

The Command:

Remember the Sabbath day by keeping it holy.

Exodus 20:8 (NIV)

The Explanation:

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.

Exodus 20:9-10 (NIV '84)

The Reason:

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 20:11(NIV)

1. The Message of the Sabbath

- Your work matters to God
- There's more to life than labor
- Your time belongs to God

2. The Meaning of the Sabbath

- **Israel and the Sabbath**

- A "Test" Exodus 16:21-30
- A "Law" Exodus 20:8-11
- A "Sign" Exodus 31:12-17

- **Jesus and the Sabbath**

Then He said to them, "The Sabbath was made for man, not man for the Sabbath."

Mark 2:27 (NIV)

- **The Church and the Sabbath**

See: Colossians 2:6-17 & Revelation 1:10 – "Lord's Day"

One person thinks that a certain day is more important than other days, while someone else thinks that all days are the same. Each one should firmly make up his own mind. Whoever thinks highly of a certain day does so in honor of the Lord...

Romans 14:5-6a (GNT)

3. The Practice of the Sabbath today

- The Sabbath is a gift from God to protect...

- **Our body**: from “wearing out” – Rest-oration

Only someone too stupid to find his way home would wear himself out with work.

Ecclesiastes 10:15 (GNT)

- **Our spirit**: from “tuning out” – Re-member

Let us not give up the habit of meeting together... Hebrews 10:25 (GNT)

I rejoiced with those who said to me, “Let us go to the house of the Lord.”

Psalms 122:1 (NIV)

- **Our soul**: from “burning out” – Re-creation

He restores my soul...

Psalms 23:2-3a (NASB)

Conclusion: Beware the 3 “Sabbath Stealers”

1. _____

2. _____

3. _____

Discussion Questions:

1. What does the word "Sabbath" mean?
2. In what ways was God's design for the Sabbath different for Israel than for His church today?
3. What is the "spirit" behind the Sabbath? How does it require faith to enjoy this good gift from God?
4. How do you specifically practice the Sabbath principle? What do you do to "refresh" your body, spirit, and soul on a weekly basis? What steps might God want you to take to live a more enjoyable, holy, and stress-free life?