

Written in Stone. Written on the Heart—The gift of Sabbath.

Sermon Notes

July 10, 2022

Read **Exodus 20:1-11**.

Genesis 2:3 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.

Sabbath- shabbat...rest.

“REST” Could our disregard of God prescribed rest be the leading cause of a stressed out and burned-out society?

- 52% of all workers in America are feeling burned out. Up 9% from 2019. *March 11, 2022 Indeed*
- Currently, the #1 profession for burnout is teaching. Others high burn out rates exist in enlisted military personnel, firefighters, airline pilots, and police officers.
- Lowest burnout rates are among dietitians, data scientists, massage therapists, librarians, and appliance repair.

How might Sabbath Keeping help our society?

- A University of Arkansas study of ACSI teachers found that there was a dramatic difference between the mental, physical, and spiritual health of teachers who intentionally practiced Sabbath keeping over those who did not. They were generally more fulfilled in all aspects of their life.
- A Duke University study of clergy found that there were distinct differences between clergy who kept rhythm of Sabbath over those who did not. Tenure and overall health was markedly better by Sabbath keepers over those who did not.

Understanding how Sabbath is truly a gift from God to you.

1. Why did God make Sabbath so important?
2. What does a Sabbath day look like?
3. What day of the week should it be?

Why Sabbath?

God modeled a rhythm of life that will benefit mankind.

- God did not take Sabbath because he was tired. Sabbath was made for us.

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

- It would serve as a day that would recalibrate our purposes, our perspective, and our productivity because it is a day given to the Lord to be done uniquely different.

Sabbath is to be a uniquely holy day. **Exodus 20:8-11**

- **Remember...Do not forget.**
 - This is a move away from the pattern of the other commandments.
 - This would suggest that this command is likely to be forgotten.
 - We get into a rut and become driven to a point of neglect or forgetfulness.
- **Keep...Put into practice.**
 - Keep and Holy are one word in the text.
 - It is an active pursuit of making something holy.
- **Holy...practice a day that is mindful of God.**
 - Set apart.
 - Special and untainted.
 - It is in mind of God.
 - It is not idleness.

It is a day to remind us of a permanent rest with the Lord. **Hebrews 4:1-11**

What does a Sabbath day look like?

- It becomes a day where you rest from the normal duties of the other days.
- You provide that same rest for those under your care—both man and beast. **Exodus 20:9-11**
- It is a sign of commitment to know God more.
Ezekiel 20:19-20 ¹⁹*I am the Lord your God; follow my decrees and be careful to keep my laws.* ²⁰*Keep my Sabbaths holy, that they may be a sign between us. Then you will know that I am the Lord your God.*
- It is a day that should serve as testimony to the unbeliever your devotion to God.
Deuteronomy 5:12-15 *“Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. ¹³Six days you shall labor and do all your work, ¹⁴but 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. ¹⁵Remember 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.”*
- It is not a day to simply hop on your game station or to fall asleep to football on TV.
- It is not a day to simply go and recreate although that could be incorporated into the day.
- Doing things in service to the Lord are allowed. **Matthew 12:1-12** *“...it is lawful to do good on the Sabbath.”*
- An opportunity to be together with the church and to break bread. **Leviticus 23:3; Acts 20:7**
- An opportunity to tithe. **1 Corinthians 16:2**
- An opportunity to worship God who is the focal point of this day.

What day should this be?

- We are given freedom on the day. **Romans 14:5-6**
- Encouraged Gentiles to hear the scriptures read on the Sabbath. **Acts 15:19-21**
 - This is an opportunity not a command.
 - Bridge between the Jew and Gentile.
- The Sabbath is not something to argue the day, but it points to that which is coming. **Colossians 2:16-17**¹⁶ *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.*¹⁷ *These are a shadow of the things that were to come; the reality, however, is found in Christ.*