

### **By deconstructing any traditions that that don't coincide with the teachings of Jesus.**

*So the Jews were saying to the man who was cured, “It is the Sabbath, and it is not permissible for you to carry your pallet.” John 5:10*

*But he answered them, "He who made me well was the one who said to me, pick up your pallet and walk. They asked him, "Who is the man who said to you, 'Pick up your pallet and walk.'" John 5:11-12*

*But the man who was healed did not know who it was, for Jesus had slipped away while there was a crowd in that place.  
John 5:13*

*You are experts at setting aside the commandment of God to keep your traditions.  
Mark 7:9*

**By seeking an opportunity to put your past behind you.**

*Afterward Jesus found him in the temple and said to him, "Behold, you have become well; do not sin anymore, so that nothing worse happens to you." John 5:14*

*The man went away and told the Jews that it was Jesus who had made him well. For this reason the Jews were persecuting Jesus because He was doing these things on the Sabbath. John 5:15-16*

*But He answered them, "My Father is working until now, and I Myself am working." John 5:17*