

The Sabbath Day belongs to God

Exodus 20: 8-11

Deut. 5: 12 & 15

Mark 2: 23-28

Sabbath Day belongs to God ?

⁸ “Remember the Sabbath day by keeping 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, ... (Exod. 20: 8-10)

“Observe the Sabbath day by keeping it holy, as the LORD your God has commanded you. (Deut. 5: 12)

God's people were commanded to ...

- “remember” the Sabbath day
- “observe” the Sabbath day
- How?
- by keeping this day “holy”
- by “dedicating” this day to the Lord

How does one keep the Sabbath day holy ?

- ◆ “set this day apart”
- ◆ make sure it’s different from the other 6 days
- ◆ “stop” all work; no one may do any work

On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you.

(Exod. 20: 10b; NLT)

Sabbath day = 1st holiday ?

- how God's people spend these 24 hrs will determine whether holy or not holy
- holiday: a day fixed by law or custom on which ordinary business is suspended in commemoration of some event or in honor of some person (dictionary.com)
- holiday: a day of festivity or recreation when no work is done

Which “event” is being remembered ?

- God’s creation of our world and all living things, including mankind

For in six days the LORD made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the LORD blessed the Sabbath day and set it apart as holy. (Exod. 20: 11; NLT)

God: 1st person to rest

Tired out after 6 days of creation work ?

God saw all that he had made, and it was very good. And there was evening, and there was morning—the sixth day. (Gen. 1: 31)

By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. (Genesis 2:2)

- ❖ NO. God stopped because He had completed all His work (of creating our world and us)
- ❖ NO. God stopped working to enjoy and appreciate what He has created

What did man do on his 1st day ?

GOD

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
created heaven and earth &						
all things necessary for man's existence						

created man in
His image

MAN

Day 0

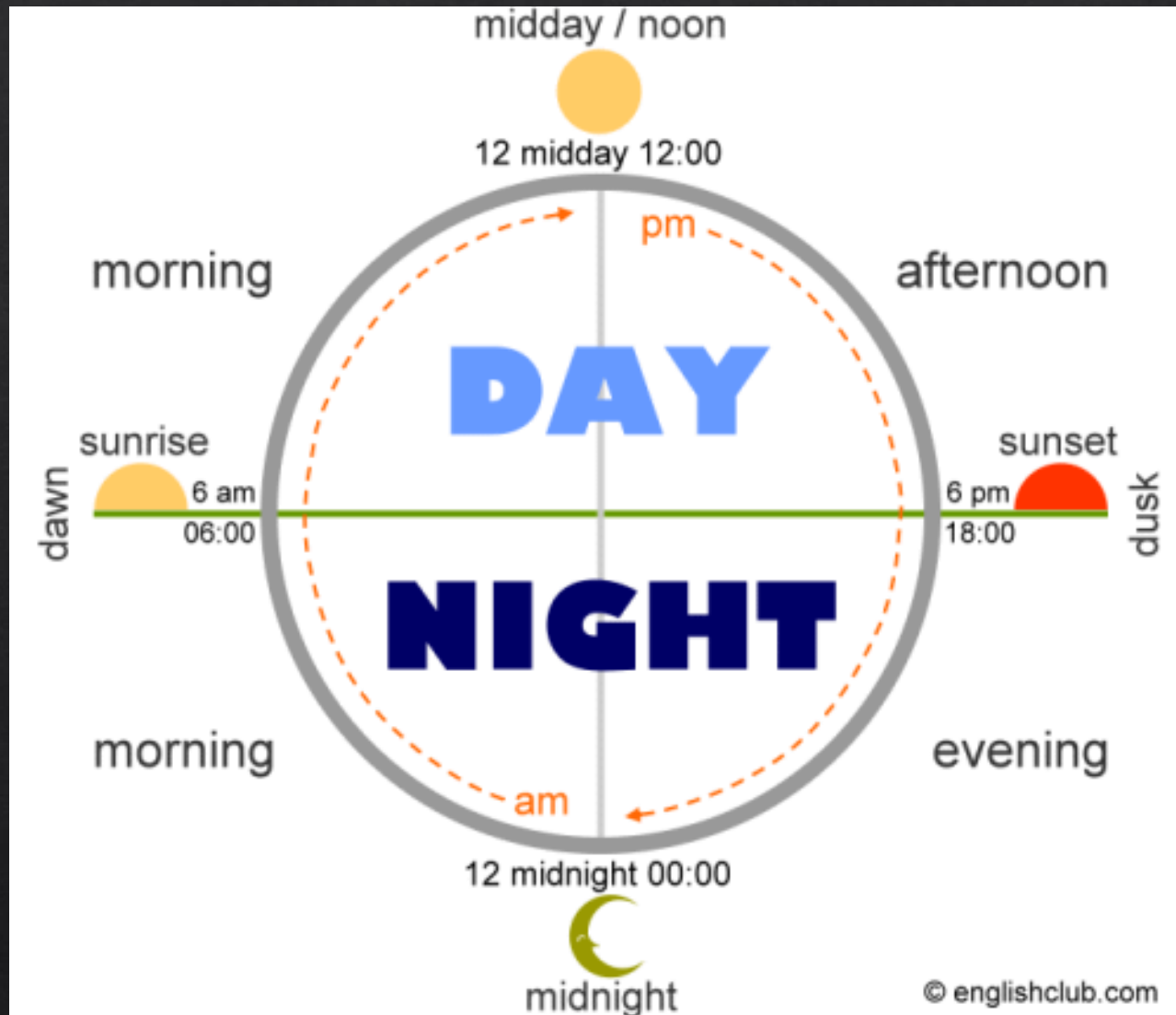
Day 1

stopped to
rest

Principle of the Sabbath

- Man's 1st day - a day of rest, refreshment, and spending time with God
- God wants us to rest and enjoy Him first, then work together with Him

How do we think of a “day”?



One Day



From sundown to sundown
(Approx 6 pm)
Referred to as: "night & day"



From midnight to midnight
Referred to as: "day & night"

How God set up the "day"

How we live our "day"

Principle of the Sabbath

- ❑ “Rest, refresh yourselves, and enjoy spending time with Me; after that, work with me.” - God
- ❑ “The Sabbath was made for man, not man for the Sabbath.” – Jesus Christ

Which “event” is being remembered ?

“Observe the Sabbath day by keeping it holy, as the LORD your God has commanded you. ¹³ Six days you shall labor and do all your work, ¹⁴ 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 male or female servant, nor your ox, your donkey or any of your animals, nor any foreigner residing in your towns, so that your male and female servants may rest, as you do. ¹⁵ Remember that you were slaves in Egypt and that the LORD your God brought you out of there with a mighty hand and an outstretched arm. Therefore the LORD your God has commanded you to observe the Sabbath day.

(Deut. 5: 12, 15)

Don't you ever forget that ...

- ❑ “I formed the world by merely speaking”
- ❑ “I redeemed (rescued) you with my mighty arm”
- ❑ Who did the work in creation?
- ❑ Who did the rescuing in the exodus?
- ❑ “And so ... relax, rest, enjoy me; then come join me in my work”

Remembering / Observing the Sabbath is...

- ❑ showing our trust and faith in God's power, goodness and faithfulness
- ❑ demonstrating that we know (without a doubt) that God's grace is keeping us alive, free, & well
- ❑ enjoying and delighting in what God has already provided for us
- ❑ The “rest & peace” of Sabbath

Sabbath is ...

- remembering & celebrating God's wonderful creation
- remembering & celebrating God's wonderful redemption (freedom from slavery to Satan & sin)
- not worrying about whether or not God loves us & cares for us

If God is for us, who can ever be against us? Since [God] did not spare even his own Son but gave him up for us all, won't he also give us everything else? (Rom. 8: 31b-32; NLT)

We have looked at ...

- Sabbath and creation
- Sabbath and freedom for God's people
- Sabbath's rest & peace
- **Sabbath and justice**

Sabbath justice ?

On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you.

(Exod. 20: 10b; NLT)

On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your oxen and donkeys and other livestock, and any foreigners living among you. All your male and female servants must rest as you do. ¹⁵ Remember that you were once slaves in Egypt, but the LORD your God brought you out with his strong hand and powerful arm. That is why the LORD your God has commanded you to rest on the Sabbath day.

(Deut. 5: 14b-15; NLT)

Yes. Sabbath justice

- ❖ “The rest of one person should not be at the expense of another’s exhaustion or toil”
- ❖ “oxen and donkeys” singled out among the livestock – **Why?**
- ❖ “... All your male and female servants must rest as you do. Remember that you were once slaves in Egypt, ...” (Deut. 5: 14-15)
 - **Why 2nd statement about servants?**
 - **Why remember slavery in Egypt?**

What happened in Egypt ?

- ❑ Were they able to observe the Sabbath?
- ❑ Overwork was their “norm”
- ❑ Expected to work non-stop, like a machine
- ❑ “Work faster!” “Work harder!”
- ❑ “Go find your own straw, but make the same # of bricks as before!” (see Exod. 5: 6-9)

How does Egypt relates to us today?

- ❑ Keeping the Sabbath will ensure that we don't turn into slaves again, or worst still ... become slave drivers ...
- ❑ to ourselves
- ❑ to our sons and daughters
- ❑ to those working for us
- ❑ to our “livestock”
- ❑ to the “foreigners” living among us

Some practical suggestions

- ❑ Spending time with God, enjoying Him, must be highest priority 1/7 – worship Him with His people
- ❑ Don't forget to slow down and enjoy God's beautiful creation (smell rose; watch sunset)
- ❑ Make sure there's unplanned time; a day you can do whatever comes into your mind/heart – something like the Sabbath year (see Lev. 25: 1-7)
- ❑ Take time to nurture relationships ... but take into account whether you're extrovert or introvert

1 more ... Israel's gleaning law

“When you harvest the crops of your land, do not harvest the grain along the edges of your fields, and do not pick up what the harvesters drop. ¹⁰ It is the same with your grape crop—do not strip every last bunch of grapes from the vines, and do not pick up the grapes that fall to the ground. Leave them for the poor and the foreigners living among you. I am the LORD your God.”

(Lev. 19: 9-11; NLT)

Gleaning Law

- ❖ Make provisions for the poor & foreigners because you're my people
- ❖ Because you trust me, no need to always maximize efficiency or profit

Sabbath Day belongs to the LORD

- Sabbath and creation
 - Sabbath and freedom
 - Sabbath's rest & peace
 - Sabbath and justice
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- What have you learned?
 - What are you going to do about it?