

# Ten: Rest Beyond Leisure

(Exodus 20:1-11)

## Introduction

A) Do you remember the days when retail stores and business did not open on Sunday? When sports leagues did not play or practice on Sunday? When things were slower and less stressful?

B) Today, we go . . . go . . . go . . . and Sunday is just another day.

C) I'm not one to lament "the good ole days" very often. I like our technological society! I like modern conveniences! I believe we should serve and minister in the society in which we live, no matter the circumstance. Living in the past is never beneficial!

D) However, the current generation could do well to learn a lesson from previous generations about Sabbathing, resting, and the Lord's Day!

E) We are continuing our series titled, TEN. Each week, we examine another of the Ten Commandments God gave Israel in order to glean viable spiritual principles for our spiritual walk.

## I. The Purpose of the Sabbath.

*Principle: Because Sabbath means "cessation of activity" or "rest," it can be defined as a large block of time (a day) set aside, for rest and renewal.*

### **A) Review God's Work**

(Following six days of creation, God paused to review His work.)

## **B) Refresh Spiritually**

(God lay the ground work for the Sabbath principle with the manner in which he provided seven days of provisions in six days.)

## **C) Renew Physically**

(God's explanation of the 4<sup>th</sup> Commandment reveals that rest beyond leisure was expected of \ ALL in a Jewish household.)

# **II. Priority of Sabbath**

*Principle: Because God prioritized Sabbathing, a believer must do all he can to establish, maintain, and protect a regular period of Sabbath.*

**A) You will need to eliminate some things**

**B) You will need to aggressively protect your Sabbath**

# **III. Planning a Sabbath**

## **A) What is the best time for a Sabbath?**

(Sunday is to obvious choice, though not practical for everyone).

**B) How long should it last?**

**C) What should I during that time?**

- 1) Worship
- 2) Reflect
- 3) Rest

(Sometimes, the most spiritual thing you can do is take a nap!! You must love a God that says "take a day off" and a pastor that says "take a nap."

## **D) What am I trying to accomplish?**

(You are attempting to rest both spiritually and physically.)

## **Conclusion.**

- You will never go experience a deeper level of spirituality without significant period of quiet before God! Noise is a potent enemy of spirituality. The Sabbath was God's design to foster a deeper and flourishing relationship with Him.

- Our entire premise for this study has been that the Ten Commandments were the keys to a flourishing relationship with a God that you were already in relationship with. Are you in relationship with God?