

Keeping God's Day Holy

The Ten Commandments

“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. Exodus 20:8-10

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

Old Testament

Do not work on the Sabbath.

- No gathering manna
- No Wood, lighting a fire
- No planting a field
- No gathering a harvest
- Treading _____
- Loading or transport of grain
- No fish to market
- Fields and vineyards rested every 7th year

“Observe the Sabbath, because it is holy to you. Anyone who desecrates it must be put to death; whoever does any work on that day must be cut off from his people.

Exodus 31:14

Why did God require a Sabbath Rest?

- Rest to recover from _____
- To set aside a day of worship, a holy day

“There are six days when you may work, but the seventh day is a Sabbath of rest, a day of sacred assembly. You are not to do any work; wherever you live, it is a Sabbath to the Lord. Leviticus 23:3

- To deepen _____ relationships

Bear in mind that the Lord has given you the Sabbath; that is why on the sixth day he gives you bread for two days. Everyone is to stay where he is on the seventh day; no one is to go out.” So the people rested on the seventh day. Exodus 16:29-30

**Family traditions performed _____
deepen relationships.**

“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***

New Testament

Jesus liberated us from Sabbath law.

Jesus confronted the _____ of His day

- Walking through grain fields—Matthew 12:1-8
- Healed a man with a shriveled hand—Matthew 12:9-13

*“If one of you has a donkey or an ox that falls into a well on the Sabbath day, will you not immediately pull him out?” And they had nothing to say. **Luke 14:5-6***

- Healed a man with dropsy (body swelling)
—Luke 14:1-6, “You care more for an ox...”

*Then he said to them, “The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath.” **Mark 2:27-28***

*When you were dead in your sins and in the uncircumcision of your sinful nature, God made you alive with Christ. He forgave us all our sins, having canceled the written code, with its regulations, that was against us and that stood opposed to us; he took it away, nailing it to the cross. **Colossians 2:13-14***

*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***

*Do not let anyone who delights in false humility and the worship of angels disqualify you for the prize. Such a person goes into great detail about what he has seen, and his unspiritual mind puffs him up with idle notions. **Colossians 2:18***

Accept him whose faith is weak, without passing judgment on disputable matters. One man's faith allows him to eat everything, but another man, whose faith is weak, eats only vegetables. **Romans 14:1-2**

One man considers one day more sacred than another; another man considers every day alike. Each one should be fully convinced in his own mind. He who regards one day as special, does so to the Lord. **Romans 14:5-6**

Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.
2 Corinthians 3:17

1. Avoid the _____ of legalism or license.

Have Balance

***Our problem is that we've become so liberal
in our interpretation of this principle that anything goes.***

***Instead of Christians maintaining a higher _____,
we have adjusted to the world and there's nothing special
about Sunday anymore.***

Live as free men, but do not use your freedom as a cover-up for evil; live as servants of God. **1 Peter 2:16**

2. Designate one day a week for rest and _____.

Be disciplined in your life

"Workaholism is the most respectable of all addictions.
But if you don't learn to break that habit, it will one day break you."

"Be still, and know that I am God; Psalm 46:10

3. Use one special day to deepen _____.

Be Creative

"Those who honor me I will honor 1 Samuel 2:30

Key: winepresses, work, family, regularly, legalists, extremes, standard, worship, relationships