

Sabbath Keeping
Exodus 20:8-11
The Laurel Center
April 14, 2017

Main Idea: Keeping the Sabbath holy must be done in spirits and by the letter of the law.
Firefox

Introduction

As we celebrate Good Friday this year I want to focus in on the fourth commandment to keep the Sabbath holy. We will see today that the Jews were careful to observe the letter of the law when it came to the Sabbath but not the spirit of that. We must be careful to follow both the letter and the spirit of the law on this matter of the Sabbath. We will find that when we rest in God we are rejuvenated in spirit and body. People who do not follow this commandment are often tired and rundown. Let us be sure to observe the Sabbath properly for our benefit and for the Lords.

Exodus 20:8-11

⁸“Remember the Sabbath day, to keep it holy. ⁹Six days you shall labor, and do all your work, ¹⁰but 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. ¹¹For 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.

- I.** Positive – Remember the Sabbath
 - A Practice a holy Sabbath.
 - B Work six days and rest the seventh.

Hebrews 3:7-11

⁷Therefore, as the Holy Spirit says, “Today, if you hear his voice, ⁸do not harden your hearts as in the rebellion, on the day of testing in the wilderness, ⁹where your fathers put me to the test and saw my works for forty years. ¹⁰Therefore I was provoked with that generation, and said, ‘They always go astray in their heart; they have not known my ways.’ ¹¹As I swore in my wrath, ‘They shall not enter my rest.’

Matthew 27:57-61

⁵⁷When it was evening, there came a rich man from Arimathea, named Joseph, who also was a disciple of Jesus. ⁵⁸He went to Pilate and asked for the body of Jesus. Then Pilate ordered it to be given to him. ⁵⁹And Joseph took the body and wrapped it in a clean linen shroud ⁶⁰and laid it in his own new tomb, which he had cut in the rock. And he rolled a great stone to the entrance of

the tomb and went away. ⁶¹ Mary Magdalene and the other Mary were there, sitting opposite the tomb.

II. Negative – Letter of the law versus spirit.

A We can practice the letter of the law.

B We can practice the spirit of the law.

Conclusion

When we rest in God we focus on him and worship him alone. We take time to not only rest in him but the rest physically from all of our work. We take one day a week and make it special, dedicated to him. Follow this commandment so that you are not tired and downcast all the time. God made the sabbath because he knows exactly what we need and how our bodies work. We need to be rejuvenated in spirit and in body on a regular basis. It feels good to keep the Sabbath and make it holy before the Lord.