



Text: Exodus 20.8-11 || **Series:** 10 Ways to Be Perfect

Sermon #4: The Fourth Commandment

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BUDGET VOTE

Good morning! Hey when you came in you found a card on your seat. Member side & non-member. If you will give me JUST a moment we are taking care of a little family business here. Every year our members gather together and the elders propose our annual operating budget & the vision behind it. We did that a couple of weeks ago, had discussion, and we asked you to pray about it because as a church we think its important we all together affirm where our leaders sense God leading us. So, if you are a member, please write your name & yes we always ask for contact info so we can ensure our info is up to date. Check yes if you are in favor and if you are not in favor, check no and give your explanation so we can follow up. We'll tally the votes this week and let you know the results by email.

Now, if you are not a member: some would say it's silly or exclusive to do this in service and that you should call a separate meeting for this. But, I actually wanted you who are not members here to be able to see a little bit of who we are. We really do desire to be a church that not only operates with the highest financial transparency and this is one of many steps we take to ensure that.

Secondly though: We want to be a church where everyone is an active participant in the mission. We believe every believer should be engaged in the mission of God through their local church because that's how God wired you. So we call every Christian here to serve in ministry in some way and to give financially because God calls us to do both in scripture.

So, If you are an observer here (or a member currently on the sidelines) I want to invite you into this mission God has called us into. In fact on the other side of the card is a place for you to indicate a step or two you may want to find out more about. Bottom line, we are totally OK with you coming just as you are to church and sitting and watching...for a while. And we are going to regularly challenge you to get off the sidelines and into the game!

SERMON TIME!

Ok, you can drop those in the offering bucket in a little while. I want to do a little 60 second exercise by way of introducing our sermon today. It's a two step exercise. Step one: Everyone take your phone and, I know this is going to sound crazy...For 60 the next 60 seconds I want you to turn your phone totally off. Let me give you a quick tutorial. And if you are thinking: Man,

TOTALLY? What's about to happen in here? Don't worry we record these sermons so we aren't going crazy. I'm doing this so you are in charge of your behavior for the next 60 seconds and not your phone. To show you what it feels like to be the boss of your life a little.

Ok 2nd half of the exercise: We are going to take 5 deep breaths together. Some of ya'll are like WHAT KIND OF bizzare Ted Talk have I walked into. Hang in there ok. I know you are so anxious about turning your phone off that we gotta lower your heart rate. Breathe in through the nose & out through the nose.

Ok. 60 seconds over. How do you feel? I feel slightly refreshed. If you need to / want to get your phone back on go ahead. Keep it silent just so your money moves ring tone doesn't go off during the sermon. Today we are talking about God's gift of Rest. We are going to see that when he created the world and when he created humans he created an entire day of the week to be a deep breath for us. My goal by the end of this sermon is to convince you from scripture that **God has created you, and is now calling you, to set aside an entire day for active worship and rest every week.**

Not - to do nothing. When we were breathing just then, we were actively doing something. We didn't turn on 60 seconds of you tube. We were actively resting. What if you could have 24 hours of deeply restorative rest every week. That is the gift God himself has built into the fabric of the natural world for you. It is a gift. And here is the sermon title for today, it's also the main point for today, and it's also in the form of a prayer you can pray to God today:

I will receive rest

So I'm going to say over and over again RECEIVE YOUR REST. Receive it. It's a gift. If you are totally out in left field right now and new to our church let me bring you in: this summer we are walking through the 10 commandments. A very important place in scripture that lays out God's laws for his people. They codify his design for human flourishing. How to live well, with joy & peace that is more satisfying than anything else could be.

And today we get to the 4th commandment where God says I want you to take one day out of every seven to worship & rest. Today is all about the Sabbath Day. So let's follow our outline: What does the command say & what does the rest of scripture say about it, why do we break the command, & where do we go from here.

What does it say?

For about the next 10 minutes we are going to do a bible deep dive. You ready? If you don't know, the 10 commandments are posted in two places in the Old Testament. They are here in the Exodus account and then posted again over in Deuteronomy 5. And the two accounts articulate the two reasons God's people were to honor the Sabbath. These reasons are like twin engines pushing God's people forward into the rest they know they need but they so often push against. Our passage here in Exodus 20 tells us the first engine pushing our rest is that we are created for it...

8 Remember the Sabbath day, to keep it holy: 9 You are to labor six days and do all your work, 10 but the seventh day is a Sabbath to the Lord your God. You must not do any work — you, your son or daughter, your male or female servant, your livestock, or the resident alien who is within your city gates. 11 For the Lord made the heavens and the earth, the sea, and everything in them in six days; then he rested on the seventh day. Therefore the Lord blessed the Sabbath day and declared it holy. -- Exodus 20:8-11 (CSB)

Isn't it interesting that he says "Remember?" – The 4th commandment is now putting into law something that existed for a long time. This is the only one of the commandments God gave to Israel BEFORE arriving here at Mount Sinai where God is making the 10 commandments. In fact Moses says the reason NOBODY should WORK on the sabbath...Because why? Verse 11 is the reason: **FOR** – God built in a day where HE rested. This word "Sabot" is literally – He ceased creating. He didn't cease ruling and reigning, he just sat down and presided over his creation.

And why did he do that? I mean he's God. It's not like he needed a break. God doesn't get tired. Why did God rest? It was a rest of achievement. It was taking time to enjoy what he had made. Like building a fire pit in your back yard and then resting by building a fire and enjoying smore's with friends. **God's rest was the rest of achievement, not the rest of inactivity.**

Think about Adam. He's one day old. It's his first full day on the job. And God says, I want you to rest. Not because you need a break. It's because Adam I want you to work FROM your rest, not FOR your rest. Right here Adam I want you to see your starting point for everything you do is resting in my presence with you. You won't be working for the weekend. That's genesis.

In Exodus 16 they are wandering in the wilderness and God makes a point to say "I'm going to provide quail and manna" every single day. You just gotta go out and get it and eat it. BUT don't try to store it up. Because I'm teaching you to daily trust in me. And then God says...Except on the 6th day. On the 6th day go get 2 days worth. & go ahead and do your cooking because nobody is cooking on the sabbath. Because the 7th day is a holy sabbath to the Lord which means he calls everybody to rest. Sabbath was the holy day of eating leftovers.

But even there in the wilderness with the double portion of chick-fil-a, God is reinforcing something he'd already introduced. The very thing he's bringing up as an explanation for WHY they were not to work. He says remember how God created the world? On the 7th day God created REST.

11 For the Lord made the heavens and the earth, the sea, and everything in them in six days; then he rested on the seventh day. Therefore **the Lord blessed the Sabbath day and declared it holy.**

This is the first engine propelling God's people into the Sabbath. **The Sabbath Day reminds us we were created to rest**

During the French Revolution, when they tried to dechristianize France, they actually outlawed Sunday. They wanted people to work and created the new French republican calendar. Which operated on a 10 day week. Installed in November 1793. 24 months later they had to reinstate it because the health of the nation had totally collapsed. They had to re-institute Sunday as the day of rest. Humans were created for a day of rest. The week is what it is because God made it that way and made us that way. So That is one engine driving us toward practicing the Sabbath Day. We are created for the day of rest God extends to us.

Let me show you the other engine propelling us forward. In the Deuteronomy account he gives us another reason why we are to rest one day in seven:

15 Remember that you were a slave in the land of Egypt, and the Lord your God brought you out of there with a strong hand and an outstretched arm. That is why the Lord your God has commanded you to keep the Sabbath day. -- Deuteronomy 5:15

There was a time when you couldn't rest. In fact part of the very nature of oppression is the withholding of rest. God is saying I brought you out of that captivity! See the Sabbath involved resting, but also gathering with God's people for a sacred assembly (Lev 23.3). So in the 10 commandments God instructed them to gather every week with your brothers and sisters, worshipping the one who set you free from the oppressor who would not give you rest. So when you practice the sabbath day - you aren't just receiving the rest you were created for, you are receiving the rest He redeemed you for.

The Sabbath Day reminds us we were redeemed to worship our God.

Now the new testament adds A LOT of fuel to this second Sabbath engine of redeemed to worship. In the gospel of Mark Jesus' disciples are picking grain on the sabbath and the religious leaders come out and accuse them of breaking the 4th commandment. And Jesus says, 27 ..."The Sabbath was made for man and not man for the Sabbath. 28 So then, the Son of Man is Lord even of the Sabbath..." Mark 2.27-28

The Sabbath is a gift from God, not a burden. Designed to bring God's people closer to him. You don't earn a gift, you receive a gift. And these religious leaders were really good at turning God's gifts into burdens... And Jesus was angry at them for it. Because the Sabbath was created for rest and delight...and it had become a hollowed out works-based tradition. They weren't delighting in the sabbath. It wasn't the restorative celebration of God's creation and redemption.

16 Therefore, don't let anyone judge you in regard to food and drink or in the matter of a festival or a new moon or a Sabbath day. 17 These are a shadow of what was to come; the substance is Christ -- Colossians 2:16-17

The apostle Paul is addressing a new, young church. People are coming from all different types of religious backgrounds. And he's saying listen Christ has fulfilled the law that was laid out in Moses. Their purpose was to point us to Christ. So while you are not bound to Friday sundown

to Saturday Sundown sabbath like the people of Israel, show grace with each other in how you work this out. Here's Paul's bigger point:

The Sabbath Day is a Shadow of the Sabbath God

When Jesus says in Mark 2 He is Lord of the Sabbath he means he is the God of rest! No wonder Jesus says come to me all who are weary and heavy laden. Give your burdens to me and let me carry them! COME find rest for your soul! The sabbath day? It was a signpost...pointing you to Christ. Just as God brought the Israelites out of slavery from Egypt he has brought you out of Slavery to your sin. Sin that makes you CONSTANTLY anxious. Wondering if you are doing enough, Achieving enough. Sin that just like a slave master asks more and more out of you and gives you less and less in return until eventually you just crash. Jesus says: I have come to liberate you from the bondage of SIN! AND YOU CAN REST...IN ME! FINALLY!

Those are the twin engines pushing our practice of a weekly day of "Sabbathing": Created for Rest & Redeemed for Worship.¹

The author of Hebrews puts some things together for us in Hebrews 4.9-11 9 Therefore, a Sabbath rest remains for God's people. 10 For the person who has entered his rest has rested from his own works, just as God did from his. 11 Let us then make every effort to enter that rest...

Let's make every effort to receive rest. Here's what he's saying and it is quite beautiful. We now have a constant rest we can enter into. We'll be tempted to drift away from it. TO drift into finding security in the works of our hands...in our achievements. But a sabbath rest remains. And that rest is Christ. The person who enters Christ...who believes salvation comes by faith and not by works...can rest. Just as God rested. To receive Salvation from your sin...is to receive rest. "Lay your deadly doing down, down at Jesus' feet. And stand in him and him alone. Gloriously complete."

Ok let's pull our survey to a point and ask...if the Sabbath was a 24 hour sundown Friday to sundown Saturday day of Rest and Worship for Israel...what should it be for Christians? The new testament does seem clear we are to find our sabbath rest first and foremost in a person...in Christ. We receive our rest when we receive Christ. And Paul clearly reinforces We are not burdened by the legal requirement of it anymore. But that does not change the value of the gift we are created to receive.

See sabbath rest for us now does not offer less than one day of rest a week. It offers more: We enter into the Sabbath rest when we hear the Gospel. The Gospel has two parts:

1) **We need to rest from trying to hide our sins.** - rest and peace only come as a result of being convicted of one's sin. Just as relief from an ailing appendix comes only as the result of removing the appendix through a surgical incision, true peace and rest come only as the result of being convicted over one's sin.

¹ The twin engines metaphor comes from DeYoung, Kevin. *The 10 Commandments* (Crossway. Wheaton, ILL 2018) 67.

2) We need to rest from the striving of our works. – If I am in a conversation with someone newer to our church and I ask: Are you a Christian? And they say “well, I’m trying.” I get what they are saying but its also a flag to me that they may not understand the gospel yet. Because the gospel says it’s the very minute you realize you won’t make it on your own that you will begin to find peace in the soul.

The Gospel doesn’t undo the rhythm of Sabbath Worship & Rest, It enhances the gift of it & frees us from any burden of it.

So should you take a 24 hour period to REST and WORSHIP? Of Course you should! You are created for it and you are redeemed for it. That’s what scripture shows us. Those twin engines of worship & rest are still pushing God’s people into this beautiful day-long practice. I want to take a couple of minutes and talk about why we don’t receive this rest and then finish with some very practical handles for where we go from here.

Why don’t we practice a weekly day of rest and worship?

This was a deeply convicting week for me ok. Because I found myself preparing a sermon I desperately need to hear. I do not practice this weekly rhythm of rest & worship nearly enough like I am created to. I want to show you two common reasons:

We have a poor theology of work

One of the most telling things about us as a culture is that usually the first question or two you ask when you meet somebody is “What do you...do?” We ask that because in our time and culture our identity is defined in large part by occupation or job title. And if you’ve ever been unemployed or a full-time parent you know how awkward it can be to get in a conversation because you feel like that question is coming. Because we instantly and often subconsciously classify and value people based on what they do.

Which then means rest only exists to serve work. If you’ve been listening today and thought: “Yeah rest would be good for me so I can be better at my job...” you are making work your core identity and you are just adding rest in to the mix of things that serve your work. Don’t go there! Instead you’ve got to re-orient your whole life as starting from a place of rest.

- Remember, God created you to work from a place of rest.

By that I mean you will have a sense of peace and steadiness that work cannot take away from you. Good day or bad day...maybe you have a good job right now or maybe you don’t...when you work **from** rest, workplace problems cannot shake you or shape you in the deep places of your soul.

That rest starts with remembering the gospel. That in Christ...God approves of you. So you don’t have to prove yourself to anyone today. I’m not saying Christians shouldn’t care about their jobs, they should instead do them to the glory of God. But I’m saying our jobs aren’t our

sources of approval, Christ is. So you can work from a place of rest instead of working hoping to find the approval of others. Here's something for you to write down today and maybe needs to be the second part of this sabbath prayer each morning. I will Receive Rest...because

In Christ God approves of me, so I don't have to prove myself today.

You don't have to earn your peer's approval, your client's approval, your boss' approval, your employees approval...some of you need to hear: You don't have to work to earn your parents approval. YOU HAVE CHRIST! The gospel says God himself looks at you and sees the work Christ did on your behalf so now he pours his love and approval out onto you. And he says abide there. Make your home there. Work **from** there. The essence of being in God's image is our ability, like God, to stop. We imitate God by stopping our work and resting. If we can stop for one day a week, and even for mini-Sabbaths each day, we touch something deep within us as image bearers of God. Our human brain, our bodies, our spirits, and our emotions are wired by God for the rhythm of work and rest in him.²

We have a poor theology of rest

Tell me if this tracks: In our day we really don't turn work OFF...except for maybe MAYBE a vacation if you are fortunate enough to have one. But for most people you are, in some way, always on. Work's on/off switch has been replaced with a dimmer switch. So you may dim work down a little, but You are always somewhat on. Your email is always accessible, your boss has your cell # and COULD call you whenever. And even if you aren't on, your brain is on. Like I woke up thinking about work at 4am the other morning. Maybe that's just me but that's what happened. We don't know HOW to shut it off. We don't know HOW to rest! I shared this with you a few months ago because I believe it is such good insight...

Tim Kriedner wrote an OP-ED in the NY Times on the 'busy' trap and said of Americans "They're busy because of their own ambition or drive or anxiety, because they're addicted to busyness and dread what they might have to face in its absence... "I can't help but wonder whether all this histrionic exhaustion isn't a way of covering up the fact that most of what we do doesn't matter."

So we GO GO GO until we stop. And then when we stop...we think the rest God has for us is just shutting our brains off. Binging a TV show on a Saturday or Going on another weekend get-away to sit & drink enough to numb ourselves from reality for a little bit. Rest isn't meant to numb you from work, but to restore you for it. That's why rest, for the people of Israel, always involved an assembled time of worship. And its why the early church turned the sabbath into the Lord's Day, Sunday, and made corporate worship a part of it. Because the activity of worship leads the soul deeper into rest.

Where do we go from here.

² Scazzero, Pete. *Emotionally Healthy Spirituality* (_____) 156.

I told you at the Start I believe God is calling you to set aside an entire day of the week, every week, to worship & rest. That doing so is receiving the rest God is offering you So how can you get there?

Receiving sabbath rest: Start Somewhere

Maybe start with a half day if a full day is too much. Just start somewhere and give yourself some grace. There is no reason you can't take a half-day...UNLESS YOU ARE A PARENT OF A PRE-SCHOOL AGED CHILD! And listen if that is you: GOD LOVES YOU. And life is gonna be ok again one day alright! Yes your shirt is on inside out and backwards, yes that's a sock static clinging to your leg again...but its gonna be ok. You may be physically exhausted and you just need to hear God loves you and if there are two of you, you guys try hard to be partners in helping one another celebrate the Sabbath. If there's only one of you come talk to your pastors and let the church help you. And give yourselves a lot of grace. God does.

Receiving sabbath rest: Worship alone. I do believe this has to involve some real set aside time to commune alone with the Lord. This should be something you build in every day, but certainly on this day. If that's new to you, use our G.R.I.P. method that we talk about all the time. One of our pastors would love to show you how to do this AND you can find a tutorial on our website.

Receiving sabbath rest: Worship with others. For many people Sabbath is a Sunday where they can be reminded of God's love for them and celebrate it with others. I know you probably aren't surprised to hear the pastor say this but: It's vital for you and for others in the body that you be here in your local church every week. We need that rhythm and that commitment to one another. We were pretty convicted this week about how we structure ministry teams here because we want you to be able to serve others while you rest. Which happens when everyone is engaged btw. When everyone watches and only a handful do the work, the church gathering becomes a burden a select few carry until they burn out. Now lets be clear, Sunday is not my Sabbath. It's a workday for me and for some of our other staff. So our family tries to Sabbath on Saturday. It's not about the day but the practice.

Find a form of rest that is restorative, not simply inactive.

Today's sermon wasn't sponsored by Netflix. This isn't a greenlight to veg out. You may need some of that, but inactivity isn't the goal. Restoration of your soul is. Some people work with their minds so they rest with their hands. That's me. I actually find lawn mowing to be restful. I just walk and it gets done. Now major yard work isn't restful but a little work with my hands surely is. Some people work with their hands so reading a book or some kind of mental stimulation is good for them. Whatever. Enjoy God through his creation: both the natural world and his people.

If you are really gonna try this, you will need to plan a little. let the people close to you know. Hey I'm going to shut off normal communication and give this a shot. Define your boundaries and be flexible. I will receive rest. Which means I will...spend time with others. I will enjoy creation...I wont look at a screen...I wont...run errands. Whatever you do: **RECEIVE REST**