

# *This is What the Heart Looks Like // 4<sup>th</sup> Commandment // “Living for the Weekend”*

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4<sup>th</sup> commandment read simply: *“Remember the Sabbath day to keep it holy.”*

Let’s be honest... This is one of the commandments that we don’t really feel that guilty about breaking...

- **If you steal**, or kill, or commit adultery, you usually feel guilty.
- But you’ve probably never gone to **see a counselor** over breaking this commandment.
- You probably don’t trace any of the **root problems** in your life to breaking this commandment.

But I want to suggest to you that the breaking of this commandment does produce a lot of stress in your life because the whole commandment relates to our work. (God had said, *“Six days you shall labor and do all your work, but the 7<sup>th</sup> day is a Sabbath to the Lord...”*) And... a lot of the stress in your life comes from work... Right?

Alright... Work stresses us out for 2 primary reasons:

- **First, work stresses us out because we depend on work to provide for our needs in life. If we don’t work, we don’t have money (unless you are independently wealthy, and then we all hate you...) No, seriously...** We know that if we don’t work, or we don’t work well, then we won’t have any money and we will die... (Or, at least we’ll never be able to own a house or go on nice vacations or drive a decent car and we’ll have to wear dorky clothes... we won’t have good quality of life).
  - And so we’re stressed out about not making the sale; about not getting a raise; about losing our job... because any of these could mean losing money, which is our lifeline.
  - But...
- **Second, and more subtly, work stresses many of us out because we find our identity in our work.**
  - A lot of people base their self-worth on what kind of job they have and how well they do it and how much they get paid for it.
  - It’s the 2<sup>nd</sup> question we ask people... 1<sup>st</sup>, “What is your name? Then, what do you *do*?” And a lot of times we size up a person based on how they answer that question.

Thus, if you have a high profile, money-making job—you’re proud to tell people what you do... “I’m Dr. Hanson.” Oh, you must be smart and make lots of money...

And if you have a lower-profile job... you kind of mutter it. (I’m just an elephant dung sweeper)

People do this stuff even in college... (I’ve met a lot of college students who are really quick to tell me, “I’m a medical student” because it is supposed to make me think better of them... I’m like, “Ohh... medical student... You’ll probably be part of the 85% that fail out of the program before graduation.”

- Of course, I was this way in college, too. I had some absurd jobs in college; car wash; drove a fork lift in a Food Lion freezer one summer... But I’d always point out when people asked me where I worked, “Yeah, but this is not my real

job; I'm studying law..." Because that elevated me, I thought... I didn't realize that lawyers are considered to be the lowest of the low...

- Why are we like this? Because we often find our identity in our work. And, so work causes us stress because bad work = low self-worth.

So, that's 2 kinds of stress from work... **and this commandment addresses them both.**

**1<sup>st</sup>, let's explore what the command says:** Exodus is 2<sup>nd</sup> book of Bible... if you're looking at Mark...

**Exodus 20:8–10** <sup>8</sup> "Remember (observe) the Sabbath day, to keep it holy. <sup>9</sup> Six days you shall labor, and do all your work, <sup>10</sup> but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates (so... that's basically everybody... when you are including your cows and your goats in the list, that's everybody.) <sup>11</sup> For in six days the Lord made heaven and 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.

- So, you've got a "what" and a "why."
- **The what:**
  - Take 1 day a week and do really nothing except reflect on the fact that God created everything.
- And... **the why (2 reasons):**
  - You've got a **practical** reason: you need to rest.
  - You've got a **spiritual** reason: you need weekly to refocus.

We human beings are people of **short-term memory**; we tend to **drift**... and when we're consumed all week at our jobs, we tend to forget why we're here, what's important, and what the point of everything is.

So, we need to stop, often, and refocus.

And refocus on what exactly? The creation! The fact that everything comes from God, it's all going back to Him, and it all exists ultimately for His purposes and glory.

**But there's something else...** when Moses repeats this commandment in Deuteronomy, he says this (Deut means "2<sup>nd</sup> giving of the law... it's like the Director's Cut of the law): **Deuteronomy 5:12–15** <sup>12</sup> "Observe the Sabbath day and keep it holy... <sup>15</sup> You shall remember that you were a slave in the land of Egypt, and the Lord your God brought you out from there with a mighty hand and an outstretched arm. Therefore the Lord your God commanded you to keep the Sabbath day.

- **Moses expands the purpose of the Sabbath from remembering creation to remembering redemption.** They were to take 1 day a week and remind themselves that they were special because God had loved them, because had compassion on them, because God had called them out and had His purposes for them.

**OK, so what's going on here?**

- Get this... our work, because it takes up so much of our time, quickly begins to dominate our lives, and we end up letting our work replace God in our lives.

- You say, “How?” How does our work begin to replace God?
  - Those 2 ways I gave you at the beginning... We think our work defines us and our work sustains us.
  - **But God is supposed to do both of those things...** God’s love for us and His plans for us were to be our primary identity; God’s care for us was what we were to most depend on to sustain us.
- Remember that I told you that all of the commandments ultimately flow out of the 1<sup>st</sup> one, that we “*have no other gods but God?*”
  - Well, the 4<sup>th</sup> commandment is given to us to help us make sure that work (which we’re consumed with 40–50 hrs per week) does not replace God as our primary source of identity or security.
  - ***The 1<sup>st</sup> commandment is the heart of the 4<sup>th</sup> commandment... God wants to make sure that He, not our work, remains our primary focus, our source of identity, and what we trust for the future.***

Could we dive in a little bit here? (like I’m asking)

- **Because our work is so central to who we are, our identity quickly becomes wrapped up in our work.** ...We begin to evaluate our worth as people by how valuable society deems our job to be. I’ve heard it said that we often don’t see people as “human beings,” but “human doings.” Your worth is primarily defined by what you *do*.
  - God says, “No! Here’s your identity: I specially designed you and made you mine; I have set my love on you; I have a plan for you.”
  - Your identity, your worth, comes not from what your abilities are but from the fact that God loves you and God has specially designed you for His purposes and His plan.
  - **Question:** *How do you define your worth?* How much money you make? What people think about you? Do you get intimidated around people who have higher profile jobs, who make more money? Would you feel better about yourself if you rolled up in Benz as opposed to driving that old beat ‘up pickup? That means that you have succumbed to the idea that your identity is in your work, not in God.
 

*There’s this rent-a-car commercial... you’ve probably seen it... where you’ve got this guy who was obviously not real popular in college, being picked up by the Hertz rent-a-car guy in this brand-new Cadillac so he can go to his high school reunion and everybody will assume he’s successful... and he’s so grateful he hugs the guy... which is pathetic on so many levels... this guy is finding his identity in what kind of car he drives... and even worse, it’s not even his car, it’s a car he’s rented so he can trick everybody!*
- **Also, because working is the primary instrument God uses to meet our physical needs, we quickly start trusting our work, rather than God, to take care of us in the future.**
  - God made them take 1 day a week off and do nothing... And, here’s the thing... that was difficult, especially in that day. In ancient Israel, survival was often a day-to-day challenge.
  - Even today, many of you feel like if you stopped working or studying for even 1 day, much less 1 out of every 7 days, you’d seriously fall behind or flunk out of school.
  - But it was especially true then. Crops had to be harvested daily. Water had to be obtained daily.
  - Get this: Because of this Sabbath law, God cut their productivity by 1/7, because He wanted them to be *less* productive than they could be... so that they would have to trust God to make up the difference.

- He never wanted them to say, “I have what I have because I did all I could.” He wanted them to say, “I have what I have, because God gave it to me. I did less than I could, in obedience to God, and God made up the difference.”
- God actually does this a lot in the Bible. Usually, God uses normal means to provide for us. We work, and that provides food for us. But a lot of times God says, “Stop, and let me meet your needs.”
  - For e.g., Exodus 16... During this season God said, “I don’t want you to provide for yourself. I’ll give you manna from heaven.” And every night God poured down manna.
  - Now, that doesn’t mean that they’d never work again... no, eventually, they would plant crops and grow their own bread, but during that special season, He said, “Do nothing, and let me provide. Because I want you never to forget that whether you’re planting crops and harvesting them or picking up manna from the ground, ultimately *I’m the one* providing for you and the one who is responsible to take care of you.
 

(You get that... if you wake every morning and there is a Chili’s-To-Go... that’s different than if you work and get paid... and you start t to think, “I’m doing this.” But God is the one who is responsible to provide for us, whether he uses supernatural or natural means, so sometimes he tells us to stop and do nothing and let him do it for us so we’ll know that however it comes it is from Him.)
  - Or, in Exodus 14... Israel was surrounded by the Egyptian army. Now, there was no way they could win that battle. This is like the “US Army vs. the Girls Volleyball team” match. They are like, What are we going to do... should we fight? **Exodus 14:14, “Fear not, stand firm... The Lord will fight for you, and you have only to be silent.”** I love that! “My job, fight for you; your job, shut up!”
  - Now, that doesn’t mean that they would never ever fight. No sometimes they went to battle, and God blessed them.
  - Sometimes God had them plant and harvest crops; but sometimes He said, “Do nothing, and let ME fight for you.”
  - That is what is happening here. God says, “On the 7<sup>th</sup> day, *Do nothing.*” Not because you can afford it, but because I want you to have a space where you have to trust me... a space where I can fight for you... a space where I can multiply your efforts and provide miraculously for you.
  - **When you honor the Sabbath day, God multiplies your work on the other 6 days.**

My story...heavier load; higher GPA
  - Can I tell you another place God does that? **Tithing.**

**You say, “I can’t afford it”:** that’s the point! You don’t tithe because you can afford it; you tithe out of faithfulness to God. God blesses the other 90%.
  - Do you see how great of a deal this is?
 

Take a day off, and I’ll pay you for it anyway by multiplying your work on the other 6 days! Give money away to the things you love, and I’ll pay you back by multiplying that money back to you

What kind of idiot would turn down that deal? (I’ll tell you the idiot is... the 40% of you that don’t honor the Sabbath and the 70% of you that don’t tithe)
  - I don’t need money...that’s not behind this... this is about whether or not you trust God at all... That’s what is behind this commandment... that’s why God drove them into exile... God said, “I drove you into exile for not keeping the Sabbath?” What’s so bad about that? Because it represents a whole life that doesn’t trust God at all but trusts itself.
  - **If you break the 4<sup>th</sup> commandment, it points to the fact that you don’t keep the 1<sup>st</sup> commandment...**

## So, that was the Sabbath law for Israel. But what does all this mean for us today?

### Clearly the Sabbath is treated differently in the NT than the Old...

- **Romans 14:5:** *“One person esteems one day as better than another, while another esteems all days alike. Each one should be fully convinced in his own mind.”* What? The Jewish people couldn't do that. The Sabbath is not that special... You know, I'm going to take my Sabbath on Wednesday.” Moses would have been like, “Well then, you'll be stoned on Thursday.”
- **Colossians 2:16** *“Therefore let no one pass judgment on you in questions of food and drink, or with regard to a festival or a new moon or a Sabbath.”*

### Clearly Paul here is saying that Christians are no longer required to keep the Sabbath the way the Jews did.

- But here's where it is interesting... Acts tells us the early Christians did take 1 day a week to worship God.
- The writer of Acts tells us they chose Sunday instead of Saturday to worship... because that was the day Jesus rose from the dead and it made more sense to them to celebrate salvation and new creation on that day.
- But the Mosaic Law didn't give them that freedom... You couldn't just “choose your worship day.” So, why did they feel like they had the freedom to adjust this commandment?

### 2 principles you need to grasp:

#### Principle # 1: Christ has freed us from the technicalities of Sabbath law

- **OK... this is deep... hull crush depth... Need you to put your theological 'man-pants' on... if I lose you in the next 90 seconds...**
- The NT teaches us that Christ has freed us from the law... because He has fulfilled the law.
  - The laws of Israel, all of them, were given to us as symbols of a great reality. So, things like ceremonies and dress codes and special days of the week all pointed to a greater reality...
  - Well, Jesus was that greater reality, so, after He came, we no longer have to observe all the symbols.
- And so... the early church believed that the resurrection of Jesus “fulfilled the Sabbath” (3 ways)
  - **(How the resurrection of Jesus “fulfills” the Sabbath):**
    1. **In Jesus' resurrection from the dead, we see the fullness of God's purposes for, and promises to, His creation.**
      - The resurrection of Jesus' body from the tomb shows us that God is going to one day deliver this old, dying world from its curse.
      - You see, the creation we live in is beautiful, yes, but it is, cursed. And God has promised one day to resurrect it.
      - We see the “firstfruits” of that new creation in Christ's resurrection... we see what God has one day promised to do to the whole creation.
      - And it is exciting! You know, as a Christian, you know that God is going to raise your body from the dead, and that resurrection body is going to be much better than the current body you have now... no sickness; no deformities... Carl Scott, our 5'3" elder has already told me he'll be 6'5" in the resurrection.

- The earth is going to go through the same resurrection process. Think about this... “What does a resurrection Grand Canyon look like?”
- 2. **In Jesus’ resurrection, we see God’s “rest” from redemption (or, “new creation”)**
  - God declared the 1<sup>st</sup> Sabbath after He made the world and rested in it. But then Adam fell into sin, and so God got up from his Sabbath rest, and He started to work again—this time His work was not on creation, but on redemption—toward a *new* creation.
  - And when Jesus rose from the dead that work was completed... So, it’s a new Sabbath, a rest from the work of redemption.<sup>1</sup>
- 3. **In the resurrection, we see the proof of God’s promises to take care of us.**
  - God killed Jesus on our behalf and raised Him from the dead... we can be sure God will take care of us.
- So, the early church believed that Christ had fulfilled the Sabbath law, and thus, they felt free to change the day of worship to Sunday... because that seemed more appropriate
- The point is not that Sunday is the new Sabbath and it now becomes the day that all Christians everywhere must worship upon... the point is that Christ is Himself the Sabbath and if we are resting and rejoicing in His resurrection, we have fulfilled this commandment

## Principle # 2: We should still observe the principle of the Sabbath

Even though we are freed from the technicalities of Sabbath law, we are still God’s people, and we are still made out of the same stuff that Israel was made out of... Which means we should still take 1 day a week and, like them... **refocus** on God; **rest** AND **remember** the Gospel

- **Refocus on God:**
  - We’re like a battery that can’t stay charged; we’re like a car severely out of alignment
  - So, you take 1 day a week to refocus your heart...
  - ...and God gave us the church to do that together.
  - **Hebrews 10:25**, “Forsake not the regular assembling of ourselves...”
  - **Ever seen that movie where the guy needs a jolt of electricity to keep him alive?** So he’s always rubbing up on people? Kind of how we are... rubbing up against each other... but not in the literal sense; we don’t want any bumpin’ & grindin’ going on...
- **Rest:**
  - **By rest I don’t just mean “sleep all day.”** Rest means enjoyment... Resting in God’s promises...
  - WHEN I WAS SINGLE, I WAS ALWAYS ON THE PROWL... now, if my marriage is good, my wife and I will take time to rest in each other... we’ll get away for the weekend. It’s not that we sleep all weekend in separate beds and do nothing but watch TV all weekend... no, but primarily our “rest” from the hunt of a spouse is taking time to enjoy one another.

And then, on that day, you ought to...

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<sup>1</sup> [http://www.desiringgod.org/Blog/2531\\_new\\_creation\\_observation\\_of\\_the\\_sabbath](http://www.desiringgod.org/Blog/2531_new_creation_observation_of_the_sabbath)

- **Remember** the Gospel, which is really the basis of other 2:
  - **Why?** The Gospel is the most life-defining reality for us.
  - The Gospel is our identity
    - In Christ, we are fully loved and fully accepted by the only One whose opinion really matters. We don't have to base our self-worth at how successful we are at work, or what others think about us.
    - And we know that God has created you for a purpose... He's gifted you specifically to be useful for His Kingdom and He has a specific plan for you...
  - The Gospel is our security
    - I know that if God saved me, He'll take care of me. Listen, I get worried like you do... But would you think about this for a minute? If God gave up His son to rescue you from slavery, do you really think He won't help you to pay the light bill?"
  - The Gospel reminds us of our purpose
    - When I see the world through the Gospel, everything starts to look different. I see that God loves the world intensely but not all people know God... and that every human being must stand before God and give an account, and only those who have received the gift that God has provided for them in Christ can be saved...
    - That helps me see what is really important in life, and to refocus myself on the mission.
  - **The Gospel brings such clarity to your life!** Every week you need to focus on the Gospel.
    - Let me let you in on a little church philosophy... Our main goal here is to have you leave thinking about the cross...
      - If you don't leave thinking about the cross, we've failed...
- **The point: You should take 1 day a week to celebrate your relationship with God...**
- **This really ought to be your favorite day of the week...** A day to rejoice in God and rest in your relationship with Him.
- Can I tell you why some of you don't... why you are irregular in church attendance?
  - **Think of it like this...** if you don't really like your wife, then if you have to take an obligatory romantic trip with her, you won't like it... How can I entertain myself? Can I play golf the whole time? Is she going to insist on a romantic walk on the beach? Are we going to have to talk about our relationship? Does this end with me seeing a counselor?
  - But if you do love her, and romance her daily, then the romantic event... the get-away weekend, becomes awesome. The event is a culmination and celebration of a relationship you enjoy every day.
  - Same way with God... if you delight in God throughout the week, Sunday with God's people becomes your favorite time. Sunday is the culmination and celebration of the whole purpose and drive of your life! That's what it really means to "live for the weekend."

### A few objections:

You say, "Oh, but I can't afford to not work on Sunday." I'll get behind... I'll fail out of school.

- That's not the point. The point is, ***"Do you trust God enough to do what He says, depending on Him to 'fight for you' on that day but multiplying your work on the other 6 days?"***
- It's about time you asked yourself the question... **Who do you really trust to take care of you?**
- This really has nothing to do with whether or not you can afford the time; it has to do with Whom you trust to take care of you?

- If you trust God, then you observe the Sabbath and you tithe. You say, “God, I will obey you because I trust you. You’ve told me to take 1 day a week and give it to you. You’ve told me to take 10% of my income, give it to you. Now, truth be told, I need that extra day and I need that 10%, but I’ll give it to you and “do nothing” with it by letting you fight for me in those things by multiplying my work on other 6 days and multiplying the other 90% of my money.”
- If you don’t take a Sabbath, and you don’t tithe, the problem is that you don’t trust God, you trust yourself.
- Now, if I *asked* you if you trusted yourself or God, you’d probably say, “Oh, God!” But the proof of what you trust is not in your words, it’s in your behavior.
- What your mouth says is not nearly as convincing as what your life says.
- So... take 1 day a week off from work and give away 10% of your money and give God space to bless and multiply the other 6 days and the other 90%.

**You say, “Well, this is good... but I can’t take Sunday off. My job won’t let it... should I quit, or do I just have to live cursed?”**

- I see people come to church all embarrassed because you have to leave...” I’ll see you at the Saturday service, and I say, “I don’t normally have to see you here...” and you hang your head and say, “I have to work tomorrow.”
- This is interesting... Sunday, was actually a work day for the early church (**impressed**).
  - In the ancient world, everyone worked on Sunday. So, the early Christians got up, worshipped, and then went back to work. They rested on Saturday, but they worshipped on Sunday.
  - It was only about A.D. 300 that Sunday was made a non-work day. Roman Emperor Constantine, who had become a Christian, officially changed the work week to be Mon–Sat so that Christians would not have to work on the day they worshipped. But, up until then, Sunday was a work day!
  - In the 1700’s, the founding fathers of our country couldn’t decide whether or not to do the Jewish Sabbath or the Christian Sunday, so we took them both off. So, thank you Jesus, Thank you Moses.
  - (Truett Cathy)
- So, do like the early church, worship on 1 day, rest on another.
  - If anything, I’m in the same boat with you... I work on Sunday. Sunday is not a day of rest for me... I take Monday off... so if you are going to have a calamity that requires my attention, please don’t have it on a Monday. Schedule your calamity on Tues–Friday from 8–5.

You say, “Well, I can’t do Sunday *at all*.” Then come to our Saturday service. If nothing else, get involved in 1 of our small groups that meet throughout the week. Weekly, you need to meet with God’s people in corporate worship.

- By the way... several times over the last 3 years, I’ve been given a hard time by some church leaders for our Saturday night service... people are not worshipping on Sunday... (a) technically, the Jewish day started at sundown the night before... so they would consider our Saturday night service to be on Sunday, so, learn your Jewish customs, thou Pharisee; but, more importantly, (b), can you not read the Bible?
- Let me read this again slowly for you...

**Colossians 2:16** “Therefore let no one pass judgment on you in questions of food and drink, or with regard to a festival or a new moon or a Sabbath.”

- Any ambiguity there? Anyone? Anyone? Bueller?
- Some things are so simple that it takes a theologian to mess them up.

**The point is not the day... the point is a day of the week you take to refocus, rest, and remember the Gospel**

**Let me close this way: The Sabbath really asks you a few fundamental questions about your life:**

- **What do you trust in?** Whether you trust God is shown by if you obey God. If you trust Him, you obey Him knowing that He is responsible to meet your needs. If you don't, you do your own thing thinking you are in charge of that...
- **What do you delight in?** What do you rest in? What one thing are you most **excited** about? What does your heart most naturally **gravitate** toward? **"At least"** I have that?
- **Do you have the assurance that you belong to God, that you are at peace with Him, if you died...**

**If you don't have that**, observing the Sabbath makes no sense. On "the Sabbath," you are supposed to remember your relationship to God, to delight in it, to rest in it.

But if don't know for sure you are at peace with God, what is there to rest in? What is there to delight in?

- *Listen, you need to give up the idea that God is pleased with you because you come to church on Sunday... or you keep the Sabbath to try and earn your favor with God.*
  - I mean, think about it... why would we think just being here makes God happy... or that it makes Him feel better about us because we drug ourselves out of bed to come sit in His house begrudgingly?
  - Imagine I'm on a date with my wife ... and she says, "I'm so glad we're here together." And say, **"Well, to be honest... I'm just doing this because I don't want you to be mad at me. My counselor told me this is what I've got to do to be a good husband, and if I don't do this, you'll leave me—and that would stink because you made sign a pre-nup which gives everything to you. I'd so much rather be playing golf right now, but I'm here, dutifully, with you. Enjoy."**
  - Do you think she sits there and says, **"You're such a good husband? You always do what you're obligated to do. Thank you for sitting here with me even though you'd rather be anywhere else but here. I'm so thankful for you"**? No, She would be repulsed by the idea that I didn't want to be there and I was only doing it out of obligation. Why do you think God is any different?

**You shouldn't be here to try and earn or establish a relationship with God;** God only wants you here out of the overflow of the enjoyment of your relationship to God.

**The only way to have a relationship with God is by receiving what God has done for you in the Gospel.** The Gospel is that Christ has absorbed all your sin and offered that as a free gift to you. When you receive that gift, you'll find that you have a craving to know God, to be with Him.

You see, Christianity begins not with anything you do for God, like coming to church, but by receiving what God has done *for you*. And when you receive that, you'll find that God changes you into the kind of person who wants to know Him and remember Him and be around His people.

If you don't know God... the invitation to you this morning is not to be more diligent in church, but to receive the free gift He offers. What a great thing to do on this Lord's Day... receive what God has offered to you.

# Bullpen:

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Your work doesn't define you; your work doesn't sustain you... a fine line: God does give a calling... and so we love to do it, but it quickly become an idolatrous identity; uses work to sustain us, quickly becomes our God that we trust.

NT?

- Christ has fulfilled
- Take a day to remember (Christian history)
- Honoring the principle... doesn't say "Don't buy beer before Sunday"
- My own example... if you're going to go to the hospital... please don't do it on a Monday. Take a Sabbath...

A remembering on a daily basis that culminates on a weekly basis. If you don't do it daily, you resent the weekly. Example... if you have a good marriage, you look forward to romantic trips... not punitive. This is the ultimate living for the weekend! If you don't... it feels like you're making up and you don't enjoy it.

A lot of this talks about the other 6 days...

We realize we live in a permanent Sabbath

- We walk with Jesus every day... feel His pleasure.
- God provides all of our needs...
- We look forward to the day when we are with Him and the things we perceive by faith are actually sight

In the meantime... We should take a weekly Sabbath... for rest and to express trust in God

- We need a day to focus on God (in heaven, we will take no Sabbath, as everything will be done in the presence of Jesus)
- We trust God in all that we do to be our provision (God wants us to take a day off... is that not awesome? Wouldn't you love it if your boss told you to take a day off once a week and he'd pay you for that day anyway?
  - My example in college

The principle of work

- It is a curse
- It is how we find fulfillment
- Rather, it is a calling...

So, that brings us to the principle of rest:

- Don't need it for fulfillment (separation from God)
- Don't need it to provide (toil)

Does this command still apply to us?

- My experience in college?

Practical:

- Mark 2:27 - The Sabbath was made for man, not man for the Sabbath
- They told Jesus not to work on the Sabbath: he was breaking the rules. He says, "That's funny, because I MADE IT. I'm supposed to make the rules." I thought I was doing the guy good. Kind of like if you are driving to church and see someone trapped in a burning car flipped over. You don't say, "too bad it's Sunday. Wish it was Tuesday."

DRISCOLL:

- Early Christians decided to worship on Sunday as opposed to Saturday because of Jesus' resurrection, even though it was a work day for them. They did it before or after work, that's how committed they are.
- Constantine changed the work week to be Mon-Sat vs. Sunday.
- In the USA, we couldn't decide whether or not to do the Jewish Sabbath or Christian Sunday, so we took them both off. Thank you Jesus, Thank you Moses.

SPROUL:

- The commemoration of God's work of creation.
- The celebration of God's work of redemption.
- The celebration of the future promise of the consummation of redemption, when we enter our Sabbath rest in heaven
- **What it says, and what it doesn't say:**
  - Doesn't say that there ought to be some kind of legalistic guideline... They told Jesus not to work on the Sabbath: he was breaking the rules. He says, "That's funny, because I MADE IT. I'm supposed to make the rules." I thought I was doing the guy good. Kind of like if you are driving to church and see someone trapped in a burning car flipped over. You don't say, "too bad it's Sunday. Wish it was Tuesday."

Nonetheless, God insisted that this commandment be kept, as these things are critical to remember.

- We forget it's for God, and start to think it's all for us.
- We think that there's something special about us that makes God love us, which leads to all kinds of personality problems: It makes us proud (and judgmental) and insecure (and jealous)

- We think that we are the ones who can provide for the future.

### Human doing; human being

- **They were to take 1 day a week and remember 2 things... (1) God's creation, (2) God's redemption**
  - **God's creation:** that God created it all for Himself, that we find our delight in Him. He is to be the center. In the same way the sun is in the center of the universe, and our planet only works when it is orbiting the sun; so God is at the center of our universe, and our lives only work when He is in the proper place in our lives.
  - **God's redemption:** that even though we sinned, God loved us anyway... and He sought us out and made us His own.

This is a common pattern in the Bible. God often uses our work to provide for our needs. But very quickly we can begin to assume that the weight of that sits on our shoulders. We're self-sufficient... that causes people to be proud when they feel like they are doing well; and then to despair when things look like they are out of control. God says that He wants them to work to provide for their needs, but to remember that at the end of the day He is responsible to meet their needs, not them. So He has them stop working, to be less productive, so He can multiply their other 6 days labor.

- \ Notice, the writer didn't say the concept of a holy day is insignificant... he said that there's nothing particularly sacred about the 7<sup>th</sup> day of the week. Now, that is a huge change... the early Jews didn't have that option. They couldn't say, "Yeah, I take my Sabbath on Wednesday..." they would have been like, "Well, then you'll be stoned on Thursday."
- **Because of our work, it's very easy for us to begin to think that life is about us.** Most of us go to work because we have physical needs... we need to eat, be clothed. Plus, working is a way that we obtain the money to get some things that we want. Both of those are legitimate, God-ordained uses of money. Through our work we provide for our needs and obtain earthly things that we want to have. But that can very quickly become a severe focus on yourself... as if life is all about you.
  - But life is not about you, it's about God, primarily. **Movie...** you would be a minor character and God would be the major character. So, everything we do, working, using our talents, getting married, having children... everything, all we do is for the glory of God. In 1 Cor 10 Paul says that even our eating and drinking is done 1<sup>st</sup> to glorify God...; So we are to take 1 day a week and bring ourselves back to that.
  - they were to do nothing, and let God provide for them. ~~And then, He told them not collect any on the Sabbath. That's like miraculous provision ON TOP of miraculous provision. Compound miraculous provision.~~