

Is the Sabbath a Delight? Exodus 20:8-11

We show God that we love him by setting aside _____ for him!

Our God is a _____ Husband—He wants to spend time with His Bride

Our culture knows nothing of setting aside a whole day to rest and _____ in God.

I. REMEMBER: *God wants us to “Remember the Sabbath day by keeping it _____.”*

A. Salvation

Remember *the LORD your God, who brought you out of Egypt, out of the house of slavery (v.2)*

Remember how He _____ you with a mighty arm and an outstretched hand

The Israelites were a community of Remembering Worshipers

Pondering the love and redemption of God remains the central _____ of our Sabbaths.

B. Set Apart the Sabbath

A “bastard Sabbath” is just a day off when you rest and replenish but do not _____ on Him.

It takes effort and _____ planning to set the day apart

Do you set aside the Lord’s Day for corporate worship and gospel rest in celebration of the _____ of Jesus Christ?

We give the day over to God, setting it apart for him and his _____.

The Sabbath was “*a day of sacred assembly*” (Lev. 23:3)

II. REST (v.11) *For in six days Yahweh made heaven and earth, the sea, and all that is in them, and _____ on the seventh day. Therefore Yahweh _____ the Sabbath day and made it holy.”*

A. God Instituted the Sabbath at Creation and gave us a Rhythm of Work and Rest

- God did great work for 6 days (creative, hard work) “*Work that was very _____.*”
- God finished the work and rested from all his _____. (Genesis 2:2-3)
- God blessed the 7th day—He made it Holy, which means “set _____”

We are made in the _____ of God and made to reflect Him

- We too should work hard and creatively for 6 days and set _____ the seventh day!
- Set apart one day a week for rest and for remembrance
- Sabbath is a _____ from God we are invited to receive.

Israel had lived in Egypt for over 400 years as slaves → they never had a day off!!

They were “doing” machines

When God called Israel out of Egypt, he affirmed they were _____ human beings (not slaves) made in His image and likeness. He then proceeded to show them how to live as _____ people.

B. Stop: Sabbath means to _____

We stop on Sabbaths because God is on the _____!

Every Sabbath reminds us to “*be still and know that I am God*” (Ps. 46:10).

It reminds us to stop _____ about tomorrow (Matthew 6:25-33).

Sabbath is like receiving the _____ of a heavy “snow day” every week.

The Sabbath calls us to build into our schedule the doing of _____.

When I trust God and _____ His commands, he provides. Trust him enough to _____ and rest.

III. REJOICE

God _____ over his creation—“*it was very good.*”

The Hebrew phrase communicates a sense of joy, completion, wonder and play.

Isaiah 58:13

“If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the Lord’s holy day honorable, and if you honor it by not going your own way and not _____ or _____, then you will find your joy in the Lord...”

Love God (1st and foremost) and then do what you love

Sabbath invites us to healthy _____

On Sabbaths God also invites us to slow down and delight in _____

Jesus and the Sabbath

1. Jesus attended weekly Sabbath services (Luke 4:16)

Jesus went to Nazareth and on the Sabbath day he went into the synagogue, as was his custom.

2. Jesus _____ healed people on the Sabbath (Mark 2:23 to 3:6)

The Sabbath is about restoring the diminished, replenishing the drained, repairing the broken. To heal the man’s shriveled hand is to do exactly what the Sabbath is all about!

3. Jesus is Lord of the _____

When Jesus says, “I am Lord of the Sabbath,” He means he is the Sabbath, the source of the deep rest we need. He has come to completely change the way we rest. (Tim Keller, King’s Cross, 42)

Jesus offers us a _____ level of rest.

We no longer have to carry our _____; we can lay them at the cross!

On the cross Jesus experienced the restlessness of _____ from God so that we can have the deep rest of knowing that he loves us and our sins have been forgiven.

We can find our _____ rest in Him (Hebrews 4:9-10)

9 There remains, then, a Sabbath-rest for the people of God; 10 for anyone who enters God’s rest also rests from their works, just as God did from his. 11 Let us, therefore, make every effort to enter that rest!

We _____ to Remember our great Savior, to _____ in His finished work on the cross, and to _____ in His resurrection and in the Resurrection to come!

“Come to me all you who are weary and heavy laden and I will give you rest!”