

10...THE COUNTDOWN

Thou Shall Do Nothing

Exodus 20:8-11 “Remember the Sabbath day by keeping it holy. ⁹ Six days you shall labor 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.” (NIV)

2 Truths About The Sabbath

1. The Sabbath is a day for you to rest

Genesis 8:22 “As long as the earth endures, seedtime and harvest, cold and heat, summer and winter, day and night will never cease.” (NIV)

Isaiah 56:2 Blessed is the man who refuses to work during my Sabbath days of rest, but honors them; and blessed is the man who checks himself from doing wrong. (TLB)

2. The Sabbath is a sign of your trust in God

Exodus 34:21 “Six days you shall labor, but on the seventh day you shall rest; even during the plowing season and harvest you must rest.” (NIV)

Exodus 31:12-13 Then the LORD said to Moses, ¹³ “Say to the Israelites, ‘You must observe my Sabbaths. This will be a sign between me and you for the generations to come, so you may know that I am the LORD, who makes you holy.’” (NIV)

3 Practical Applications About The Sabbath Day

1. Avoid legalism

Matthew 12:9-14 Going on from that place, he went into their synagogue, ¹⁰ and a man with a shriveled hand was there. Looking for a reason to accuse Jesus, they asked him, “Is it lawful to heal on the Sabbath?” ¹¹ He said to them, “If any of you has a sheep and it falls into a pit on the Sabbath, will you not take hold of it and lift it out?” ¹² How much more valuable is a man than a sheep! Therefore it is lawful to do good on the Sabbath.” ¹³ Then he said to the man, “Stretch out your hand.” So he stretched it out and it was completely restored, just as sound

as the other.¹⁴ But the Pharisees went out and plotted how they might kill Jesus. (NIV)

Mark 2:27 Then he said to them, “The Sabbath was made for man, not man for the Sabbath.” (NIV)

2. Be intentional

3. Set aside time for worship

Deuteronomy 5:13-15 Six days you shall labor and do all your work,¹⁴ 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 ox, your donkey or any of your animals, nor the alien within your gates, so that your manservant and maidservant may rest, as you do.¹⁵ Remember that you were slaves in Egypt and that the LORD your God brought you out of there with a mighty hand and an outstretched arm. Therefore the LORD your God has commanded you to observe the Sabbath day. (NIV)

Matthew 11:28 “Come to me, all you who are weary and burdened, and I will give you rest.” (NIV)

CG Questions

1. Why did God tell us to take a day off each week?
2. Why are there so many workaholics in our society?
3. How does taking a day off from our work positively effect our lives?
4. How is taking a day off a sign that we trust and depend on God?
5. How do YOU practically and strategically implement the Sabbath day in your life?