

## **The Ten: A Holy Time-Out**

**Dr. John Carmichael**

**[Exo 20:1-2, 8-11 NASB95] 1 Then God spoke all these words, saying, 2 "I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery. ... 8 "Remember the sabbath day, to keep it holy. 9 "Six days you shall labor and do all your work, 10 but the seventh day is a sabbath of the LORD your God; [in it] you shall not do any work, you or your son or your daughter, your male or your female servant or your cattle or your sojourner who stays with you. 11 "For in six days the LORD made the heavens and the earth, the sea and all that is in them, and rested on the seventh day; therefore the LORD blessed the sabbath day and made it holy.**

- Some of you need to take a Sabbath just so we don't have to deal with your cranky, overworked attitude! Some of y'all treat Chick-fil-A's "Sabbath" more seriously than your own!
- God speaks about the Sabbath often. He did it Himself.

**Is the Sabbath essential and how does it apply to us as believers?**

**We will explore three reasons why the Sabbath is essential and how it applies to us as believers.**

### **I. What is the Sabbath?**

- Remember the sabbath day, to keep it holy.
- The Sabbath is a Command, Not a Suggestion.
- Remember involved:
  - Your memory.
  - Your engagement.
- Keep it holy. Holy means separated for divine service. Literally, we are to sanctify it, setting it apart for sacred use.
- God made the Sabbath for us. It is a gift from God. [Mar 2:27 NASB95] 27 Jesus said to them, "The Sabbath was made for man, and not man for the Sabbath.
- The Sabbath is a day of worship, a day for mercy, and a day for rest.

### **II. How are we to Sabbath?**

- First, work. V9 - Six days you shall labor and do all your work
  - It is our duty to work.
  - [Gen 2:15 NASB95] 15 Then the LORD God took the man and put him into the garden of Eden to cultivate it and keep it.
  - [2Th 3:10 NASB95] 10 For even when we were with you, we used to give you this order: if anyone is not willing to work, then he is not to eat, either.
  - The Sabbath speaks to the holiness of work.
- Second, worship. V10a - but the seventh day is a sabbath of the LORD your God
  - It is for us, but it belongs to Him.
  - [Lev 23:3a NASB95] 3 'For six days work may be done, but on the seventh day there is a sabbath of complete rest, a holy convocation.
  - Jesus was in synagogue on the Sabbath. [Luk 4:16 NASB95] 16 And He came to Nazareth, where He had been brought up; and as was His custom, He entered the synagogue on the Sabbath, and stood up to read.
  - [Heb 10:23-25 NASB95] 23 Let us hold fast the confession of our hope without wavering, for He who promised is faithful; 24 and let us consider how to stimulate one another to love and good deeds, 25 not forsaking our own assembling together, as is the habit of some, but encouraging [one another;] and all the more as you see the day drawing near.

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- c. Third, rest. V10b - [in it] you shall not do any work, you or your son or your daughter, your male or your female servant or your cattle or your sojourner who stays with you.
  - i. It is not a day of business as usual. Relaxation and recuperation.
  - ii. Thomas Watson, "To do servile work on the Sabbath shows an irreligious heart, and greatly offends God."
  - iii. Jesus wants you to rest. [Mat 11:28 NASB95] 28 "Come to Me, all who are weary and heavy-laden, and I will give you rest."
    - 1. Jesus took naps. Be like Jesus. [Mar 4:38 NASB95] 38 Jesus Himself was in the stern, asleep on the cushion; and they woke Him and said to Him, "Teacher, do You not care that we are perishing?"
  - iv. By resting you get restored. It has tremendous benefits for us physically and psychologically.
- d. Fourth, release miracles. Seven miracles on the Sabbath.
  - i. Healed Simon Peter's mother-in-law in Peter's home
  - ii. Healed a man with a withered hand in the synagogue
  - iii. Healed a man born blind in Jerusalem
  - iv. Healed a crippled woman in a synagogue
  - v. Healed a man with dropsy at a Pharisee's house
  - vi. Healed a lame man by the pool of Bethesda
- e. To stop working to worship and to rest is a sign of trust to God. You are trusting that as you honor Him, He will take care of the things for you.

### **III. Why are we to Sabbath?**

- a. We serve a working, resting God. V11 - "For in six days the LORD made the heavens and the earth, the sea and all that is in them, and rested on the seventh day; therefore the LORD blessed the sabbath day and made it holy.
- b. For all the benefits, there is theological reason to Sabbath: God did it. He made the universe in 6 days, and then He rested. It is His pattern.
- c. Just like work is good because God works. Sabbath is good because God had a Sabbath.
- d. A second reason why we Sabbath, is to remember redemption work of Jesus Christ.
  - i. [Deu 5:15 NASB95] 15 'You shall remember that you were a slave in the land of Egypt, and the LORD your God brought you out of there by a mighty hand and by an outstretched arm; therefore the LORD your God commanded you to observe the sabbath day.
  - ii. In Egypt, they worked 7 days weekly. No breaks. Now, Sabbath was a day of freedom.
  - iii. [Heb 4:9-10 NASB95] 9 So there remains a Sabbath rest for the people of God. 10 For the one who has entered His rest has himself also rested from his works, as God did from His.
  - iv. The church moved it from the Sabbath to the Lord's Day. Ignatius observed in the first century, the church observed a day of worship and rest on the Lord's Day. The first day of the week Jesus resurrected. Our Sunday, as opposed to Saturday. See John 20:19; Acts 20:7; 1 Corinthians 16:2). Simply, at least one day out of the seven to worship. Much of Christianity it was every day. Which is why there is Mass everyday in the Catholic church. Protestants modified to include a midweek service.
- e. Taking a Sabbath does not save you. We take time to remember our ultimate rest is found in Christ, who gives us peace now and an eternal Sabbath in Him.

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- **God wants to set days aside from normal work to worship Him and rest as we honor what Jesus Christ did for us.**