

## A DAY OF REST

TEXT: (Exodus 20:8-11, KJV)

<sup>8</sup> Remember the sabbath day, to keep it holy. <sup>9</sup> Six days shalt thou labour, and do all thy work: <sup>10</sup> But the seventh day *is* the sabbath of the LORD thy God: *in it* thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that *is* within thy gates: <sup>11</sup> For *in* six days the LORD made heaven and earth, the sea, and all that in them *is*, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it.

### INTRODUCTION

1. "Thou shalt have no other gods before me" (Exodus 20:3, KJV).
2. "Thou shalt not make unto thee any graven image" (Exodus 20:4, KJV).
3. "Thou shalt not take the name of the LORD thy God in vain" (Exodus 20:7, KJV).
4. "Remember the sabbath day, to keep it holy" (Exodus 20:8, KJV).

### I. REMEMBER THE SABBATH DAY

1. "Observe the Sabbath day by keeping it holy, as the LORD your God has commanded you. 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 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. 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" (Deuteronomy 5:12-15, NIV).

#### A. How to Keep the Fourth Commandment

1. "Then the LORD said to Moses, 'I will rain down bread from heaven for you. The people are to go out each day and gather enough for that day. In this way I will test them and see whether they will follow my instructions. On the sixth day they are to prepare what they bring in, and that is to be twice as much as they gather on the other days'" (Exodus 16:4-5, NIV).
2. "While the Israelites were in the wilderness, a man was found gathering wood on the Sabbath day. Those who found him gathering wood brought him to Moses and Aaron and the whole assembly, and they kept him in custody, because it was not clear what should be done to him. Then the LORD said to Moses, 'The man must die. The whole assembly must stone him outside the camp.' So the assembly took him outside the camp and stoned him to death, as the LORD commanded Moses" (Numbers 15:32-36, NIV).
3. "For six days, work is to be done, but the seventh day shall be your holy day, a day of sabbath rest to the LORD. Whoever does any work on it is to be put to death. Do not light a fire in any of your dwellings on the Sabbath day" (Exodus 35:2-3, NIV).
4. "When evening shadows fell on the gates of Jerusalem before the Sabbath, I ordered the doors to be shut and not opened until the Sabbath was over. I stationed some of my own men at the gates so that no load could be brought in on the Sabbath day. Once or twice the merchants and sellers of all kinds of goods spent the night outside Jerusalem. But I warned them and said, 'Why do you spend the night by the wall? If you do this again, I will arrest you'" (Nehemiah 13:19-21, NIV).

## B. Why God Demanded a Sabbath

1. "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).
2. "By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done" (Genesis 2:2-3, NIV).
3. "Six days do your work, but on the seventh day do not work, so that your ox and your donkey may rest, and so that the slave born in your household and the foreigner living among you may be refreshed" (Exodus 23:12, NIV).
4. "Say to the Israelites, 'You must observe my Sabbaths. This will be a sign between me and you for the generations to come, so you may know that I am the LORD, who makes you holy'" (Exodus 31:13, NIV).
5. "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" (Deuteronomy 5:15, NIV).

## II. THE SHADOW AND THE REALITY

1. "'The days are coming,' declares the LORD, 'when I will make a new covenant with the people of Israel and with the people of Judah. It will not be like the covenant I made with their ancestors when I took them by the hand to lead them out of Egypt, because they broke my covenant, though I was a husband to them,' declares the LORD. 'This is the covenant I will make with the people of Israel after that time,' declares the LORD. 'I will put my law in their minds and write it on their hearts. I will be their God, and they will be my people'" (Jeremiah 31:31-33, NIV).
2. "The Holy Spirit also testifies to us about this. First he says: 'This is the covenant I will make with them after that time, says the Lord. I will put my laws in their hearts, and I will write them on their minds'" (Hebrews 10:15-16, NIV).
3. "Then he adds: 'Their sins and lawless acts I will remember no more.' And where these have been forgiven, sacrifice for sin is no longer necessary" (Hebrews 10:17-18, NIV).

### A. Jesus Is Lord of the Sabbath

1. "If you had known what these words mean, 'I desire mercy, not sacrifice,' you would not have condemned the innocent. For the Son of Man is Lord of the Sabbath" (Matthew 12:7-8, NIV).
2. "The Son is the image of the invisible God, the firstborn over all creation. For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him. He is before all things, and in him all things hold together" (Colossians 1:15-17, NIV).
3. "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, NIV).

### B. Fulfilled in Christ

1. "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, NIV).

2. "One person considers one day more sacred than another; another considers every day alike. Each of them should be fully convinced in their own mind. Whoever regards one day as special does so to the Lord. Whoever eats meat does so to the Lord, for they give thanks to God; and whoever abstains does so to the Lord and gives thanks to God" (Romans 14:5-6, NIV).
  3. "They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer" (Acts 2:42, NIV).
- C. Do Not Fall Short of the Promise
1. "Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it" (Hebrews 4:1, NIV).
  2. "For we also have had the gospel preached to us, just as they did; but the message they heard was of no value to them, because those who heard did not combine it with faith" (Hebrews 4:2, NIV).
  3. "Now we who have believed enter that rest" (Hebrews 4:3, NIV).

### III. THE LORD'S DAY

#### A. The Day of Resurrection

1. "After the Sabbath, at dawn on the first day of the week, Mary Magdalene and the other Mary went to look at the tomb" (Matthew 28:1, NIV).
2. "Early on the first day of the week, while it was still dark, Mary Magdalene went to the tomb and saw that the stone had been removed from the entrance" (John 20:1, NIV).
3. "On the first day of every week, each one of you should set aside a sum of money in keeping with your income" (I Corinthians 16:2, NIV).
4. "On the first day of the week, we gathered with the local believers to share in the Lord's Supper" (Acts 20:7, NLT).
5. "On the Lord's Day I was in the Spirit" (Revelation 1:10, NIV).

#### B. Out of the Shadow and into the Light

1. "The old system under the law of Moses was only a shadow, a dim preview of the good things to come, not the good things themselves" (Hebrews 10:1, NLT).
2. "When you come to appear before me, who has asked this of you, this trampling of my courts? Stop bringing meaningless offerings! Your incense is detestable to me. New Moons, Sabbaths and convocations—I cannot bear your worthless assemblies" (Isaiah 1:12-13, NIV).
3. "Ye perceive how He speaks: Your present Sabbaths are not acceptable to Me, but that is which I have made, [namely this,] when, giving rest to all things, I shall make a beginning of the eighth day, that is, a beginning of another world. Wherefore, also, we keep the eighth day with joyfulness, the day also on which Jesus rose again from the dead" (p. 147).

#### C. The Festival of the Lord's Day

1. "And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching" (Hebrews 10:24-25, NIV).
2. "Better is one day in your courts than a thousand elsewhere; I would rather be a doorkeeper in the house of my God than dwell in the tents of the wicked" (Psalm 84:10, NIV).
3. "O LORD Almighty, blessed is the man who trusts in you" (Psalm 84:12, NIV).

### CONCLUSION

1. "Let us, therefore, make every effort to enter that rest, so that no one will fall by following their example of disobedience" (Hebrews 4:11, NIV).