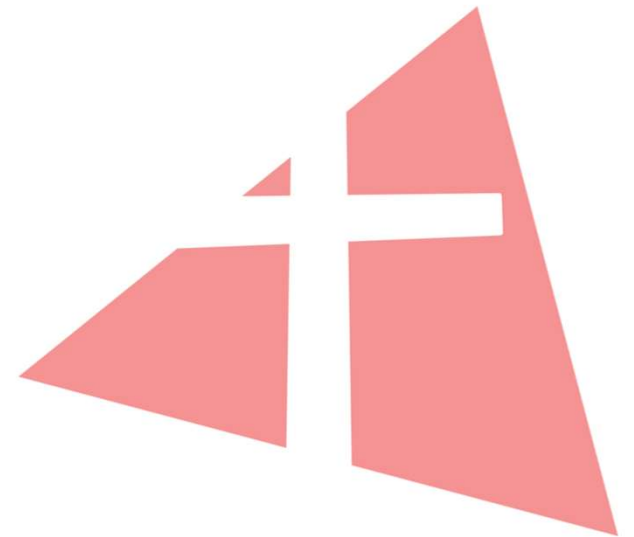


REPENTANCE: KEEPING THE SABBATH HOLY

November 24th 2019



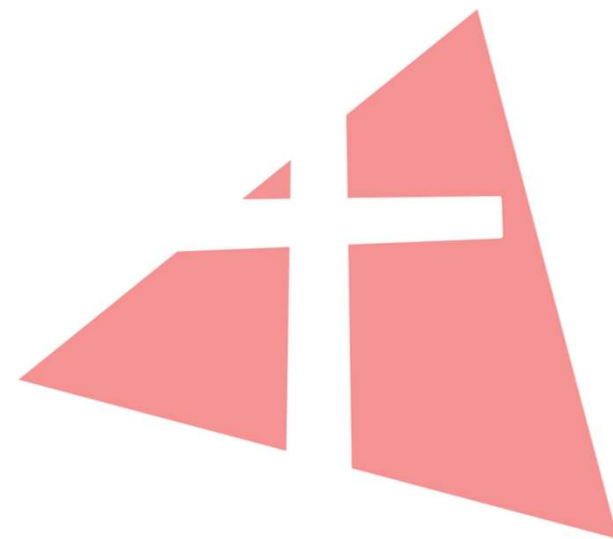
OUR SERIES

- **Repentance = Evidence of Faith**
- **Different areas of repentance**



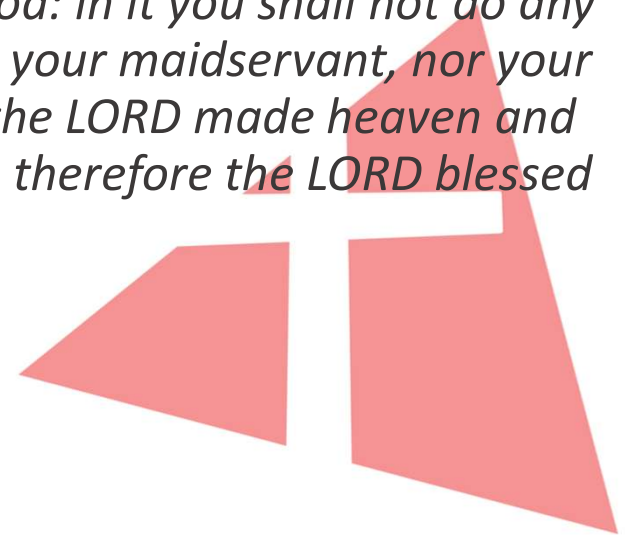
TODAY'S FOCUS

- Keeping the Sabbath Holy



THE 4TH COMMANDMENT

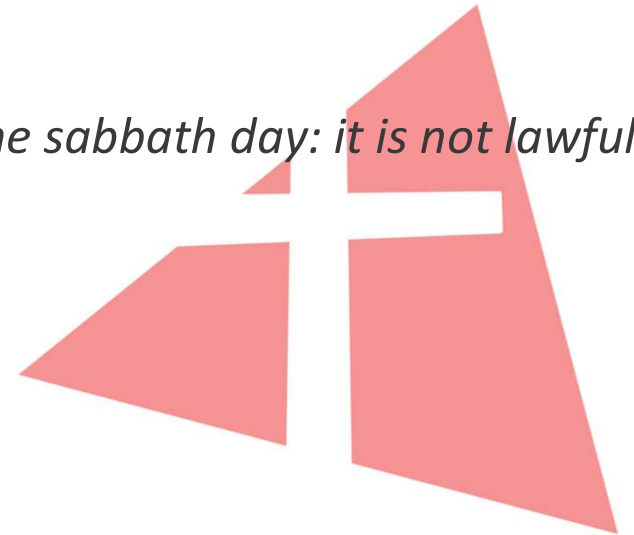
Exodus 20:8-11 Remember the sabbath day, to keep it holy. Six days shall you labor, and do all your work: But the seventh day is the sabbath of the LORD your God: in it you shall not do any work, you, nor your son, nor your daughter, your manservant, nor your maidservant, nor your cattle, nor your stranger that is within your gates: For in six days the LORD made heaven and earth, the sea, and all that is in them, and rested the seventh day: therefore the LORD blessed the sabbath day, and hallowed it.



IN THE OT

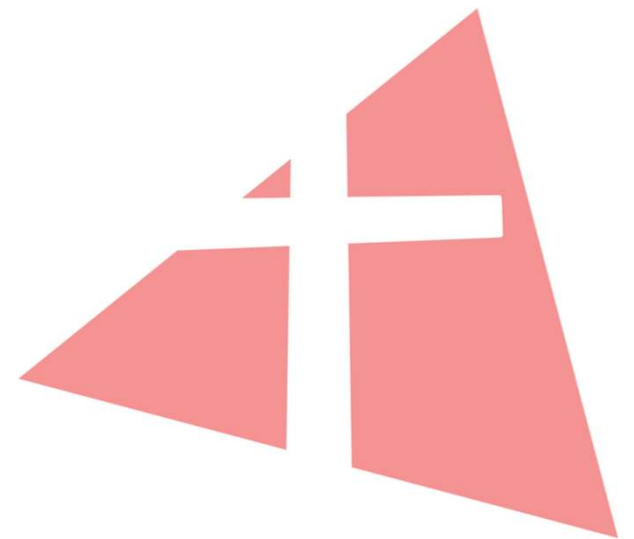
- **People kept the letter of the law very legalistically**

John 5:10 The Jews therefore said unto him that was cured, It is the sabbath day: it is not lawful for you to carry your bed.



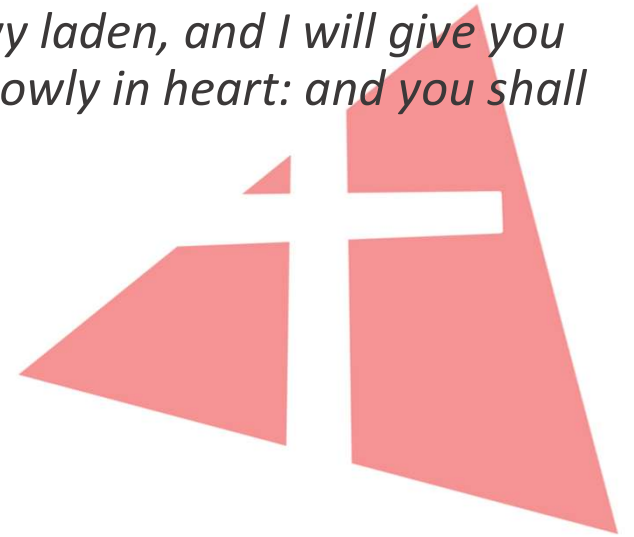
IN THE NT

- Jesus clarifies the purpose of Sabbath



WHAT IS REST?

Matthew 11:28-29 Come unto me, all you that labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and you shall find rest unto your souls.



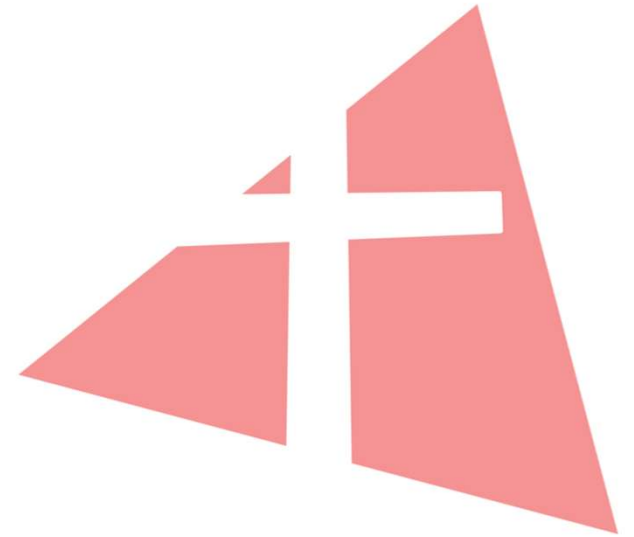
WHAT IS TRUE NURTURE?

John 4:34 Jesus said unto them, My food is to do the will of him that sent me, and to finish his work.



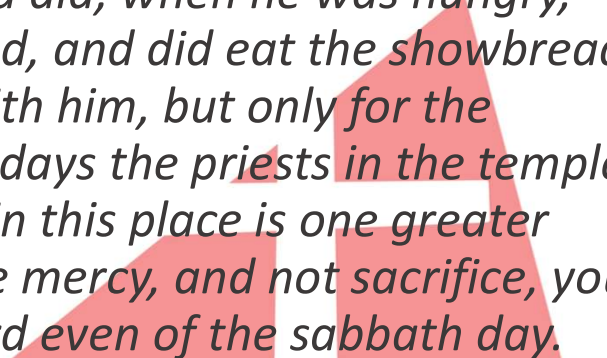
PUTTING IT TOGETHER

- **The stated purpose of the Sabbath in the OT: Rest**
- **Jesus is our rest in the NT**



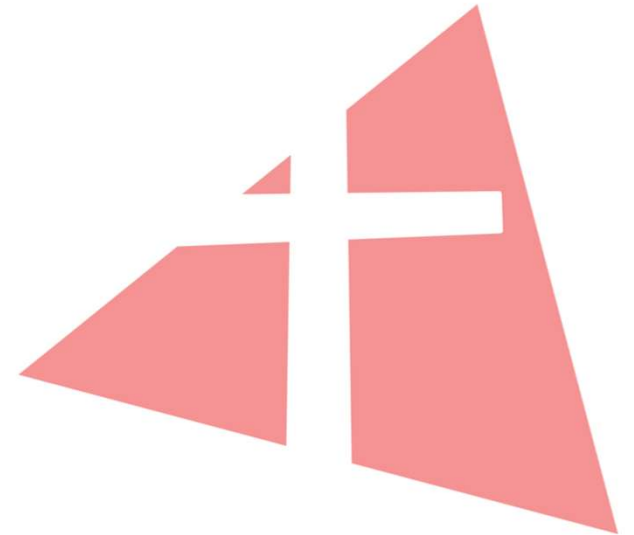
JESUS ON THE SABBATH

Matthew 12:1-8 At that time Jesus went on the sabbath day through the grain field; and his disciples were hungry, and began to pluck the ears of grain, and to eat. But when the Pharisees saw it, they said unto him, Behold, your disciples do that which is not lawful to do upon the sabbath day. But he said unto them, Have you not read what David did, when he was hungry, and they that were with him; How he entered into the house of God, and did eat the showbread, which was not lawful for him to eat, neither for them who were with him, but only for the priests? Or have you not read in the law, how that on the sabbath days the priests in the temple profane the sabbath, and are blameless? But I say unto you, That in this place is one greater than the temple. But if you had known what this means, I will have mercy, and not sacrifice, you would not have condemned the guiltless. For the Son of man is Lord even of the sabbath day.



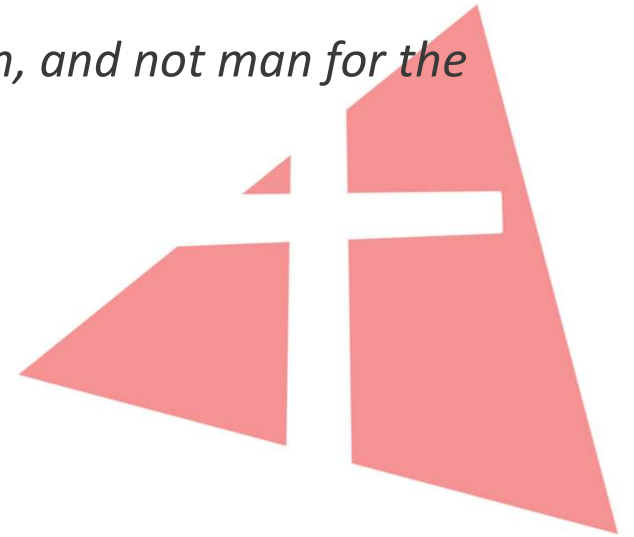
JESUS ON THE SABBATH

- **Jesus didn't keep all the legalistic rules**
 - Jesus healed
 - Jesus defended His disciples
 - Jesus told others to break the legalistic rules
- **Jesus understood**
 - The Sabbath is not about legalism
 - The Sabbath is about our relationship with God



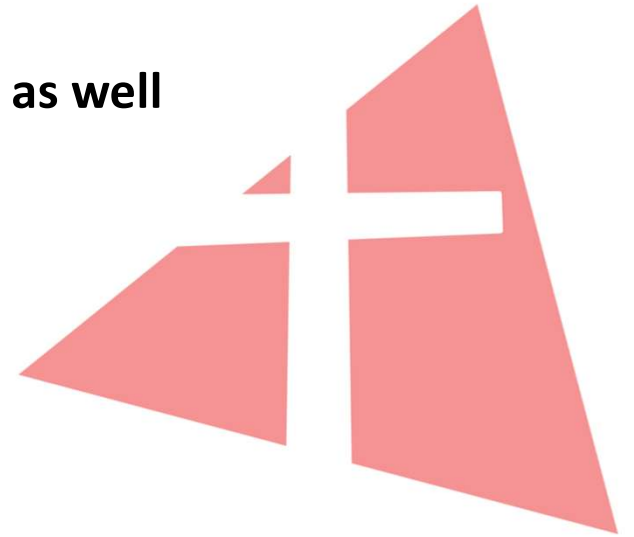
JESUS ON THE SABBATH

Mark 2:27 And he said unto them, The sabbath was made for man, and not man for the sabbath:



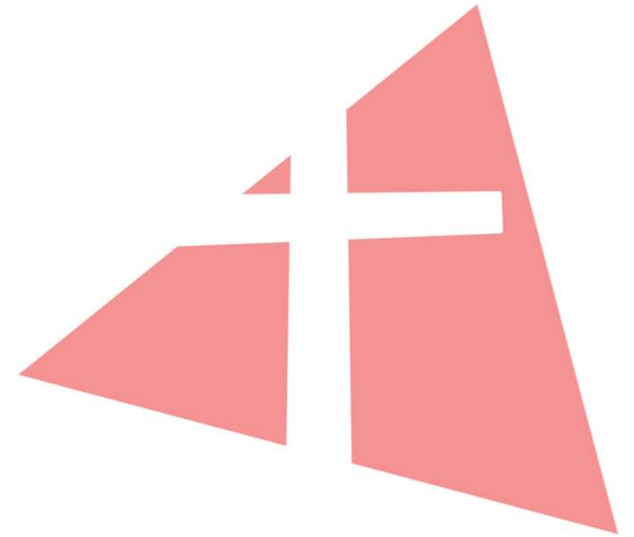
IF WE HAVE AUTHORITY OVER OTHERS

- We need to give the people under our leadership a day of rest as well



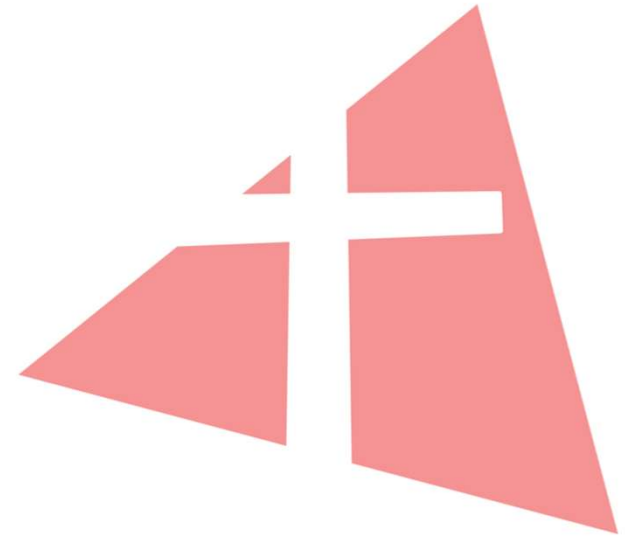
2 EXTREMES

- **Not keeping the Sabbath**
- **Restricting ourselves on the Sabbath**



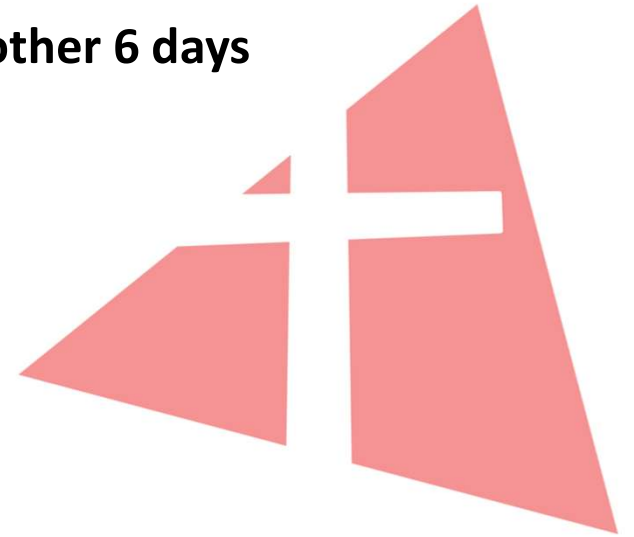
NOT KEEPING THE SABBATH

- Not keeping the Sabbath shows there's an idol in our hearts



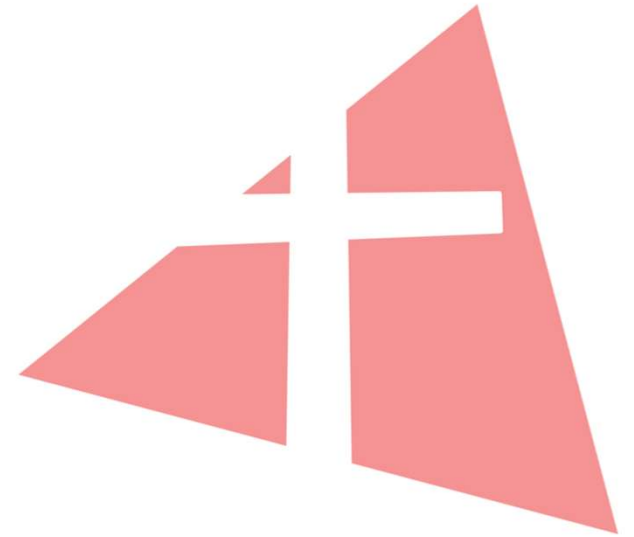
WHAT IS SIN

- Using the Sabbath to catch up with what I couldn't finish the other 6 days
- Using the Sabbath for ourselves, without God



SABBATH IS THE LAST DAY OF THE WEEK

- We rest from work
- We don't rest for work



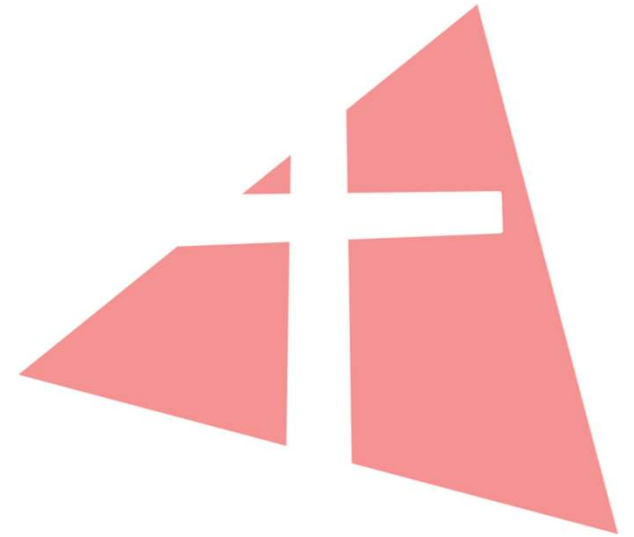
PRACTICAL STEPS

- **Work for 6 days**
- **Don't commit to work that you can't finish in 6 days**
- **On the Sabbath, rest from "worldly works" and focus on your relationship with God instead**
- **Do what you can, but don't be legalistic**
- **Make time for God**



WHERE WE HAVE FREEDOM

- **The Sabbath doesn't have to be on Sunday**
 - Though in our society, it's good practice
- **What exactly "Sabbath" means is different for each of us**



IN CONCLUSION

- **Keep the Sabbath Holy**
 - A commandment, not a suggestion

