

Sabbath : Receive the Day

Exodus 20:8-11
Exodus 23:10-12
Deuteronomy 12:1-5

Sermon by: Leo Endel
MWBC Executive Director

What is the Sabbath?

God's gift of a weekly day of worship & rest.

7th day God rested (Gn 2)	Hen (3X7)
7th day was the holy day	Rabbit/rat (4X7)
7th month was hallowed by a number of sacred festivals	Duck (6X7)
7th year was the Sabbatical year of rest for the land	Cat (8X7)
7th Sabbatical year (7 X 7) began the year of Jubilee	Dog (9X7)
Mouse (3X7)	Lion (14X7)
	Sheep (21X7)
	Human (40X7)

Exodus 20

8 "Remember the Sabbath day, to keep it holy. 9 Six days you shall labor, and do all your work, 10 but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. 11 For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

Exodus 23

10 "For six years you shall sow your land and gather in its yield, 11 but the seventh year you shall let it rest and lie fallow, that the poor of your people may eat; and what they leave the beasts of the field may eat. You shall do likewise with your vineyard, and with your olive orchard. 12 "Six days you shall do your work, but on the seventh day you shall rest; that your ox and your donkey may have rest, and the son of your servant woman, and the alien, may be refreshed.

"to cease, to stop, pause, rest"

what constitutes work?

- *Jews had 39 categories
- *Bible notes that some work is necessary
 - *children cared for
 - *cows milked
- *animals rescued from danger

Observing the Sabbath

Not about rules but about principles

Manufacturer's Specs

- *correct fuel
- *oil change
- *tire rotation
- *belt checks
- *shocks/struts

God gave a day...

- *Rest/renewal
- *Worship
- *Faith
- *Redemption
- *Family
- *blessing the children
- *Scripture
- *Prayer & meditation
- *Fellowship
- *Eating together
- *Public Worship
- *Love-making
- *Quiet walks
- *Napping
- *Enjoying God's creation

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Rest

“Six days you shall do your work, but on the seventh day you shall rest;

(Ex 23:12)

“For six years you shall sow your land and gather in its yield, 11 but the seventh year you shall let it rest...

(Ex 23:10)

“Six days you shall do your work, but on the seventh day you shall rest... and the alien, may be refreshed.

(Ex 23:12)

Weekly rhythm of work and rest

Worship

Remember the Sabbath day,
to keep it holy *(Ex 20:8)*
holy — separated unto God
but the seventh day is a Sabbath
to the Lord your God. *(Ex 20:10)*
Celebrate a God focus

Thank Him!

worship, prayer, meditation, contemplation, music, observing God’s creation

Faith

10 “For six years you shall sow your land and gather in its yield, 11 but the seventh year you shall let it rest and lie fallow... *(Ex 23:10-11)*

Like manna in the wilderness

Trusting God that He would provide

Remembering that God is the provider (not our frantic work)

If you work seven 50-hour weeks in a row, you'll get no more done than if you worked seven 40-hour weeks in a row.

Redemption

Be careful to remember the Sabbath day, to keep it holy as the Lord your God has commanded you. 13 You are to labor six days and do all your work, 14 but the seventh day is a Sabbath to the Lord your God... 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.

The ultimate Sabbath is in Jesus

Jesus is Lord of the Sabbath *(Mk 2:27-28)*

Jesus is the Lord of Rest!

“Come to me, all you who are weary and burdened, and I will give you rest... *(Mt 11:28)*

The ultimate Sabbath rest is found in Jesus Christ *(Hebrews 3-4)*

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Jesus gives us rest by delivering us from all that enslaves us:

- *self-centeredness
- *possessions
- *fear
- *anger
- *bitterness
- *jealousy
- *perfectionism
- *addictions...etc.

7th year Sabbatical

Pastor is the spiritual point man.

Tremendous pressure

Only 20% of pastors will retire from ministry today... most won't survive
Time for pastoral renewal is an act of love for your pastor and an investment in the future of your church

Each month 1200 pastors leave the ministry due to stress, church related issues, family issues and burnout.

Only 20% of incoming students in seminary intend to pastor a church.

45% of pastors say they have fallen prey to depression or burnout such as they had to step away from ministry

87% of all minister's spouses wish their husbands were in a different vocation

That's why many churches are suggesting to their pastors a 7th year sabbatical

What should you do with this?

Start applying the principals of Sabbath to your life.

Weekly experience rest/renewal, worship, faith, and redemption in Him.

Resist the urge to judge others on how they celebrate the Sabbath

Give your pastor a 7th year Sabbatical that will bless him, his family, and you.