

Exodus 20:8-11

Living Free: Who Wouldn't Want a Day Off?

1. An Offering 8

A. Remember

22 On the sixth day they gathered twice as much bread, two omers each. And when all the leaders of the congregation came and told Moses, 23 he said to them, "This is what the Lord has commanded: 'Tomorrow is a day of solemn rest, a holy Sabbath to the Lord; bake what you will bake and boil what you will boil, and all that is left over lay aside to be kept till the morning.'" 24 So they laid it aside till the morning, as Moses commanded them, and it did not stink, and there were no worms in it. 25 Moses said, "Eat it today, for today is a Sabbath to the Lord; today you will not find it in the field. 26 Six days you shall gather it, but on the seventh day, which is a Sabbath, there will be none." 27 On the seventh day some of the people went out to gather, but they found none. 28 And the Lord said to Moses, "How long will you refuse to keep my commandments and my laws? 29 See! The Lord has given you the Sabbath; therefore, on the sixth day he gives you bread for two days. Remain each of you in his place; let no one go out of his place on the seventh day." 30 So the people rested on the seventh day. -Exodus 16:22-30 ESV

B. Keeping

C. Holy -Leviticus 25:10

2. Freedom from Toil 9, 10

15 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

A. For Everyone

'For six days work may be done, but on the seventh day there is a sabbath of complete rest, a holy convocation. You shall not do any work; it is a sabbath to the Lord in all your dwellings. -Leviticus 23:3 NASB

B. God's financial provision

3. Woven into Creation 11

A. When things were very good

B. Knowing more than God

C. Be free to...

At that time Jesus went through the grainfields on the Sabbath, and His disciples became hungry and began to pick the heads of grain and eat. But when the Pharisees saw this, they said to Him, "Look, Your disciples do what is not lawful to do on a Sabbath." But He said to them, "Have you not read what David did when he became hungry, he and his companions, how he entered the house of God, and do on a Sabbath." But He said to them, "Have you not read what David did when he became hungry, he and his

companions, how he entered the house of God, and they ate the consecrated bread, which was not lawful for him to eat nor for those with him, but for the priests alone? Or have you not read in the Law, that on the Sabbath the priests in the temple break the Sabbath and are innocent? But I say to you that something greater than the temple is here. But if you had known what this means, 'I desire compassion, and not a sacrifice,' you would not have condemned the innocent. For the Son of Man is Lord of the Sabbath." Departing from there, He went into their synagogue. And a man was there whose hand was withered. And they questioned Jesus, asking, "Is it lawful to heal on the Sabbath?"-so that they might accuse Him. And He said to them, "What man is there among you who has a sheep, and if it falls into a pit on the Sabbath, will he not take hold of it and lift it out? How much more valuable then is a man than a sheep! So then, it is lawful to do good on the Sabbath." Then He said to the man, "Stretch out your hand!" He stretched it out, and it was restored to normal, like the other. -Matthew 12:1-13 NASB

D. A Sabbath Still Remains

Therefore, let us fear if, while a promise remains of entering His rest, any one of you may seem to have come short of it. For indeed we have had good news preached to us, just as they also; but the word they heard did not profit them, because it was not united by faith in those who heard. For we who have believed enter that rest, just as He has said, "As I swore in My wrath, they shall not enter My rest," although His works were finished from the foundation of the world. For He has said somewhere concerning the seventh day: "And God rested on the seventh day from all His works "; and again, in this passage, "They shall not enter My rest." Therefore, since it remains for some to enter it, and those who formerly had good news preached to them failed to enter because of disobedience, He again fixes a certain day, "Today," saying through David after so long a time just as has been said before, "Today if you hear His voice, do not harden your hearts." For if Joshua had given them rest, He would not have spoken of another day after that. **So there remains a Sabbath rest for the people of God.** For the one who has entered His rest has himself also rested from his works, as God did from His. Therefore, let us be diligent to enter that rest, so that no one will fall, through following the same example of disobedience. -Hebrews 4:1-11 NASB

Reflection Questions:

1. Do you keep the Sabbath that the Lord has given you?
2. In what areas of your life do you need Christ's rest? In what ways do you need His healing? How are you resting from your labors to trust Him with your present? How are you stopping to enjoy a day of worshipping Him?