

The Sabbath Rest.

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Many theologians divide Old Testament laws into three general categories: **moral**, **ceremonial**, and **civil**. The Bible itself does not divide the law into these categories (many of the laws overlap in their purpose), but this three-fold division is nevertheless useful when we talk about the laws. - <http://www.wcg.org/lit/law/sabbath/moral.htm>

Exodus 20v8-11

8 "Remember the Sabbath day by **keeping it holy**. 9 Six days you shall labour and do all your work, 10 but the seventh day is a Sabbath to the LORD your God. On it **you shall not do any work**, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. 11 For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he **rested** on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

What is the Sabbath?

- According to the Jewish Calendar it begins Friday sunset to Saturday Sundown.
- It is a day set apart for rest and focus on God. It was to enjoy as a weekly "Holyday"

e.g. commercial society driving shop to open even on Christmas day.

> We are busy body's, with no time for God. Money is the god and "time is money." This command highlights the other gods in our life, it's usually these other gods that hinder us from keeping a single day separate unto God. Read **Amos 8:5**, is this our attitude?

Why Did God institute the Sabbath?

1. Natural benefits

Physical rest is important for us to function well.

2. Spiritual benefits

Isa 58:13-14: 13 "If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, **if you call the Sabbath a delight** (our attitude) and the LORD's holy day honourable, and if you honour it by **not going your own way and not doing as you please** (we learn to subdue our desires for His) or speaking **idle words** (we learn spiritual discipline), 14 then you will find your **joy in the LORD** (closeness to God's presence), and I will cause you **to ride on the heights of the land** (promised elevation) and to **feast on the inheritance of your father Jacob** (the infinite blessings of Christ*)." *The mouth of the LORD has spoken.*

- Remembrance of Him: We have a bad habit of forgetting God, setting a day to deliberately realign our self with Himself is key.

3. The reality of the Sabbath rest*

- The Sabbath was a shadow that points to **salvation in Christ**.
Jesus said: "Come unto Me all ye that labour and are heavy laden, and I will give you rest" (Matt. 11:28). Salvation is when a weak man carrying the burden of sin comes to Christ, desperate for relief (like the pilgrims progress). We must come to the end of ourselves stop striving and enter his finished work.
 1. **Ezekiel 20:12**- a sign that God is the only one who makes us holy (salvation is not by your works lest any man should boast)
 2. **Numbers 15:32-36**- those work and do not abide in his rest perish.
- The New Testament believer is in the Sabbath perpetually, He abides in Christ. (But there are still benefits in keeping a day for God. E.g. like not eating pork, or circumcision. *According to Colossians 2 do not let anyone judge you with regards to a Sabbath day...*).

Not understanding the reality of the Sabbath

> Jewish example of pregnant woman, who walk to the hospital but refuse to open the electrical doors. If their phone is ringing, someone has to lift it for them.
- To miss the essence and spirit of this ceremonial law will lead to a Pharisaic attitude.
Read **John 7v21-24** – healing the whole man.

Two Questions

1. **Sunday medicine:** Do you separate and delight in having a day for the Lord?
2. **Sabbath Life style:** Have you entered his rest and come to the end of yourself?