

“Keeping the Sabbath Holy”

Exodus 20:8-11

The Importance of Work... “Six days you shall labor, and do all your *work*...” (vs. 9) This command teaches us the importance of work, as Israel was instructed to work for six days and to rest for one. This principle of work flows from the fact that we serve a God who works: “For in six days the LORD *made* heaven and earth...” (vs. 11)

The Importance of Rest... “...but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work...” (vs. 10) Our God is not only a “working” God but also a “resting” God, as verse 11 makes clear that He rested from His work on the seventh day. We are weak and frail creatures who do well to follow the example of our God and take time for rest.

The Importance of Worship... “Remember the Sabbath day, to keep it *holy*.” (vs. 8) Leviticus 23:3 calls the Sabbath “a day of sacred assembly.” Israel rested from their work for the purpose of corporate and focused worship. On this day Israel remembered the God of creation who had rescued them from slavery, and we gather for worship on the Lord’s Day to remember the God who has rescued us from sin and hell through His Son.

The Importance of Christ... In Christ we have the ability to enter into the *rest* of our salvation where we no longer live in an uncertainty about our relationship with God and ultimate destiny, but rest in the finished work of Christ on our behalf and look forward to our ultimate heavenly rest in Christ (Hebrews 4:9-10 & Matthew 11:28-30)!

Questions for Discussion:

1. How do you need to be more committed to work, rest, or worship?
2. Why is our ultimate rest found in Jesus and not in an earthly “promised land”?
3. How are you actively seeking rest in Jesus?

(Scripture Meditation: Exodus 20:12)