



STAND YOUR GROUND Part 2: April 16 & 21, 2021
Commandment #4: Who needs the Sabbath?

Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the Lord your God. (Exodus 20:8-10a)

The 4th commandment has direct implications for: Rest, Work, Time, Health

Remember the Sabbath day:

1) Created by God:

“Sabbath” = rested (Gen. 2:3)

Ex. 20:10 But the seventh day is a Sabbath to the Lord your God.

2) Commanded by God:

Boundaries on human Dominion

- Sabbath day: 1 of 7 days
- Sabbatical year: 1 of 7 years (Leviticus 15:1-7)
- Jubilee year: every 50 years (Leviticus 25:8-17)

Message: God is watching & working: I can rest

*I will never rest until I learn to **obey**,
I will never obey until I learn to **trust***

Rest for animals & slaves

Where does Sunday fit into the Sabbath command?

- John 20:19
- Col. 2:16-17
- Rom. 14:5-6

3) **Contrasted with work:**

Setting aside my work:

- My occupation/ breadwinning
- Time pressure/ schedule of activities
- Multi-tasking /Perpetual Partial Attention
- Worry/ the cares of this world

The **HEART** of the Sabbath:

- Trust vs. acquisitiveness: Cease. Rest. Enough!
- Humility vs. pride: Worship. Remember.
- Contentment vs worry: Trust
- Relationships vs. productivity: Invest & enjoy

The blessings of Sabbath:

- Time spent with people
- Family
- Hospitality
- Meaningful conversation
- Physical health

Questions for discussion:

- 1) What cultural shifts, or voices in my own history, undermine the practice of Sabbath?
- 2) Is Sunday a Sabbath for me or my family? Why, or why not?
- 3) When and where do I practice sabbath rest? What do I most need?