

IV

KEEP THE SABBATH DAY HOLY

Exodus 20:8-11

“Remember the sabbath day, to keep it holy. Six days you shall labor and do all your work, 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. 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.”

REFLECT

What did you hear? _____

What do you think? _____

What will you do? _____

Now talk with God... _____

DISCUSSION QUESTIONS

1. Read Exodus 20:8-11; 35:1-3; Isaiah 58:13-14; Matthew 12:1-8; Mark 2:27-28.
2. What makes the Sabbath day so special?
3. How was this day to be set apart? How was it to be different than any other day?
4. What was the purpose of instituting a day of rest?
5. What would it mean to make a day of the week the “Lord’s Day” for your home?
6. Jesus said that this day was made for man, not man for the day. What did Jesus mean by that statement? How does it play out today?

DAY 16 - KEEP THE SABBATH DAY HOLY

Made To Rest

Matthew 11:28-30

“Come to me...find rest for your souls.”

Ever get frustrated when dust ruins your new shoes or the bottom of your pants? Have you ever contemplated the reality that humans were made from dust? Dust seems so frail, so temporary, so...limited in use.

It is rare that one joyfully embraces their limits. We are made from dust (Genesis 2:7). Yes, as followers of Christ we have His Holy Spirit and His power living within us, but the human-side of us is limited. We cannot do everything, be with everyone, and go everywhere.

This is why God instituted rest into creation (Genesis 2:1-3). This is why we often, sadly, hear someone say, “I am burned out.” God knew we would need to slow down and rest.

Years later, Jesus Christ gave the invitation to slow down, come to Him, take up His way of life, and rest. Not just physical rest, but true spiritual rest (Hebrews 4). Jesus always had a lot to do but was slow enough to see interruptions as opportunities to do God’s will.

Our Savior invites us today whether we are in line at the grocery store, at your child’s soccer game, or in a cubicle at work to rest physically and spiritually in His finished work on the cross.

Application: Pray today that you would release control over your limitations, enjoy the rest that your Savior gives to you, and be slow enough to see the people God has placed around you.

REFLECT

What did you hear? _____

What do you think? _____

What will you do? _____

Now talk with God... _____

DAY 17 - KEEP THE SABBATH DAY HOLY

Worries Vs. Trust

Psalm 119:41-42

My brother handed me a large cracked watermelon as we were unloading a truck years ago and said, "Could you please hold this for me?" I did, and then he walked away, and the watermelon got heavier and heavier, and the juices started running down my arms and legs!

Worry can be like holding a large cracked watermelon! The longer I worry about something the heavier my fears weigh me down, and things begin to get real "messy."

David in the Bible knew about fear! Not only was King Saul hunting him down, but even his son Absalom was out to get him and take over his throne!

But at the bottom of a dark cave was where David may have penned these words,

"May your unfailing love come to me Lord, your salvation, according to your promise, then I can answer anyone who taunts me, for I TRUST IN YOUR WORD!" (Psalm 119:41-42)

Peace and rest escape us when worries weigh us down. But when we place our worries and anxious thoughts into God's strong arms, He has promised to see us through and to give us a peace that keeps our hearts quiet and at rest when we trust in Him (Philippians 4:6-7).

Application: What are some of your biggest worries that God wants you to release to Him? We cannot flee from what we daily repeat in our minds! Make sure that your thoughts are those of trusting God and His faithfulness and not thoughts about your worries and your frustrations.

REFLECT

What did you hear? _____

What do you think? _____

What will you do? _____

Now talk with God... _____

DAY 18 - KEEP THE SABBATH DAY HOLY

Trusting The "Lord Of The Sabbath"

Hebrews 4:9-10

It is fair to say that we all look forward to a day off from work when we can sleep-in. A nice dinner on the town not having to worry about cooking and doing dishes. It is a time of relaxation and rejuvenation. A break from the overall busyness of life.

The origin of the "Sabbath" starts in Genesis 2:2-3. God, after six days of creation, "*Rested from all His work*". The gospel message of the "Sabbath Rest" is beautifully expressed in Hebrews 4:9-10, "*There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from His.*" When we come to Christ, we enter into "God's rest", and cease from our own works. We need not worry about meeting the expectations of others, nor wonder if we gave enough money to the church or worry about the "do's and don'ts" posted on the church wall.

As believers we are secure in Christ knowing He paid it all. We can rest assured we are in Christ, and Christ in us. Therefore, as new creatures in Christ we strive to live holy lives expressing our faith by doing charitable acts, like feeding the hungry, clothing the naked, visiting the sick, or just sharing a kind word or smile to someone in need.

So, now that you can "sleep-in". Rejuvenate the inner person. Then demonstrate faith because you are saved.

Application: How can you demonstrate your faith today? Pray and ask the "Lord of the Sabbath" (Mark 2:27) to lead you to someone in need today.

REFLECT

What did you hear? _____

What do you think? _____

What will you do? _____

Now talk with God... _____

DAY 19 - KEEP THE SABBATH DAY HOLY

Setting Time Aside To Be With God

Psalm 40:1-17

Have you ever stopped and did a “Traffic Inspection” on your life’s journey? Have you been honest with yourself and realized that when your DEVOTIONS become drowsy that your PRAYER LIFE soon loses its passion also?

Maybe you need to “unplug” a few things and just spend time with HIM. Rest in Him. Have a sweet intimate time with Him. If we do not honor time with the Lord, the Christian life can soon become just “A Routine Dawdle.”

I have noticed that God loves us all so much that when we begin to drift away from Him, He has a way of allowing pain and trials to come into our lives! Why? Just to drive us back to Him! He misses us so much that He will do anything to get us back to those “Sweet” moments of that song, In the Garden; “And I will walk with Him and I will talk with Him...”

That joy comes when there is a NEARNESS TO HIM!

Application: Have you ever felt like your faith has gone out of business? It may be that your time with Him has dwindled. Are you willing to stop and spend the next hour with HIM?

How do you spell Love? Especially LOVE for the Lord? You spell it: T-I-M-E. If you love Him, you will spend time with Him.

REFLECT

What did you hear? _____

What do you think? _____

What will you do? _____

Now talk with God... _____

DAY 20 - KEEP THE SABBATH DAY HOLY

Receiving And Dwelling In The Sabbath Rest

Genesis 2:2-3 / Hebrews 2:11 / Revelation 14:13

God sanctified both the sabbath day and us when he finished his work. (Genesis 2:2-3, Hebrews 2:11, Revelation 14:13)

When God finished his creative works, He set apart the seventh day by sanctifying it and making it holy, pointing to a time to come when Jesus would finish His suffering work on the cross, and sanctify us. Jesus is both the Lord of all creation and Lord of the Sabbath. Look to Him for your eternal rest.

The sabbath is both a saving promise and a warning.
(Hebrews 4:1-11)

God promises His people that those who believe in trusting faith will come into His Sabbath rest and those who don't believe and harden their hearts to God's gospel will not enter in. Many will hear the good news but never accept the Son as their Lord and Savior. There is never a better time to come to Jesus than now.

Living in sabbath rest. (Matthew 28:30)

Jesus calls us to enter into His rest and take on His Yoke which is light. To live in His rest is to come close to Him and know His peace. We can do this every day, in prayer, in thanksgiving, in praise and in worship. He alone is worthy. If we do this, He gives us rest for our souls and strength to serve Him and bless others.

Application: Pray daily for the lost, that they may find Christ and for the weary that they may receive rest.

REFLECT

What did you hear? _____

What do you think? _____

What will you do? _____

Now talk with God... _____

JOURNAL



