

What Do We Do With Sabbath?

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The Good Life: the fourth commandment
Exodus 20:8-11

Even though other cultures may have celebrated Sabbath, how was it unique for the nation of Israel:

1. Coming from the culture of Egypt: working 7 days a week, “don’t be lazy”, **ambition** to produce, workaholism

Unchecked, ambition leads to the original sin of autonomy displayed at the Tower of Babel.

2. Going to the culture Canaan: scheduled hiding, **fear** and superstition, blind ritualism.

Question: Does how you approach life reflect either one of these cultures? Give an example

Exodus 31:12-14

The Sabbath is “a holy day for you ...”

The purpose of Israel’s Sabbath is completely different than the other Sabbaths being kept in the ancient near east. It is a day of celebration, rest and re-creation.

Question: What does “holiness” mean to you? How does it differ from the idea of “looking like God as the giver of life”?

Mark 2:27

The Sabbath is a day of rest to be renewed and transformed to make you a force of redemption and renewal for the other six days of the week: in your family, business and neighborhood.

Keeping ritual without knowing God is both dangerous and destructive.

Question: How does looking at Sabbath this way differ from how you have looked at it or how you were taught?

Colossians 2:16-17

Christians are not obligated to keep the Sabbath. The ritual doesn’t make you holy: God makes you holy when you create space for Him to work in you.

We are wise to practice the principles of the Sabbath. Jesus said He will give us rest.

Not to ask “What are the rules?” but “What does it mean to live in relationship with a God who wants to renew me through His life?”

Questions: What is one way you can embrace what Sabbath looks like in your life? Something you need to stop? Something you need to start?

Hebrews 12:1-3

Hebrews 10:23-25

Questions: Have you made room in your life for rest in God? Does it involve the whole family of God?

