



**Gifts For A
Firsthand Christmas**

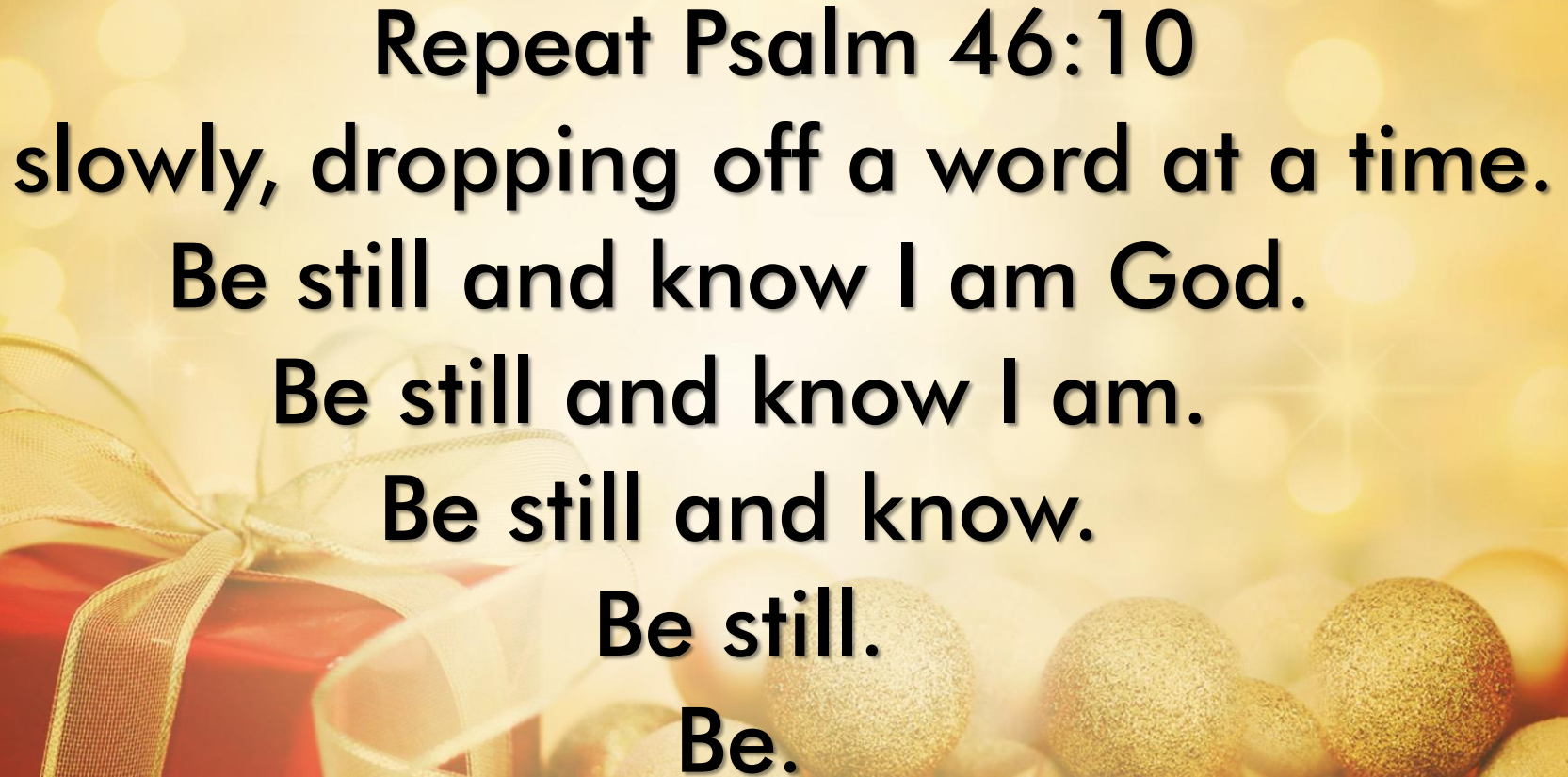
Sabbath

Exodus 31:12-18 (NASB)

Psalm 46:10 (NKJV)

**¹⁰ Be still, and know that I *am* God;
I will be exalted among the nations,
I will be exalted in the earth!**





**Repeat Psalm 46:10
slowly, dropping off a word at a time.
Be still and know I am God.
Be still and know I am.
Be still and know.
Be still.
Be.**



The Sabbath

Enjoying the Gift of the Lord's Day

I. Rest

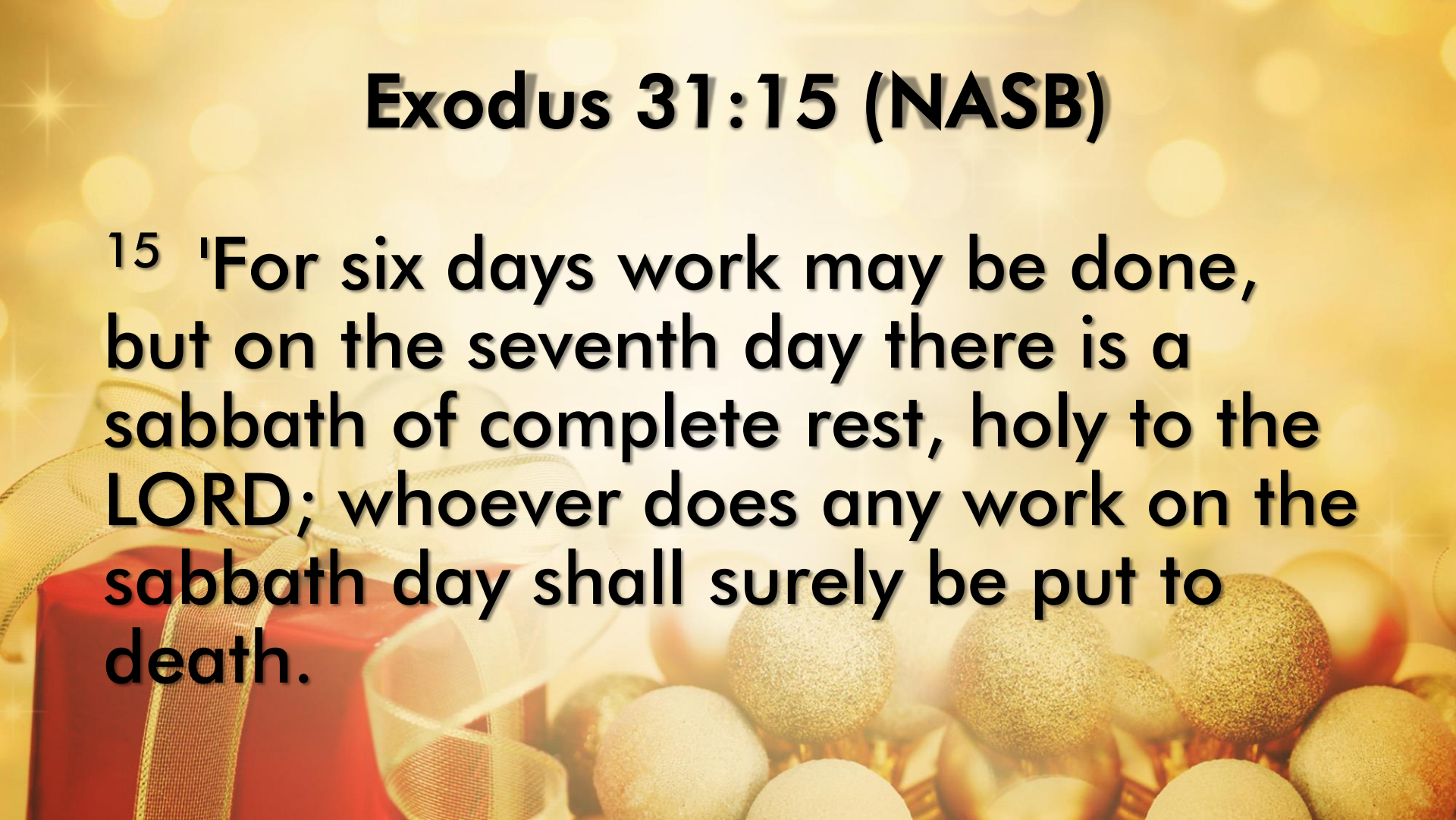
Ex 31:15,17



Sabbath

Exodus 31:15 (NASB)

15 'For six days work may be done, but on the seventh day there is a sabbath of complete rest, holy to the LORD; whoever does any work on the sabbath day shall surely be put to death.



Exodus 31:17 (NASB)

¹⁷ "It is a sign between Me and the sons of Israel forever; for in six days the LORD made heaven and earth, but on the seventh day He ceased from *labor*, and was refreshed."

John 5:17 (NASB)

**17 But He answered them,
"My Father is working until now,
and I Myself am working."**



If you don't take a Sabbath,
something is wrong. You're
doing too much, you're being
too much in charge. You've
got to quit, one day a week,
and just watch what God is
doing when you're not doing
anything.

– *Eugene H. Peterson*



**Gifts For A
Firsthand Christmas**

Sabbath

Why not rest?

Exodus 31:12-18 (NASB)

**Do you have the
"hurry sickness?"**



I. Rest

Ex 31:15,17

II. Worship

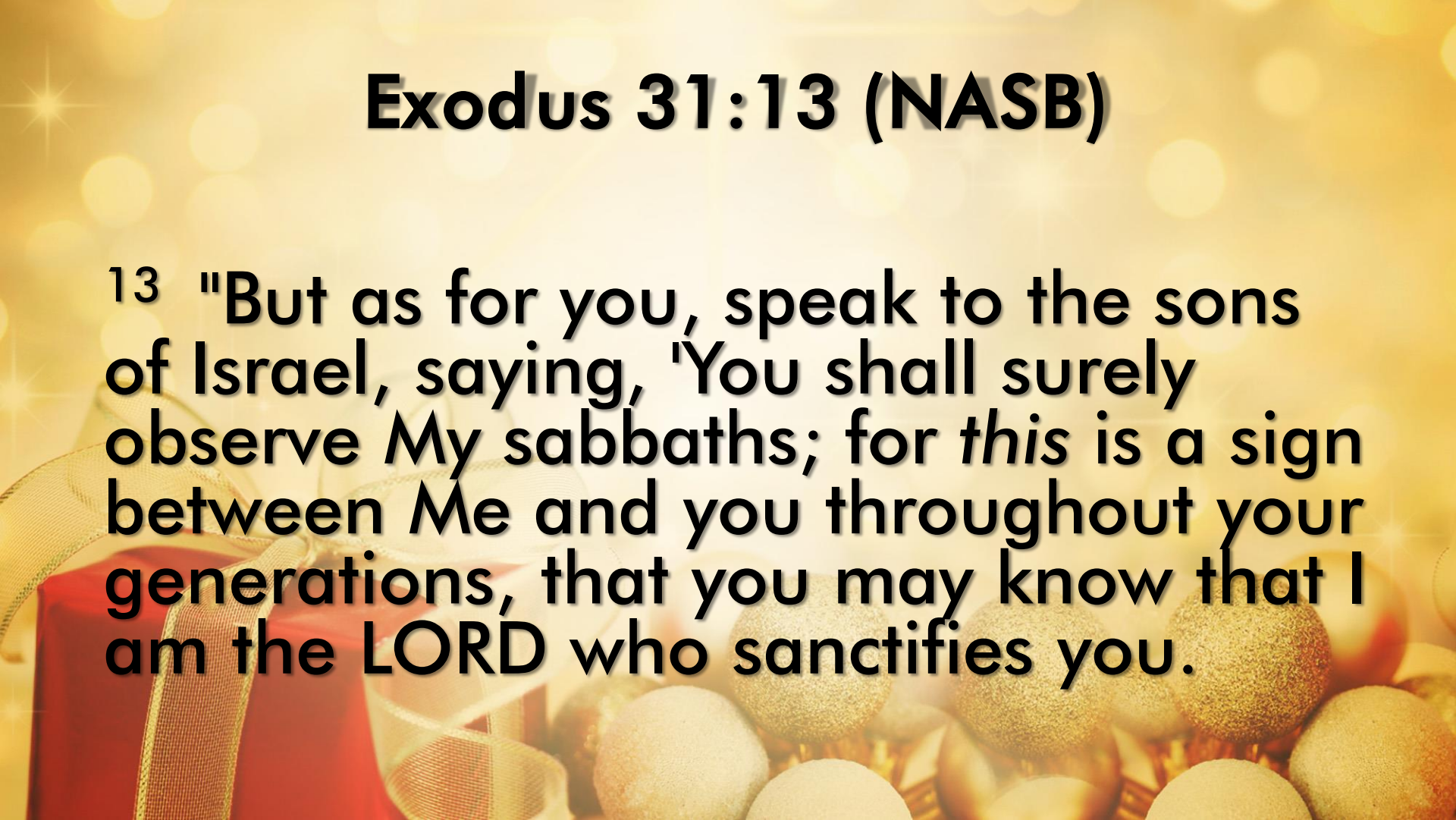
Ex 31:13,16



Sabbath

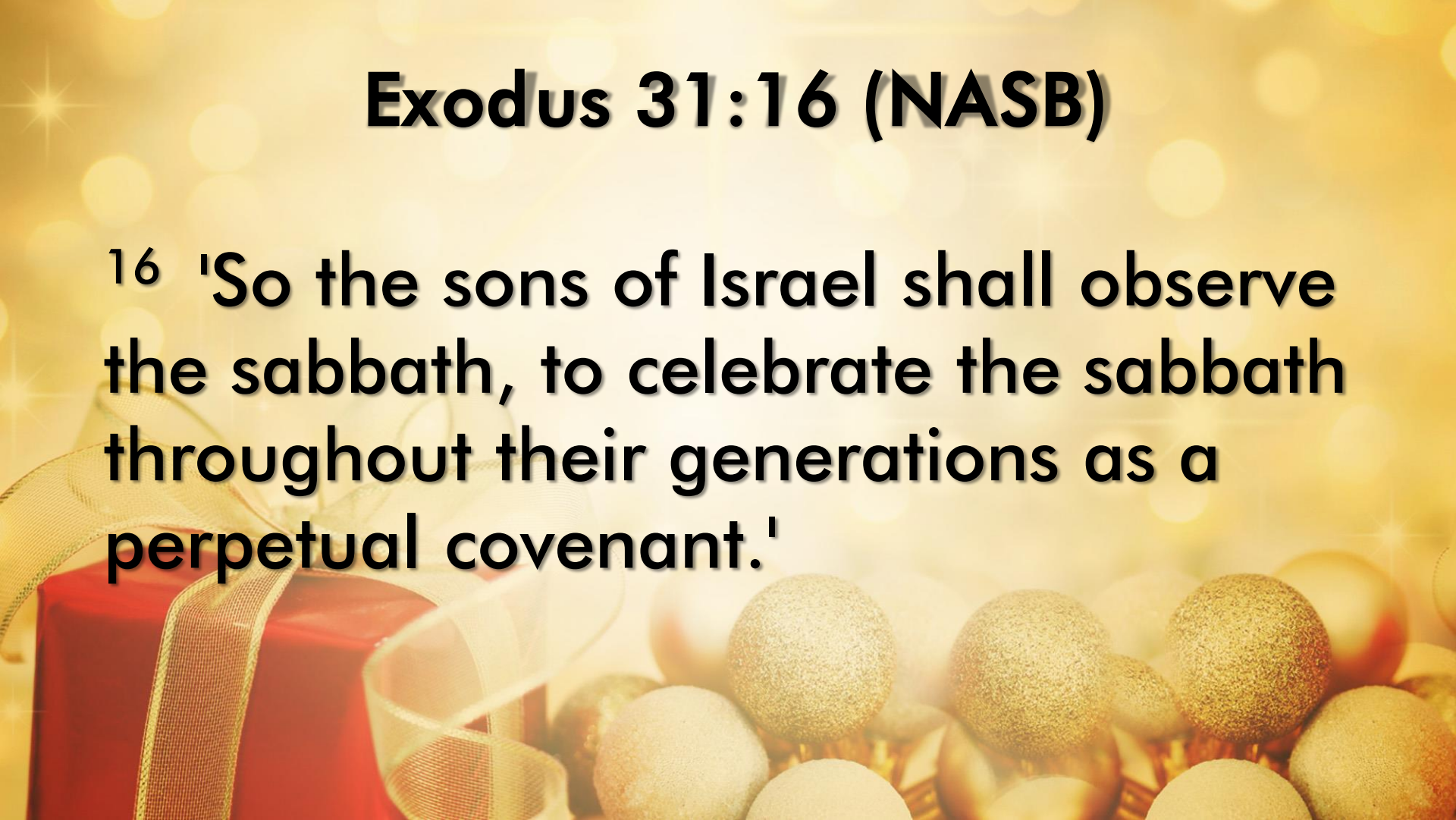
Exodus 31:13 (NASB)

¹³ "But as for you, speak to the sons of Israel, saying, 'You shall surely observe *My* sabbaths; for *this* is a sign between *Me* and you throughout your generations, that you may know that I am the LORD who sanctifies you.'



Exodus 31:16 (NASB)

16 'So the sons of Israel shall observe the sabbath, to celebrate the sabbath throughout their generations as a perpetual covenant.'


The background of the slide is a warm, golden-yellow bokeh. In the lower-left corner, there is a red gift box with a gold ribbon. To the right and slightly below the gift box, there are several round, textured ornaments in shades of gold and silver, some with a shimmering finish. The overall aesthetic is celebratory and festive.

Isaiah 58:13 (NASB)

¹³ "If because of the sabbath, you turn your foot From doing your *own* pleasure on My holy day, And call the sabbath a delight, the holy day of the LORD honorable, And honor it, desisting from your *own* ways, From seeking your *own* pleasure And speaking *your own* word,

Isaiah 58:14 (NASB)

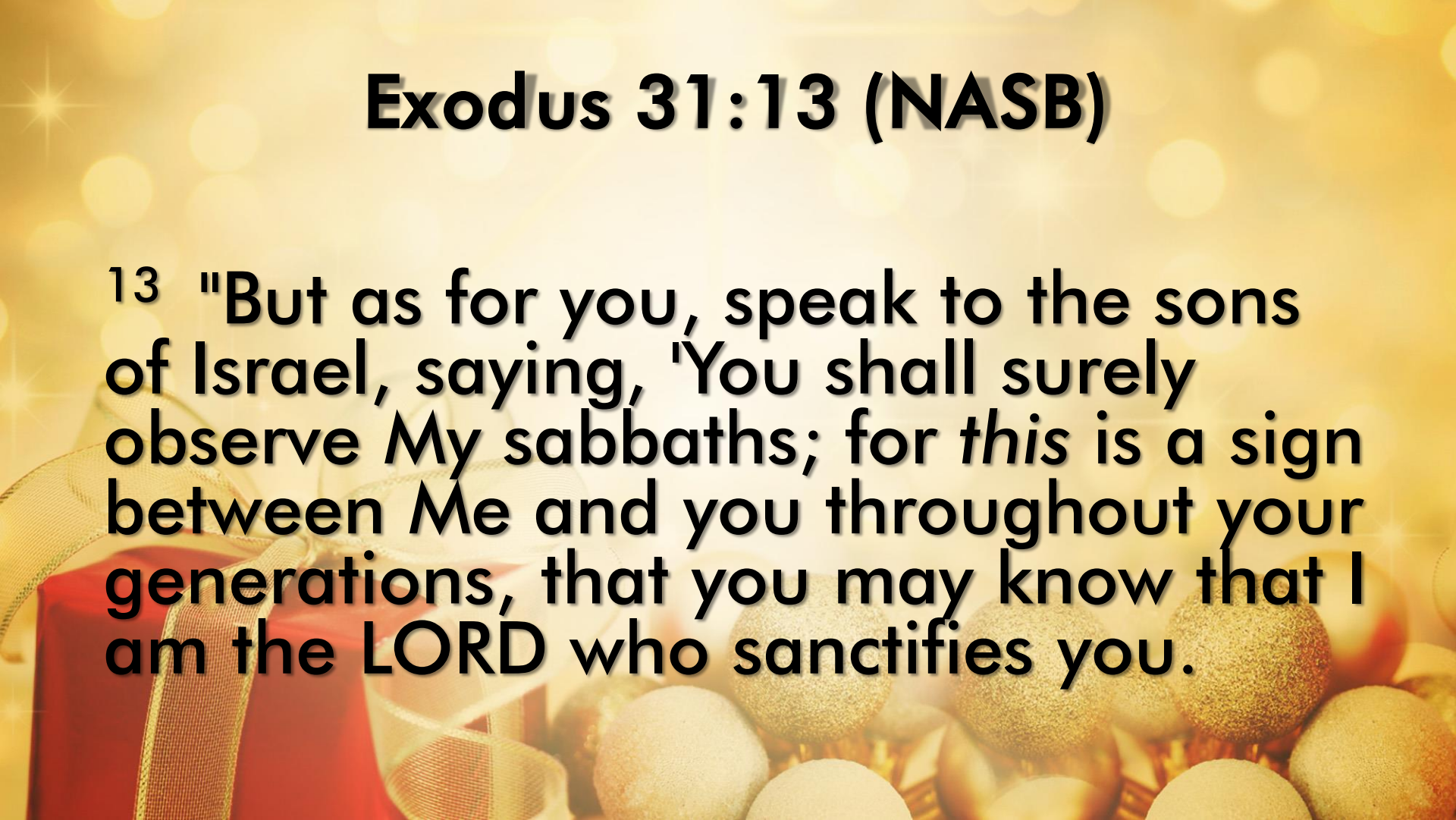
¹⁴ Then you will take delight in the LORD, And I will make you ride on the heights of the earth; And I will feed you *with* the heritage of Jacob your father, For the mouth of the LORD has spoken."

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- I. Rest Ex 31:15,17
 - II. Worship Ex 31:13,16
 - III. Holiness Ex 31:13,14

Sabbath

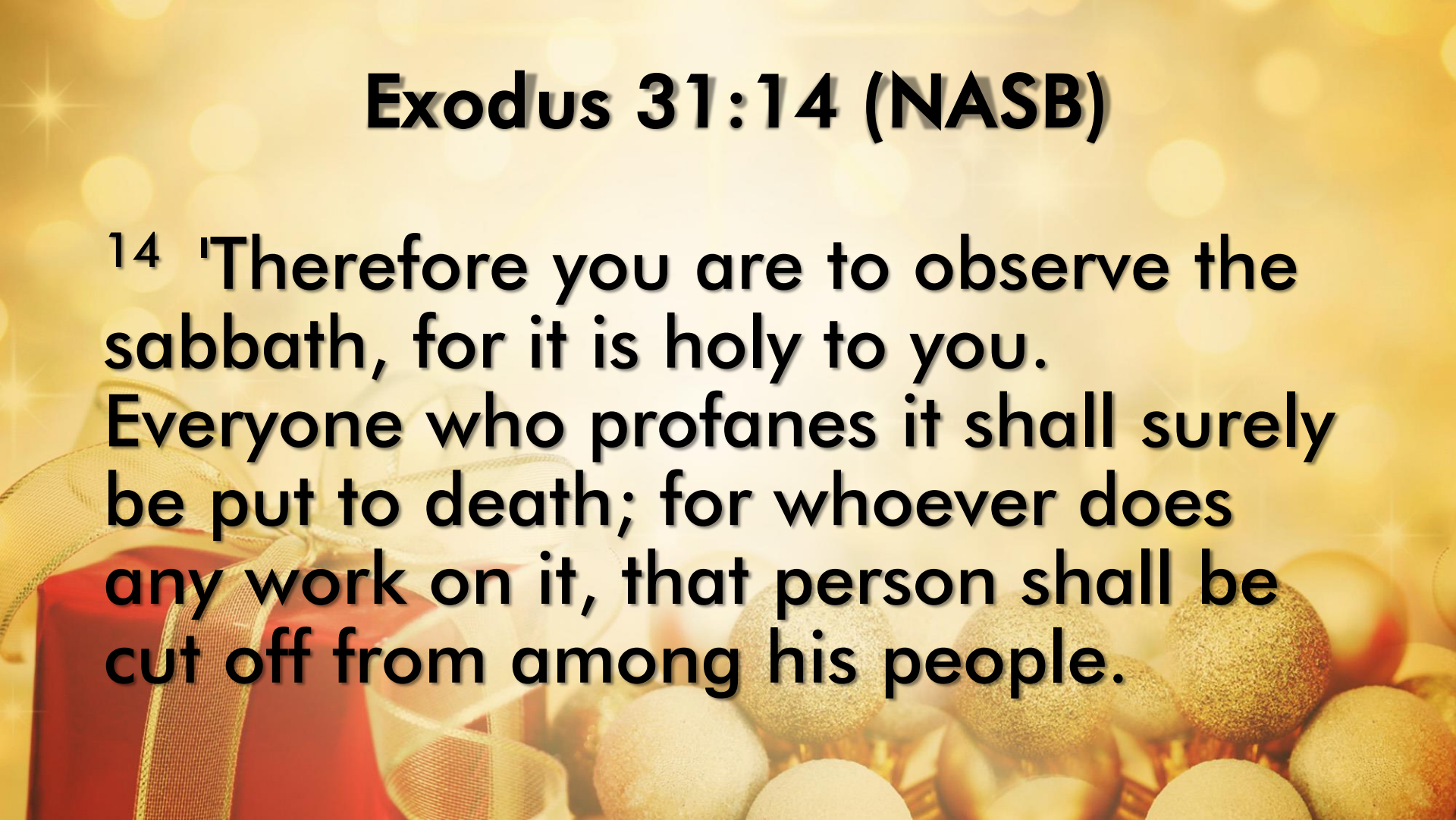
Exodus 31:13 (NASB)

¹³ "But as for you, speak to the sons of Israel, saying, 'You shall surely observe *My* sabbaths; for *this* is a sign between *Me* and you throughout your generations, that you may know that I am the LORD who sanctifies you.'

A festive background featuring a red gift box with a gold ribbon on the left, and several gold baubles in the foreground. The overall scene is set against a warm, golden bokeh background.

Exodus 31:14 (NASB)

14 'Therefore you are to observe the sabbath, for it is holy to you. Everyone who profanes it shall surely be put to death; for whoever does any work on it, that person shall be cut off from among his people.'





You must rest so
you can give him
your best.

Daily Sabbath
Hour

Techno
Sabbath



Weekly Sabbath
Day

Extended
Sabbath

The Sabbath

Enjoying the Gift of the Lord's Day

Questions:

- 1. What is your definition of Sabbath? What is the biblical definition of Sabbath?**
- 2. Do you believe that the Sabbath is still a spiritual practice and command that we should still honor and observe today?**
- 3. Some people like to do lists of "do's and don'ts" when it comes to the Sabbath. Do you think that is what it is all about? Are you more strict and formal on keeping the Sabbath or are you more lax and free when it comes to observing the Sabbath day to keep it holy?**

Questions:

4. How is "hurry sickness" as described in the message affect you?

Symptoms of a hurry sickness person:

- a) Constantly speeding up daily activities read faster, talk faster, when listening, nod faster to encourage the talker to accelerate. Chafing when we have to wait. Traffic lights / grocery store lines
- b) Multiple-tasking - doing or thinking of more than one thing at a time.
- c) Clutter – "The lives of the hurry-sick lack simplicity." "the clutter of forgetting important dates, of missing appointments, of not following through."
- d) Superficiality - "Superficiality is the curse of our age," writes Richard Foster. If Superficiality is our curse, then Hurry pronounces the spell. Depth always comes slowly." "We have largely traded wisdom for information, depth for breadth. We want to microwave maturity."
- e) An Inability to Love - "Love always takes time, and time is one thing hurried people don't have."
- f) Sunset Fatigue - come home from work, ones who need our love the most get the leftovers. Too tired, too drained, too preoccupied to love people to whom we have made deepest promises. Examples of this: lose gratitude and wonder, indulge in self-destructive escapes from fatigue. "It is because it kills love that hurry is the great enemy of spiritual life."

Questions:

5. **What does rest look like for you? What is your perfect vacation? What would a Sabbath day of rest look like for you? What activities create rest and delight for you?**
6. **When it comes to rest, most people think of physical rest, taking naps, etc. What would it look like for you to experience mental, emotional and spiritual rest in your heart, soul, mind and spirit?**
7. **What would building both private and public worship into your Sabbath look like if you could do it the way that would bring life to you? What spiritual, practical and relational practices would help you to do the Sabbath that would be energizing and refreshing to you? What does Isaiah 58:13-14 below say about what the Sabbath should incorporate to be a true Biblical Sabbath?**

Isaiah 58:13-14 (NASB) 13 "If because of the sabbath, you turn your foot From doing your own pleasure on My holy day, And call the sabbath a delight, the holy day of the LORD honorable, And honor it, desisting from your own ways, From seeking your own pleasure And speaking your own word, 14 Then you will take delight in the LORD, And I will make you ride on the heights of the earth; And I will feed you with the heritage of Jacob your father, For the mouth of the LORD has spoken."

Questions:

- 8. What idols or sins do you tend to repeat that demonstrate that repentance has not been easy for you in your life? How would a Sabbath as described in Sunday's message help to bring holiness into your life?**
- 9. "If I have identified a high level of busyness in my life, what is it that is driving me to push so hard all the time? What am I trying to accomplish? Who am I trying to impress? Does God really ask me to do all I am doing?"**
- 10. How do you plan to build into your life a...**
 - a) Daily Sabbath hour**
 - b) Weekly Sabbath day**
 - c) Extended Sabbath**
 - d) Techno Sabbath**

All Sabbath Scriptures Categorized: 41 Truths About the Sabbath From the Word of God 12-26-21 BCC RV

Exodus 31:12-18 (NASB) 12 The Lord spoke to Moses, saying, 13 "But as for you, speak to the sons of Israel, saying, 'You shall surely observe My sabbaths; for this is a sign between Me and you throughout your generations, that you may know that I am the Lord who sanctifies you. 14 'Therefore you are to observe the sabbath, for it is holy to you. Everyone who profanes it shall surely be put to death; for whoever does any work on it, that person shall be cut off from among his people. 15 'For six days work may be done, but on the seventh day there is a sabbath of complete rest, holy to the Lord; whoever does any work on the sabbath day shall surely be put to death. 16 'So the sons of Israel shall observe the sabbath, to celebrate the sabbath throughout their generations as a perpetual covenant.' 17 "It is a sign between Me and the sons of Israel forever; for in six days the Lord made heaven and earth, but on the seventh day He ceased from labor, and was refreshed." 18 When He had finished speaking with him upon Mount Sinai, He gave Moses the two tablets of the testimony, tablets of stone, written by the finger of God.

REST

- 1. God Himself Rested and Blessed the Day Before Israel Existed (Universally Applied to All Peoples) - Genesis 2:2-3**
- 2. Rest –Genesis 2:2-3 Exodus 20:8-11 Exodus 31:15 Exodus 34:21 Exodus 35:2-3 Leviticus 16:29-31 Leviticus 23:2-4 Deuteronomy 5:12-15 Luke 23:54-56 Hebrews 4:1-11**
- 3. Cessation of Work - Exodus 20:8-11 Exodus 23:10-12 Exodus 31:15 Exodus 31:17 Exodus 35:2-3 Leviticus 16:29-31 Leviticus 23:2-4 Numbers 15:32-36 Deuteronomy 5:12-15 Nehemiah 10:31-33 Nehemiah 13:15-22 Jeremiah 17:19-27 Amos 8:4-6**

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4. Animals Rest - Exodus 23:10-12
5. Land Rest - Exodus 23:10-12 Leviticus 25:1-22 Leviticus 26:33-35 Leviticus 26:43 2 Chronicles 36:20-21
6. God is Working and So Is Jesus Always - John 5:1-18
7. Refreshment - Exodus 31:17

WORSHIP

8. Knowing the Lord - Exodus 31:13 Ezekiel 20:12-24
9. Celebration - Exodus 31:16
10. Revere God's Sanctuary - Leviticus 19:30 Leviticus 26:2
11. Offerings and Sacrifices Given on Sabbath - Leviticus 23:37-38 Leviticus 24:5-9 Numbers 28:9-10
1 Chronicles 9:32 2 Chronicles 2:4 2 Chronicles 8:12-13 2 Chronicles 31:3 Nehemiah 10:31-33
Jeremiah 17:19-27 Ezekiel 45:16-20 Ezekiel 46:1-12 1 Corinthians 16:1-2
12. Feasts Were Called Sabbaths and Had Some of the Same Qualities of the Sabbath - Leviticus 23:26-32
13. A Time to Seek Out Prophets on the Sabbath - 2 Kings 4:22-25
14. Worship – Thanking – Praising on the Sabbath - Prayer- 1 Chronicles 23:30-31 Isaiah 66:22-23 Ezekiel
46:1-12 Acts 13:27 Acts 16:13-14

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15. Delight in the Lord - Isaiah 58:6-14
16. Goes to Synagogue on Sabbath - Mark 1:21-22 Luke 4:16 Acts 13:14
17. Teaching on Sabbath - Mark 1:21-22 Mark 6:2 Luke 4:16 Luke 4:31-32 Luke 13:10-17 Acts 13:42 Acts 13:44 Acts 15:21 Acts 16:13-14 Acts 17:1-3 Acts 18:4 Acts 20:7
18. Called the Lord's Day - Revelation 1:10
19. Part of the Covenant Between the Lord and Us - Exodus 31:16-17

HOLINESS

20. Sanctified It - Genesis 2:2-3
21. Part of His Sanctifying Us and the Day - Exodus 31:13 Nehemiah 13:15-22 Ezekiel 20:12-24 Ezekiel 44:24
22. Holy to the Lord – To keep from Idols Exodus 20:8-11 Exodus 31:15 Exodus 35:2-3 Leviticus 19:2-4 Leviticus 23:2-4 Deuteronomy 5:12-15 Nehemiah 9:14 Isaiah 1:13 Isaiah 56:1-6 Isaiah 58:6-14 Jeremiah 17:19-27 Ezekiel 20:12-24 Ezekiel 22:8 Ezekiel 22:26 Ezekiel 23:38
23. To Humble Our Souls – Spiritual Work - Leviticus 16:29-31 Leviticus 23:26-32
24. Redeemed Out of Egypt and Slavery - Deuteronomy 5:12-15

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25. Stop Your Pleasures - Isaiah 58:6-14

26. Sabbath Forgotten or Stopped - Lamentations 2:6 Hosea 2:11-13

HEAVEN – FINAL REST

27. Foretaste of Heaven - Hebrews 4:1-11

SABBATH IS GOOD

28. Blessed - Genesis 2:2-3 Exodus 20:8-11

29. Sabbath Made For Man - Mark 2:23-28 Luke 6:1-11

THINGS ONE CAN DO ON THE SABBATH

30. Observe the Sabbath - Exodus 31:13 Deuteronomy 5:12-15

31. Self-defense is alright on the Sabbath - 2 Kings 11:5-10 2 Chronicles 23:4-8

32. Jesus Heals on the Sabbath - Matthew 12:1-14 Mark 3:1-6 Luke 6:1-11 Luke 13:10-17 Luke 14:1-6
John 5:1-18 John 9:1-34

33. Circumcision is Done on Sabbath if 8th day Falls on a Sabbath - John 7:19-24

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34. Break the Jewish Traditions of the Sabbath to Do Good / To Eat - Matthew 12:1-14 Mark 2:23-28
Mark 3:1-6 Luke 6:1-11 Luke 13:10-17

MISCELLANEOUS INSIGHTS ABOUT THE SABBATH

35. Known Before the Giving of the Law - Exodus 16:22-30

36. Jesus Lord of the Sabbath - Matthew 12:1-14 Mark 2:23-28 Luke 6:1-11

37. Pray Time of Destruction of Jerusalem Not on Sabbath - Matthew 24:20

38. Go To Jesus Grave After the Sabbath - Matthew 28:1 Mark 16:1

39. Preparation Day - Mark 15:42-43 Luke 23:54-56 John 19:31

40. Sabbath Day's Journey - Acts 1:12

41. All Days Alike / All Things Done For the Lord - Romans 14:5-9 Galatians 4:9-11 Colossians 2:16-17