

What is the Sabbath
Exodus 20:8-11

1. *There are 3 basic elements to human life*
 - A. ***Work***
 - B. ***Rest***
 - C. ***Worship***
2. God demonstrated these 3 basic elements from the very beginning.
 - A. Genesis 1 – six days of creation
 - 1) Genesis 2 – seventh day God rested

What is the Sabbath?

1. The word Sabbath does not mean the seventh day (Saturday).
2. The word Sabbath means “to rest, to repose, to cease”.
3. *Culture experience for when the scripture was given.*
 - A. It was an agriculture setting.
 - 1) Ever consider this – they actually worked on Sunday.
 - a. See culture settings economic environments shape our thinking.
4. God’s message - set aside a time to focus on Him.
5. Jesus observed this command – on the Sabbath Jesus in the synagogue
 - A. You also observe Jesus finding time away in pray and rest.
6. The early church
 - A. They change the day of worship. Why?
 - 1) Following the death, burial, & resurrection
 - 2) They wanted to remember and celebrate the resurrected Savior.

If we attempt to regulate this command to a specific day of the week we would exclude some from ever

7. follow this command.
 - A. Medical
 - B. Law enforcement
 - C. Ministers

God established a system for our physical and emotional well-being

1. The Garden of Eden was one continual moment of rest.
2. Sin happen – broke that fellowship
3. God established this system to focus our mind and spirit back unto the Holy One – God Creator
 - A. Why?
 - 1) God knew if we didn’t keep our hearts and minds on Him we would lose sight of Him.
4. That’s our struggle today
 - A. Our battle – our work becomes our avenue to our identity
 - 1) We are emotionally and physically exhausted
 - 2) We are constantly striving to prove ourselves.
 - B. Jesus simply says – come unto me (Matt. 11:28-30)
 - C. Your identity is in Christ

Four reason why you we should be serious about the Sabbath

#1 – Observing the Sabbath keeps you in tune with God

#2 – Observing the Sabbath allows you to renew your mind in God

#3 – Observing the Sabbath allows us to remember the providence of God

Providence – the protected nature of God or of nature as a spiritual power.

#4 – Observing the Sabbath helps us unclutter our lives – Repent

Three things that happen if we refuse to observe the Sabbath

#1 – We will lose sight of God's way

#2 – We will be more incline to pursue the desire of our own heart and not the heat of God (Jer. 17:9-10)

#3 – We will make our plans and expect God to bless them.

Conclusion

1. Christ came to give us eternal rest.
2. To enter God's rest is to enter into God's best (David Jeremiah)
3. The believers rest is in Christ finished work on the cross.
 - A. ***Rest is not inactivity but harmonious involvement in God's program.***