

Message Outline

I.

Exodus 20:8-11 (NASB) 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 of the LORD your God; in it you shall not do any work, you or your son or your daughter, your male or your female servant or your cattle or your sojourner who stays with you. 11 "For in six days the LORD made the heavens and the 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.

Message Outline (continued)

II.

Exodus 31:13-17 (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. 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."

Message Outline (continued)

III. _____

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."

Message Outline (continued)

IV. _____

Hebrews 4:9-11 (NASB) 9 So there remains a Sabbath rest for the people of God. 10 For the one who has entered His rest has himself also rested from his works, as God did from His. 11 Therefore let us be diligent to enter that rest, so that no one will fall, through following the same example of disobedience.

Message Outline (continued)

Main Takeaways of the Sabbath in the Bible: The Sabbath is for...

REST

God rested Genesis 2:2-3 and We are to rest, a complete, solemn rest Genesis 2:2-3 Exodus 20:8-11; 31:15; 34:21; 35:2-3; Leviticus 16:29-31; Leviticus 23:2-4; Deuteronomy 5:12-15; Luke 23:54-56; Hebrews 4:1-11 It is to be a cessation from work Exodus 20:8-11; 23:10-12; 31:15,17; 35:2-3; Leviticus 16:29-31; 23:2-4; Numbers 15:32-36; Deuteronomy 5:12-15; Nehemiah 10:31-33; 13:15-22; Jeremiah 17:19-27; Amos 8:4-6; God is Working and So Is Jesus Always John 5:1-18 The animals are to rest Exodus 23:10-12; We are to give the land a rest as well Exodus 23:10-12; Leviticus 25:1-22; 26:33-35; 26:43; 2 Chronicles 36:20-21 It is to be a refreshment Exodus 31:17

The Sabbath is sanctified, set apart, and blessed Genesis 2:2-3; Exodus 20:8-11 The Sabbath is Not to be Forgotten or Stopped Lamentations 2:6; Hosea 2:11-13 The Sabbath is made for man Mark 2:23-28; Luke 6:1-11; The Sabbath was Known before the Giving of the Law Exodus 16:22-30

Message Outline (continued)

Main Takeaways of the Sabbath in the Bible: The Sabbath is for... HOLINESS

The day is holy and to keep us from idols Exodus 20:8-11; 31:15; 35:2-3; Leviticus 19:2-4; 23:2-4; Deuteronomy 5:12-15 Nehemiah 9:14 Isaiah 1:13; 56:1-6; 58:6-14; Jeremiah 17:19-27; Ezekiel 20:12-24; 22:8; 22:26; 23:38 and its purpose is to make us holy Exodus 31:13 Nehemiah 13:15-22 Ezekiel 20:12-24;44:24

To Humble Our Souls – Spiritual Work Leviticus 16:29-31; 23:26-32 Stop Your Pleasures Isaiah 58:6-14

To do God's will - Jesus is Lord of the Sabbath Matthew 12:1-14; Mark 2:23-28; Luke 6:1-11 Called the Lord's Day Revelation 1:10

Message Outline (continued)

Main Takeaways of the Sabbath in the Bible: The Sabbath is for...

WORSHIP

It is to be a celebration Exodus 31:16 Worship – Thanking – Praising on the Sabbath
– Prayer 1 Chronicles 23:30-31; Isaiah 66:22-23; Ezekiel 46:1-12; Acts
13:27; 16:13-14 Goes to Synagogue on Sabbath Mark 1:21-22; Luke 4:16; Acts
13:14 To revere His sanctuary Leviticus 19:30; 26:2 Feasts Were Called Sabbaths and
Had Some of the Same Qualities of the Sabbath Leviticus 23:26-32 Offerings and
Sacrifices Given on Sabbath Leviticus 23:37-38; 24:5-9; Numbers 28:9-10; 1
Chronicles 9:32; 2 Chronicles 2:4; 8:12-13; 31:3; Nehemiah 10:31-33; Jeremiah
17:19-27; Ezekiel 45:16-20; 46:1-12; 1 Corinthians 16:1-2; It is a
time of remembering, they were redeemed out of Egypt and slavery Deuteronomy
5:12-15

Message Outline (continued)

Main Takeaways of the Sabbath in the Bible: The Sabbath is for...

WORSHIP

To hear God's Word Teaching on Sabbath Mark 1:21-22; 6:2; Luke 4:16; 4:31-32; 13:10-17; Acts 13:42,44; 15:21;16:13-14;17:1-3; 18:4; 20:7 A Time to Seek Out Prophets on the Sabbath 2 Kings 4:22-25 Jesus and apostles go to Synagogue on the Sabbath regularly Mark 1:21-22; Luke 4:16; Acts 13:14

It is to enhance our relationship with the Lord – part of the covenant with Him Exodus 31:16-17 Delight in the Lord Isaiah 58:6-14 They went to the Synagogue on Sabbath Mark 1:21-22; 6:2; Luke 4:16,31; Acts 13:14,27,42-44; 15:21; 16:13; 17:2; 18:4;

Message Outline (continued)

**Main Takeaways of the Sabbath in the Bible: The Sabbath is for...
HEAVEN**

Foretaste of Heaven Hebrews 4:1-11

A person is standing in a dense forest, holding a flashlight that illuminates the scene. The forest is filled with tall, thin trees, and the ground is covered with fallen leaves and branches. The overall atmosphere is misty and somewhat somber.

PRACTICES OF A HEALTHY CHRISTIAN

What's A Sabbath For?



What's A Sabbath For?

Mark 2:23-28 (NASB)

23 And it happened that He was passing through the grainfields on the Sabbath, and His disciples began to make their way along while picking the heads of *grain*.

Mark 2:23 (NASB)

24 The Pharisees were saying to Him, "Look, why are they doing what is not lawful on the Sabbath?"

Mark 2:24 (NASB)

25 And He *said to them, "Have you never read what David did when he was in need and he and his companions became hungry;

Mark 2:25 (NASB)

26 how he entered the house of God in the time of Abiathar *the* high priest, and ate the consecrated bread, which is not lawful for *anyone* to eat except the priests, and he also gave it to those who were with him?"

Mark 2:26 (NASB)

27 Jesus said to them, "The Sabbath was made for man, and not man for the Sabbath. 28 "So the Son of Man is Lord even of the Sabbath."

Mark 2:27-28 (NASB)



NATIONAL COUNCIL OF JEWISH SYNAGOGUES

לא חרצת
לא תנאף
לא תנבט
לא תעצה
לא תעביר

אפני יהודי
לא יהודי
לא תשא אחר
כבוד אהרן
יהודי אהרן

HONOR THE SABBATH DAY

What is a Sabbath For?

I. REST

Exodus 20:11 (NLT2)

¹¹ For in six days the LORD made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested.

That is why the LORD blessed the Sabbath day and set it apart as holy.

What is a Sabbath For?

I. REST

II. HOLINESS

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.'

What is a Sabbath For?

I. REST

II. HOLINESS

III. WORSHIP

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..."**

What is a Sabbath For?

I. REST

II. HOLINESS

III. WORSHIP

IV. HEAVEN

Hebrews 4:9 (NASB)

**⁹ So there remains a Sabbath rest
for the people of God.**



What is the Sabbath For YOU?

What changes can you do to begin to make the Sabbath all that God designed it to be?

Questions

1. When you hear of the word "Sabbath", what is the first thing that comes to your mind?
2. How was the Sabbath honored and celebrated back when you were a child?
3. How have you personally tried to honor the Sabbath Day and keep it holy in your life so far?

Questions (continued)

REST

4. Do you think that you get enough rest? How would “ceasing” from work on the Sabbath possibly recharge your batteries?
5. What type of rest do you think honoring the Sabbath could give you? Physical rest / Mental rest / Emotional rest / Relational rest / Spiritual rest? Which of these do you need the most?

Questions (continued)

HOLINESS

6. How could keeping the Sabbath by focusing more upon reflection and evaluation of your spiritual life and your obedience to the Lord in the last week, aid in assisting you to see greater spiritual growth for the future?

WORSHIP

7. What aspects of spiritual disciplines on the Sabbath do you see yourself needing to add into your Sabbath routine? Journaling, Prayer, Confession of Sin, Evaluating relationships, Evaluating your work life, Evaluating your family life, Scripture reading, Bible study, Bible memorization, Praise and singing on your own at home or outside, Fasting, Silence, Solitude, Other _____

Questions (continued)

HEAVEN

8. How can seeking Jesus to be our rest spiritually, affect our need for rest in the regular day-to-day world (see Matthew 11:28-30)?
9. How does heaven as the final rest, tie in with the Sabbath now and practicing a day of resting and worshiping the Lord?
10. What do you desire to do differently with your Sabbath after hearing this message?