

UNHURRIED REST - FULL

Part 5 of LOVE GOD, Exodus 20:8-11.

Peter Foxwell. The Cornerstone Church. November 14, 2021.

INTRODUCTION:

Today, we've arrived at the fourth commandment. We're going to figure out the Sabbath. Before we go any further, let's read Exodus 20:1-11.

READ EXODUS 20:1-11.

1 And God spoke all these words, saying,

2 "I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery.

3 "You shall have no other gods before me.

4 "You shall not make for yourself a carved image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth. 5 You shall not bow down to them or serve them, for I the LORD your God am a jealous God, visiting the iniquity of the fathers on the children to the third and the fourth generation of those who hate me, 6 but showing steadfast love to thousands of those who love me and keep my commandments.

7 You shall not take the name of the LORD your God in vain, for the LORD will not hold him guiltless who takes his name in vain.

8 Remember the Sabbath day, to keep it holy. 9 Six days you shall labor, and do all your work, 10 but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. 11 For in six days the LORD made heaven and 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.

Let's begin with some Sabbath basics and then answer two questions: Are Christians supposed to keep the Sabbath, the fourth commandment? If so, how?

SABBATH BASICS

There are four Sabbath basics we can draw out of a study of Exodus 20:

The Sabbath is not optional. Verse 8 reads, "Remember the Sabbath day." Remember means keep the Sabbath, observe the Sabbath, take a day off.

The Sabbath is not normal. Verse 8 again: "keep it holy." Holy means to keep the day separate from other days. Verse 10 explains that day is to be set apart to the Lord. Verse 11 reminds us that God blessed the Sabbath day and made it holy.

It's not meant to be a normal day. It's a break from the routine. The Hebrew word means stopping or ceasing. God invented a 6 and 1 weekly pattern or rhythm of life. It's true that every day is for the Lord, but God gave the Sabbath to give his people time to focus on him, to rest their bodies, and to seek spiritual renewal.

Leviticus 23:3 (ESV) Six days shall work be done, but on the seventh day is a Sabbath of solemn rest, a holy convocation (sacred assembly).

The Sabbath is not horrible. I grew up in 1960's Scotland, in a culture that still kept the Sabbath. Honestly, it was horrible: no playing outside, no watching TV, no shopping, no sports. Nada! For a little boy, Sundays were torture. But God didn't plan the Sabbath to be a burden. It was a gift of a day off - verse 9.

The people of Israel had been slaves - they never stopped working. Now they were on their way to the promised land where most of them would work on farms. Farm work never ends, there's always something to do. But God said, you need a day off, so trust me and I'll make sure you and your farm are OK while you take time to gather in worship and to rest your body and renew your soul.

The Sabbath is spiritual. Verse 11 links the rationale for the Sabbath to God, not to people. It's not based on science or time management, psychology or sociology. The reason for the Sabbath is rooted in God. He created for six days and rested on the seventh. In Deuteronomy 5, a different reason is given, but it is also rooted in God:

Deuteronomy 5:15 (ESV) You shall remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there with a mighty hand and an outstretched arm. Therefore the LORD your God commanded you to keep the Sabbath day.

SHOULD CHRISTIANS KEEP THE FOURTH COMMANDMENT?

Should Christians keep the fourth commandment? The answer is a firm, "Yes, but ..."

YES, we should keep the fourth commandment because the Ten Commandments summarize God's moral will for all people in all times and places: Love God/people.

BUT Christians should only keep the Sabbath in light of the finished work of Christ. There is a wrong way to keep the Sabbath, as a way to earn God's favor or to work for our salvation. The Bible, on the other hand, teaches us that the Sabbath is a shadow of Christ and the Sabbath rest we enter is through faith in him.

Colossians 2:16-17 (ESV) Therefore let no one pass judgment on you in questions of food and drink, or with regard to a festival or a new moon or a Sabbath. 17 These are a **shadow of the things to come, but the substance belongs to Christ.**

Paul urged the Colossians Christians to leave the shadow and turn to Christ. He's the reality to which the Sabbath points.

The letter to the Hebrews helps us understand this. After a discussion of Jesus the Savior, chapter four talks about a Sabbath rest for the people of God.

Hebrews 4:9-10 (ESV) So then, there remains a Sabbath rest for the people of God, 10 for whoever has entered God's rest has also rested from his works as God did from his.

From the context, we know that the Sabbath rest is salvation in Christ. The idea is this: Jesus finished his saving work, his new creation, so to speak, and now he has stopped work, ceased, sabbathed. And that's the Sabbath rest we enter through faith in him. The work of salvation is done. Jesus did it because we couldn't. Therefore we can rest in him; he is our Sabbath rest.

HOW TO KEEP THE FOURTH COMMANDMENT TODAY

In light of what I've just said, here are four principles that help us keep Sabbath.

Bonus: Adopting a weekly rhythm of work and rest is a healthy choice. Working all the time is not wise. That's not the point of the 4th commandment, but it's worth noting.

SABBATH PRINCIPLE 1: Make it personal. I think it's possible to say this: After the resurrection, the Sabbath is no longer a day, it is a Person. Keep Sabbath by resting in Jesus and his finished, saving, work. He finished that work. We can't add to it. We rest in him, always relying on what Jesus has done for us, not on what we can do for him.

SABBATH PRINCIPLE 2: Make it continual. Every day is a Sabbath for the Christian because, as his holy people, every moment of every day is holy - set apart - to the Lord. 1 Corinthians 10:31 (ESV) So, whether you eat or drink, or whatever you do, do **ALL** to the glory of God.

SABBATH PRINCIPLE 3: Make it flexible. The first-century church of Rome was divided. The Christians with roots in Judaism wanted everyone to follow their customs concerning kosher food and Sabbath days, and so on. The Christians with pagan roots associated special days with their pagan past. People took sides and got mad at each other. The apostle Paul proposed a simple solution: Be flexible.

Romans 14:5-6 (ESV) One person esteems one day as better than another, while another esteems all days alike. Each one should be fully convinced in his own mind. 6 The one who observes the day, observes it in honor of the Lord. The one who eats, eats in honor of the Lord,

Work it out in your own conscience. But don't insist everyone do what you do.

SABBATH PRINCIPLE 4: Make it visible. The Sabbath was Israel's visible sign of their covenant relationship with God (Exodus 31:12-13). However, the first Christians were so convinced that the Sabbath was fulfilled in and by Jesus, that they no longer gathered for worship on Saturday. They moved corporate worship to Sunday and they called it the Lord's Day, not Sabbath, in honor of Jesus who defeated death and rose victorious on Sunday. They made their covenant with Jesus visible by gathering in his Name to remember, rejoice, and rest in Christ' finished work of salvation.

WORSHIP CELEBRATION
Sunday, November 14, 2021

Welcome & Invocation - Peter

Prayer - Peter

All Creatures Of Our God And King- eve |
Eve

Happy Day [Default Arrangement in E: Alex
Alex

Pray & Dismiss Kids- Peter

Bible Reading - Peter - Exodus 7:1-13

Break Every Chain -Mckenzie [Default Arr

Teaching

A.C.T.S. Prayer - Peter

Holy Communion - Peter

From The Day -Alex [Alex in C]

Updates - Peter

Blessing - Peter