

Sermon Notes – July 22, 2018

Review

- The Ten Commandments are not simply rules; they are an expression of God's character & God's heart for His people.
- Not only does the OT Law tell us what God is like, but it shows us our brokenness & sinfulness. Let's face it: We can't keep God's law perfectly. Not even close. We need a Savior.
- Last week, we saw that God's name includes His person, character, authority, power, and reputation. And that to misuse God's name includes not only our word choice but our actions as His representatives.

Today's Text: Exodus 20:1-7

Just like laws that prohibit buying candy on Sunday, the FOURTH commandment to keep the Sabbath can feel outdated and seem like something that we can ignore. Yet the idea of Sabbath goes far beyond what you can and can't do on Sunday.

The Purpose of Sabbath (Exodus 20 & Deut. 5)

- ⇒ Sabbath reflects God's _____—He is a God of rest. Rest is a good gift from God.
- ⇒ Sabbath is more than ceasing _____, doing a hobby, or taking a vacation. What we need is deep _____ rest.
- ⇒ Sabbath rest helps us exercise the discipline of _____ (Psalm 121:1-5; Genesis 1-2).
- ⇒ Sabbath rest reminds me that God is the _____. It's a celebration of freedom.
- ⇒ Sabbath rest reminds me that God is the _____. I don't hold the _____ (Exodus 16:22-30).
- ⇒ Sabbath ultimately is the discipline to remind me that I'm not _____. I am drawn into a posture of worship.
- ⇒ Don't miss the importance of work. Sabbath does not _____ work. In fact, without work, Sabbath cannot be practiced!

Rest for Your Body, Rest for Your Soul
Exodus 20:1-17
Pastor Tyler Pease

Jesus Rescues Us from the Misuse of Sabbath (Luke 6:1-11)

- ⇒ The Problem: Sabbath Practice Became Oppressive
- ⇒ Jesus is the _____ Sabbath and He doesn't do away with the Sabbath.
- ⇒ The moral aspect of the Sabbath supersedes the _____ aspect.

Looking forward to Ultimate Rest (Hebrews 4:1-10)

- ⇒ As Lord of the Sabbath, Jesus is the _____ we need (Matt. 11:28-30).
- ⇒ When sleep won't fix my problems, practicing Sabbath helps me look to _____.

Responding to God's Word

- ⇒ Let's talk some practical questions. Should Christians worship on Sunday or Saturday? Should I quit my job on Sunday? What am I allowed to do and not do? (Helpful verses: Acts 20:7-12; 1 Cor. 16:1-2; Col 2:16-17; Romans 14:5-6)
- ⇒ Sabbath should not become legalism. If my approach to Sabbath is worrying about getting something wrong, then I'm missing the point of it. We are not called to be driven by fear or create lists.
- ⇒ Sabbath must also not become mere recreation - Sabbath is a call to worship.
- ⇒ Are you finding your rest in the Lord of the Sabbath? Does your work find significance from Him?

Next Sunday: July 29, 2018

"Granting Honor in a Broken World"

Exodus 20:1-17

Ben McCardell

Answer Key: • character • physical activity • spiritual • satisfaction • redeemer • provider • world together • God • condemn • Lord of the • ceremonial • ultimate rest • my future hope