

Session 6 – Give Work a Rest | Exodus 31:16-17 |

4/6/14

- Introduction
 - These last several weeks we have been talking about the gift of work that God has given us.
 - That we were given abilities to do certain things that God willed for us to have.
 - We know that we were not created to simply sit and do nothing but instead to be productive.
 - We then looked at what we are to do with the fruits from our labors that God has blessed us with.
 - We looked extensively at giving.
 - Today we will conclude this series by talking about rest.
 - This is rest that is God given for our benefit and also for God's glory.
 - The Sabbath the day of rest is a day for us to put aside our work and to dedicate it God.
 - To worship God in whom he is being the creator of everything.
 - It is important that we take the day as we can get caught up in our work and not give God the praise and glory that he deserves.
- Observe the Sabbaths as they are days of rest and reflection upon the Lord | Exodus 31:12-13
 - **Read Exodus 31:12-13**
 - The first day of rest
 - God established the principle for the first day of rest
 - While we are called to work we are also supposed to strike a balance.
 - Just because God has given you a gift and a profession does not mean that it should consume your life.
 - God has given us the gift of work and he has also given us the gift of rest.
 - As God rested so should we.
 - Genesis 2:1-3
 - “So the heavens and the earth and everything in them were completed. By the seventh day God completed His work that He had done, and He rested on the seventh day from all His work that He had done. God blessed the seventh day and declared it holy, for on it He rested from His work of creation”
 - So God in the beginning worked for 6 days to create everything. He created the heavens the earth and every living thing.
 - God then set a precedent for others. He then took the seventh day as a day of rest.
 - And not only for rest but God declared that day to be holy.
 - God took the day of rest and made it Holy for a purpose and an example for us.
 - The Sabbath was to be a day of rest.
 - The word Sabbath appeared first in the Bible in Exodus 16. This is after the Israelites have left Egypt and God feed them manna for 40 years.
 - The Sabbath
 - Means literally “rest”
 - The Sabbath was established by God and was a Holy day for the Israelites and the Jews.
 - This day is actually Saturday, which is the 7th day of the week.
 - The day that we look at as being the Lord's Day as Christians is Sunday. Which is the first day of the week.

- The early Christians chose this day, because this was the day that Jesus was resurrected.
- As we study these passages when you think of Sabbath, for the Jews it was Saturday, but for us our Sabbath is Sunday.
- **As we look at the Sabbath we will see to important benefits for us, one is literally rest and the other is reflection upon the Lord.**
- God had made it very clear of the importance of rest.
 - We will look at the early establishment of the Sabbath and the significance it has between God and the Israelites.
 - This is when Moses had just led the out of Egypt.
 - Exodus 16:23
 - “He told them, “This is what the Lord has said: ‘Tomorrow is a day of complete rest, a holy Sabbath to the Lord. Bake what you want to bake, and boil what you want to boil, and set aside everything left over to be kept until morning.’”
 - God gave them the Sabbath as a day of rest and it was important to God that the people did not work.
 - This was to be a day of complete rest.
 - The Israelites were being feed daily with manna and God made double the portions available to them on the 6th day so they could gather for the next without having to work on the Sabbath.
 - The Sabbath was a gift given to the Israelites by God.
 - Exodus 16:29
 - **“Understand that the Lord has given you the Sabbath; therefore on the sixth day He will give you two days’ worth of bread. Each of you stay where you are; no one is to leave his place on the seventh day.”**
 - God is giving you a day off...take it!
 - This was a important day that was given to them, it was a day of rest and reflection that was for there benefit.
 - The Sabbath was in important and critical day for the Israelites.
 - To view the Sabbath was one of the Ten Commandments.
 - We can see the importance of the Sabbath as God made it part of the Ten Commandments.
 - Exodus 20:8-11
 - God wanted them to take the day of rest, as God knew the benefits that they would incur.
- The day of rest is important and beneficial for the Christian
 - God gave us the abilities to work in a profession to provide for our families and also to provide for others.
 - However we are not to be consumed by this, if we spend 7 days a week working we then neglect everything else that we are supposed to be doing.
 - God wants us to take this day of rest, as he is very aware that we cannot keep that 24x7 up for long without it causing us harm.
 - **So God gave us this day for man to rest from his toil, anxieties and cares of the world.**
 - Benefits of taking rest
 - Time with family
 - Time with God
 - Time to reflect and think.

- The Sabbaths are for reflection on the Lord.
 - Not only is the Sabbath for man's rest, but also to reflect upon God.
 - The Lord said in Exodus 13 that the Israelites were to observe the Sabbaths, as it is a sign between God and them throughout their generations.
 - This day was also for reflection and remembrance.
 - God made this day for man, for his benefit to rest from his labors and his toils, but also for his reflection upon God.
 - For the Israelites they were to remember what God and done for them.
 - Deuteronomy 5:15
 - "Remember that you were a slave in the land of Egypt, and the Lord your God brought you out of there with a strong hand and on outstretched arm. That is why the Lord your God has commanded you to keep the Sabbath day.
 - The primary reason to keep the Sabbath day was for remembrance for the things that God had done for them.
 - Specifically there deliverance from the Egyptians.
 - They were to reflect on this day and stop their work, so that they could rest and relax and appreciate everything that God had done for them.
 - So not only do the Israelites reflect upon God on the Sabbath, so we can reflect upon God.
 - The Christian's Sabbath to reflect upon God.
 - We as the Israelites will benefit greatly from taking a day of rest from our work and the toils of our lives to reflect upon God.
 - We have continued the tradition of choosing the first day of the week, the day that Jesus was resurrected as our "Sabbath" to reflect upon all that God has done for us.
 - This is so important that we take this day in remembrance of God, to remember that he created everything that we have and to give him thanks.
 - The significance of having a day as opposed to time in our busy life.
 - While we know full well as Christians that we are to always have a relationship with Christ and not just on Sunday's.
 - However to actually give God a day and a day when we are in true rest is really significant.
 - Our minds during the week are busy and running and hundred miles a hour and we juggle work, family and God at once.
 - But if we truly "rest" we can put away the week, the work and the stress and clear our minds.
 - Then our time with God can be on things of eternity and not on the stress of life.
 - **Instead of a movie to "get away" how about eternity in Heaven?**
- ~~Historical Sunday~~
 - ~~We traditionally do this on Sunday of course, but this is not the Sabbath, which is a Saturday.~~
 - ~~We Gentiles (Christians) are not bound to the Saturday Sabbath, but we must take a day of rest and reflection for the Lord~~
 - ~~The Sunday actually started in the early church and it was done intentionally as Jesus was resurrected on the first day of the week, which is Sunday.~~
 - ~~The breaking of bread was done on Sunday~~

- Acts 20:7
 - “On the first day of the week, we assembled to break bread. Paul spoke to them, and since he was about to depart the next day, he extended his message until midnight.”
 - It was common for the early church to break bread at every meeting.
 - Collections for the church was done on Sunday
 - 1 Corinthians 16:1-2
 - “Now about the collection for the saints: You should do the same as I instructed the Galatians churches. On the first day of the week, each of you is to set something aside and save in keeping with how he prospers, so that no collections will need to be made when I come.”
 - John was given the words for Revelation on the “Lord’s Day”.
 - Revelations 1:10
 - “I was in the Spirit on the Lord’s day, and I heard a loud voice behind me like a trumpet”
 - The Lord’s Day is the day set aside for the Lord and also associated with the Lord’s Supper.
 - **How important is it to you that we have a day of rest and reflection upon the Lord?**
 - **What other benefits does taking this day have for you or your family?**
- The consequences of not choosing a Sabbath rest | Exodus 31:14-15
 - ***Read Exodus 31:14-15***
 - As we can see for the Israelites that there was significant importance put upon keeping the Sabbath.
 - If one was to profane the Sabbath by stating that it had no relevance that person was to be put do death. This would be someone who outright disrespected God to do such a thing.
 - If an Israelite were to work on that Holy day they would be cut off from their people and could also be put to death.
 - The consequences were pretty severe.
 - We are not bound to this of course. We are not going to be killed because we worked on the Sabbath, which is technically a Saturday.
 - However is it wrong to work on a Sunday?
 - We have established that Christians have chosen since the resurrection of Christ to use the first day of the week (Sunday) for rest and reflection upon God.
 - So we know we are to take that day of rest, but what if we have a job that requires us to work on Sunday like a police officer or a fireman?
 - Are we somehow disobeying God because of that?
 - We can look to examples of Jesus on this.
 - Luke 14:5
 - “And to them, He said, “which of you whose son or ox falls into a well, will not immediately pull him out on the Sabbath day?”
 - Jesus asked the Pharisees if it was lawful to save an ox on the Sabbath, it was also to save the life of a man.
 - Mark 3:4
 - “Then he said to them, “Is it lawful on the Sabbath to do what is good or to do what is evil, to save life or to kill?” But they were silent.”

- Jesus made it clear that to do good even on the Lords day is desirable.
- We must set aside a day for the Lord.
 - If we find ourselves in a position of having to work on a Sunday, we must be sure that we still find a day of rest and reflection upon God.
 - Just because we work in a profession that requires us to work the occasion Sunday does not cause us to be punished, it just means we need to choose a different day.
 - The importance of having the day can not be denied, we must choose our own “Sabbath”
 - To neglect setting aside a day all together goes against what God wants from us.
 - He wants us to take that day of rest as it is for our benefit.
 - It enhances our family relationships.
 - It refreshes both our body and spirit.
 - God knows the benefits this has for us and he wants us to take the time.
- Consequences for not taking the day of rest.
 - While we may not be killed for not keeping the Sabbath day there are things that affect us when we never take the rest or the time for God.
 - Our spiritual life can suffer.
 - We know that we are to have a relationship with God always that it doesn’t only have to be on Sundays.
 - We know we are to be in prayer with God always.
 - However there is something that can be said to taking a day and dedicating that to the Lord.
 - I know that for me personally it is rejuvenation for me, that without it if I went several weeks with no day for the Lord, my spiritual life would suffer.
 - That day of rest and dedication to God allows us to shut off our daily lives and reflect on what is most important.
 - The things of eternity as opposed to the mundane and temporary.
 - If you don’t shut it off it can consume you.
 - To never take a day for the Lord can cause your spiritual life to suffer.
 - We miss out on being in the presence of God when 2 or more come to him.
 - It is common of course when we take our day of rest and reflection upon God we attend Church.
 - We meet with other believers who are like-minded and wanting to praise God.
 - There is a benefit for us if we do this.
 - Matthew 18:20
 - “For where two or three are gathered together in My name, I am there among them.”
 - If we never take our Sunday to gather with other Christians to praise and worship God we miss out on being able to be closer to God.
 - This can be Wednesdays also
 - Because as 2 or more gather together for “Jesus Business” (as Andy Stanley puts it 😊)
 - To never dedicate the day and to never come together with other believers is to miss an opportunity to be closer to God.
 - We are encouraged not to miss these opportunities.
 - Hebrews 10:24-25

- “And let us be concerned about one another in order to promote love and good works, not staying away from our worship meetings, as some habitually do, but encouraging each other, and all the more as you see the day drawing near.”
 - The benefits of church and worshipping God with fellow believers cannot be ignored.
 - We can fall back into our sinful lives.
 - If we never take the day of rest and we just trudge on with life, there will be times when we will be down and out.
 - Times when we are just having a really difficult time.
 - If we don’t give God his day and come in the presence of fellow believers we could get ourselves dug into a hole and not see a way out.
 - We can backslide right back to our old lives living in the perpetual sin that we once did.
 - When we became Christians we shed our old self and put on the new.
 - We are to have this new self on all the time.
 - But if we are not careful Satan can cause our new self to act and look no different than our old self.
 - Where if we give God the day regularly with other believers we can have help to encourage us and strengthen us to go on.
 - We can be encouraged to put on the full armor of God so that we can walk the Christian walk that God wants us to live.
 - God does want us to take a day of rest as it is for our benefit.
 - He wants us to reflect up on him in all that he has done for us.
 - **Have you experienced the consequences of not taking a day of rest and reflection on the Lord?**
 - **Question #3 Page 64 “How does God’s view of the Sabbath differ from our culture’s view?”**
- To keep the Sabbath is a sign unto others of our relationship with God. | Exodus 31:16-17
 - ***Read Exodus 31:16-17***
 - For the Israelites for them to observe the Sabbath it was a sign of their relationship with God and a perpetual covenant.
 - Likewise for us to have a day for the Lord shows our trust in God and it gives him the respect that he deserves.
 - We should be careful however that we do not look negatively at other Christians because their day for the Lord isn’t what we would expect.
 - Colossians 2:16
 - “Therefore, don’t let anyone judge you in regard to food and drink or in the matter of a festival or a new moon **or a Sabbath day.**”
 - Perhaps they do work on Sunday’s and maybe they have another day or multiple days.
 - It is not right for us to judge how others choose there days of worship, because what is important is that each person uses each day for the Lord.
 - Romans 14:5-6
 - “One person considers one day to be above another day. Someone else considers every day to be the same. Each one must be fully convinced in his own mind. Whoever observes the day, observes it for the honor of the Lord.”
 - Each day is truly the Lords and whatever day that is can still be a day of rest and relection upon God.

- The most important thing for us is our personal relationship with Jesus Christ, not the method or how we observe our Sunday's.
- If we have a right relationship with Jesus Christ we will desire to be among fellow Christians and to come together to worship him.
- We will desire that we not only set aside one day for the Lord but several days for the Lord.
- You can not overdue it on your time with God.
- **Question #4 Page 64 "What does this command tell us about God's design for our relationship with him?"**