

Taking Time to Rest

Exodus 20:8-11

INTRO.

A. God knew from the beginning that we would have a tendency to burn the candle at both ends. God knew that we all need some time to rest from our hectic pace. That is one reason he instituted the fourth commandment.

B. Exodus 20:8-11 ***"Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, 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 manservant or maidservant, nor your animals, nor the alien within your gates. 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."***

I. A Day of Rest is a Safeguard – God wants us to remember that there is more to life than work (verses 8-9).

A. To prevent abusing our families

B. To prevent abusing our subordinates

C. To prevent abusing our bodies

II. A Day of Rest is a Reminder – A reminder that we are Spiritual beings with a Spiritual purpose (verse 8 – “a Sabbath to the Lord your God.”)

A. Dishonoring the Sabbath takes a toll on our Spiritual well-being.

B. A day of rest gives us time to worship and honor God.

III. A Day of Rest is a Constant – The principle is as crucial for us today as it was for the Jews (verses 10-11)

A. The command is not for Jews only. It specifically ties the principle back to God and creation.

B. Just as God took a day of rest, so should we.

Conclusion

A. We must take time for rest

B. We must take time for God.