

FOURTH WORD OF GRACE: BEING WITH AND WORKING FOR Exodus 20.1-11

“Hearing that Jesus had silenced the Sadducees, the Pharisees got together. One of them, an expert in the law, tested him with this question: ‘Teacher, which is the greatest commandment in the Law?’ Jesus replied: ‘Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: Love your neighbor as yourself. All the Law and the Prophets hang on these two commandments.’” Matthew 22.34-40

“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.” Exodus 20.8-11

1. THE SABBATH: WHAT DOES IT MEAN?

“By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.” Genesis 2.2, 3

“The Sabbath was made to benefit man, and not man to benefit the Sabbath.” Mark 2.27

“Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day. These are a shadow of the things that were to come; the reality, however, is found in Christ.” Colossians 2.16, 17

2. THE SABBATH: WHAT ARE WE TO DO?

God says use the day to rest my body.

Psalm 127.2; Ecclesiastes 10.15

God wants me to recharge my emotions.

Include time for quietness.

Psalm 23.3; Psalm 46.10; Mark 6.31

Include time for family.

Leviticus 23.3

Include time for fellowship.

Hebrews 10.25; Psalm 122.1

3. THE SABBATH: A TIME TO REFOCUS MY SPIRIT.

Psalm 95.6-7

“If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the LORD's holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, then you will find your joy in the LORD, and I will cause you to ride on the heights of the land and to feast on the inheritance of your father Jacob. The mouth of the LORD has spoken.”

Isaiah 58.13, 14

Isaiah 55.1, 2; Matthew 11.28-30