

GOD'S GUIDE TO A GREAT LIFE
Sermon Series on the Ten Commandments

BLESSED ARE THOSE WHO HONOR GOD'S DAY: Let the Sabbath Keep You Exodus 20:8-11

Jesus said: "The Sabbath was made for man, and not man for the Sabbath" (Mark 2:27). He restored its true meaning. The principle of Sabbath is about a gift from God for our good.

Why do we often think otherwise? Because our view of God is faulty. We insist on seeing God as a demander rather than a giver. The Sabbath as a gift looks too good to be true; so we look for some meanness in God, and finding none, we impose our assumptions into His intentions. Now see the heart of God behind the longest of the Ten Commandments, the Fourth Commandment:

1. THE CLEAR INSTRUCTION: v. 8

- "Remember and keep this day holy" simply means: make this one day unique and distinct, and observe the principle of it.
- We honor God not only by our loyalty (First Commandment) and thought life (Second Commandment) and words (Third Commandment), but also by our use of time. God's command about our days reminds us that all our time is His gift, to be given back to Him and used for Him.

2. THE COMPASSIONATE IMPOSITION: vv. 9-10

- Why did God give us the Sabbath? Because it is a gift for our good – a day of rest AND worship.

Leviticus 23:3 calls the Sabbath "a day of sacred assembly", a time for God's people to gather for worship, a day to pray. In Luke 4:16, Jesus "on the Sabbath day he went into the synagogue, as was his custom. He stood up to read." Jesus observed the Sabbath by "going to church".

- God designed us this way. We need the Sabbath. God knew we couldn't survive without it.

If you don't take a break, you'll just break. If you don't take a Sabbath voluntarily, you'll take a Sabbath involuntarily.

3. THE CREATOR'S INTENTION: v.11

• God rested not because He gets tired – but because the welfare of His people was on His mind, from the very beginning.

What an astounding thought that the God of the Universe valued us so much, He loved us before He made everything come to existence. But that is exactly the thought behind Ephesians 1:4-5.

LIFE APPLICATIONS: DON'T JUST KEEP THE SABBATH; LET THE SABBATH KEEP YOU!

Christ set us free from rigid, legalistic Sabbath-keeping, but we don't ignore the original principle of the Sabbath. The Christian Sabbath, while not restricted to Sunday, is still a day for rest, worship, and showing mercy:

1) A Day of Rest: Get Recharged on Sunday.

2) A Day of Worship: Celebrate the Resurrection with other Believers.

WHY YOU CAN'T DO WITHOUT CHURCH AS A CHRISTIAN.

- The Church is Jesus' bride.
- The Church is a family.
- The Church is a diverse community.
- The Church teaches us to love.
- The Church needs you.

Without you, the church is missing an eye or an ear or a hand. If you are disillusioned with this church, don't leave it. If the church stinks to you, then make it better. Pray for it. Bless it. Serve it. Love it to life. In the process, you'll discover that it's not only that the church needs you. You need the church as well.

3) A Day to Show Mercy: Start with your family.

Final Thoughts:

Don't just keep the Sabbath; let the Sabbath keep you – keep you healthier, saner and hopefully, even holier. See it for what it really is – a gift from God for our good. When we don't keep it we are the losers, because the Sabbath protects us from self-destruction. And don't worry so much about how you keep this day; instead, rejoice in the One who has given it. If you do, the Sabbath will keep you.

Blessed are the Christians who honor God's day – they're more likely healthier, saner and holier than many!