

CARVED IN STONE, PART 5
REST IN PEACE BEFORE YOU DIE
Exodus 20:8-11

God's people are to rest in peace before they die.

The UNIQUENESS of Sabbath

Sabbath was out of sync with Egypt's work week.
Sabbath was out of sync with the cycles of heavenly bodies.
Sabbath was out of sync with other ancient cultures.

The PURPOSE of Sabbath

Sabbath was for personal rest and refreshment. (Exodus 20:10b)
Sabbath was for the corporate worship of God. (Leviticus 23:3)
Sabbath was a mark of following God's creation order. (Exodus 20:11)
Sabbath was a sign of God's redemption for God's people. (Deuteronomy 5:15)

The DIMENSIONS of Sabbath

Love God—The Sabbath commandment was vertical. (Exodus 20:8, 10a)
Love your neighbor—The Sabbath commandment was horizontal. (Exodus 20:10c)
As yourself—The Sabbath commandment was personal. (Exodus 20:10b)

The GOD of Sabbath

God is kind and gives good gifts to his people.
God is sensitive to the physical and psychological needs of his people.
God delights in giving his people rest and letting them re-charge their batteries.
God expects those who receive his refreshment to "go and do likewise" to those around them.
God values hard work and expects his people to engage in it—within reason.
God wants his people to have hope—even in the midst of their fallen condition.
God treats his people with dignity, gentleness, and respect, taking the time to explain his ways to them.
God is Lord over time and wants his people to order their lives around him.
God is worthy of emulation.

The DISTORTIONS of Sabbath

From delight to drudgery—The Pharisees created fence laws for the Sabbath. (Mark 2:23-24)
From drudgery to delight—Jesus destroyed their fence laws for the Sabbath. (Mark 2:25-3:6)

The TRANSFORMATION of Sabbath

Transformed from Sabbath Day to Lord's Day! (the NT witness; the Church Fathers)
Transformed from legalism to liberty! (Romans 14:5; Colossians 2:16-17)
Transformed from physical rest to spiritual rest! (Matthew 11:28-30; Hebrews 3:7-4:13)