

Keeping the Sabbath Day Holy

Exodus 20:8-11

1. Meaning of Sabbath
 - i. Intermission, repose,
 - ii. To cease or desist from exertion
 - iii. To rest

2. The Importance of the Sabbath Day - Genesis 2:1-3
 - i. God ended His work on the seventh day
 - God's 3 steps: He rested, blessed, and sanctified the seventh day
 - To "sanctify" = to make sacred or holy, or set apart for holy use
 - ii. "The Sabbath was made for man..." - Mark 2:27-28
 - God gave this day to every man in the world to rest in Him and meditate on Him, to worship and develop a relationship with Him
 - iii. Where should man go on the Sabbath Day?
 - "My house of prayer" - Isaiah 56:7

3. The 3 Aspects of the Sabbath Day
 - i. A day to remember
 - Remind ourselves of God's pattern – Genesis 2:2
 - Reflect upon God's provision – I Thessalonians 5:18
 - Reaffirm God's promises
 - ii. A day to rest
 - We are called to work – 1 Timothy 5:8
 - We are commanded to rest
 - iii. A day to refresh and rededicate
 - Refreshing our spirit, soul and body
 - Through worship – Hebrews 10:25
 - Through fellowship
 - Recommit our lives to God