

The background image is a close-up of a hand resting on a stone tablet. The tablet is covered in Hebrew text, which is part of the Ten Commandments. The hand is positioned over the first few commandments. The lighting is dramatic, with strong highlights and shadows, emphasizing the texture of the stone and the skin of the hand. The overall tone is solemn and historical.

# THE 10 COMMANDMENTS

A DAY ABOVE THE REST



## Series: The 10 Commandments

- Setting...
  - God delivers his people from Egyptian slavery
  - Great miracles and God's power displayed
  - People gather at the foot of Mount Sinai
  - Amidst fire and smoke God speaks...
- The Law, Jesus, and how it applies to us
  - Jesus came to fulfill the Law & its requirements
  - The law summed up – Love God, love others
  - The law acts like an MRI – it shows us what's wrong but does not fix the problem
  - Romans 3:19-24

**Rom 3:19-24...**<sup>19</sup> Now we know that whatever the law says, it says to those who are under the law, so that every mouth may be silenced and the whole world held accountable to God. <sup>20</sup> Therefore no one will be declared righteous in God's sight by the works of the law; rather, through the law we become conscious of our sin. <sup>21</sup> But now apart from the law the righteousness of God has been made known, to which the Law and the Prophets testify. <sup>22</sup> This righteousness is given through faith in Jesus Christ to all who believe. There is no difference between Jew and Gentile, <sup>23</sup> for all have sinned and fall short of the glory of God, <sup>24</sup> and all are justified freely by his grace through the redemption that came by Christ Jesus.



## Deut. 5:12-15 – The 4<sup>th</sup> Commandment

<sup>12</sup> “Observe the Sabbath day by keeping it holy, as the LORD your God has commanded you. <sup>13</sup> Six days you shall labor and do all your work, <sup>14</sup> but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your ox, your donkey or any of your animals, nor any foreigner residing in your towns, so that your male and female servants may rest, as you do. <sup>15</sup> Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the LORD your God has commanded you to observe the Sabbath day.”

## Observe the Sabbath, to keep it holy...

- A different type of command...
  - “You better have a rest!”
  - “You better take a day off!”
  - Mark 2:27... “The Sabbath was made for man, not man for the Sabbath.”
- Why would God need to command his people to rest?



## 1. To Remind Us of Our Freedom

- Slaves are not free to rest
  - Task masters are there to enforce work & ensure your burden is heavy
- Slaves are not free to worship
  - Moses and Pharaoh bargain for Israel's freedom
  - Exodus 10:7-11...

<sup>7</sup> Pharaoh's officials said to him, "How long will this man be a snare to us? Let the people go, so that they may worship the LORD their God. Do you not yet realize that Egypt is ruined?" <sup>8</sup> Then Moses and Aaron were brought back to Pharaoh. "Go, worship the LORD your God," he said. "But tell me who will be going." <sup>9</sup> Moses answered, "We will go with our young and our old, with our sons and our daughters, and with our flocks and herds, because we are to celebrate a festival to the LORD." <sup>10</sup> Pharaoh said, "The LORD be with you—if I let you go, along with your women and children! Clearly you are bent on evil. <sup>11</sup> No! Have only the men go and worship the LORD, since that's what you have been asking for." Then Moses and Aaron were driven out of Pharaoh's presence.



## 1. To Remind Us of Our Freedom

- Slaves are not free to rest
  - Task masters are there to enforce work & ensure your burden is heavy
- Slaves are not free to worship
  - Moses and Pharaoh bargain for Israel's freedom
  - Exodus 10:7-11...
  - There is something special about the gathering of God's people together (corporate worship)
  - The first act of Israel when they were delivered from slavery was to gather together to worship
- Former slaves need reminding of freedom



## **1. To Remind Us of Our Freedom**

## **2. To Reorient Our Minds & Hearts**

- God knew the people would stray even though they saw the miraculous
- Sabbath is a weekly reminder of who God is and who we are
  - Sabbath is necessary to have a correct perspective of God and you
  - Drift throughout the week is unavoidable as we re-enter the chaos and pressures of the world
  - Ultimately Sabbath produces trust, peace and an acknowledgement of our need for God

- 1. To Remind Us of Our Freedom**
- 2. To Reorient Our Minds & Hearts**
- 3. To Enable Us to Build Healthy Rhythms**

- In Exodus 20, the reason for Sabbath is God's design – 6 days creating, 1 for rest
  - Sabbath was put into the rhythm of creation
  - We see in the OT that even the land rested!
- Sabbath is rest in the middle of chaos – counterintuitive
  - To stop striving would seem to get you “behind”
  - The heart of the commandments is human flourishing – God desiring the best for his people



## Does the Sabbath Command Apply to Us?

Hebrews 4:9-11... <sup>9</sup> There remains, then, a Sabbath-rest for the people of God; <sup>10</sup> for anyone who enters God's rest also rests from their works, just as God did from his. <sup>11</sup> Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.

Hebrews 10:24-25... <sup>24</sup> And let us consider how we may spur one another on toward love and good deeds, <sup>25</sup> not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

## How does the Sabbath Command Apply to Us?

1. Sabbath is an indicator of true freedom
  - Not taking Sabbath is an indicator of slavery
  - We tend to think we're free because we "choose" our task-masters
  - Self-imposed slavery is exhausting and ultimately exposes that we have broken the first commandment



## How does the Sabbath Command Apply to Us?

1. Sabbath is an indicator of true freedom
2. Sabbath helps us keep our eyes on Jesus
  - Sabbath is essential to having a correct perspective of God and you
  - Re-entering the chaos after Sabbath will unavoidably cause drift
  - We will take up our burdens and the stress in life and will place the overwhelming burden of “making it happen” back on our shoulders
  - Sabbath reminds us weekly that this life is not about us (you) – God is our provider and the sustainer of life

## How does the Sabbath Command Apply to Us?

1. Sabbath is an indicator of true freedom
2. Sabbath helps us keep our eyes on Jesus
3. Sabbath is key to healthy life rhythms
  - Busyness without dedicated rest destroys rhythm
  - God designed life to be lived in such a way that we could live life to the fullest (John 10:10)
  - What keeping you from taking Sabbath?



## Jesus' invitation to us...

<sup>28</sup> “Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup> Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy and my burden is light.”

– Matthew 11:28-30