

SERMON NOTES

SERIES: Exodus: Set Free, Live Free
TITLE: Remember The Sabbath

SCRIPTURE: Exodus 20:8-11
DATE: March 5, 2017
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We are in a series on the Book of Exodus from the Old Testament. Why study this book? Exodus is the Old Testament story of the salvation of God's people that points forward to the great salvation that comes to us by faith in Jesus. Exodus helps us better understand what it means for God to *set us free* from our broken, messy lives so we can *live free* in loving, personal relationship with God.

Passage Summary

We've now come to the place in the Exodus story, where God has delivered his people from 400 years of slavery in Egypt and he's carried them through the wilderness providing for their every need, and he's brought them to himself—to the mountain of God—Mt Sinai. ...And, he's come down on the mountain with fire and smoke, lightning flashing, thunder crashing, earth quaking, trumpets blaring, with boundary lines marked lest anyone break through and die. Serious stuff here. And it is from this fantastic, frightening scene that the people hear God speak forth The Ten Commandments. Today we will be looking at one commandment, "Remember the Sabbath Day, keep it holy. (Exodus 20:8-11)

Main Point- Rest is the true test

- If you can't rest then something's not right.
- Rest is the truest test of trust.
- Rest is the true test of our trust in God to provide.
- The Deeper the Trust the Deeper the Rest.

Observing the Sabbath is the testimony of absolute trust in God.

- Observing the Sabbath demonstrated that Israel's whole life was to be lived in imitation of the Lord.
- The Sabbath would allow Israel to experience the blessing of real rest.
- The Sabbath command represented all the Law. And Remember, the Law is full of grace.
- Through the Sabbath, God gets everything he wants from the Israelites, their total trust, and he provides them everything they need—true rest.

God uses the wilderness to train Israel to trust him and to prove that he could be trusted. (Exodus 16)

- God passes the test! He proves himself to be absolutely trustworthy.

- Israel doesn't pass the test. They don't trust God and they don't enter his rest.

How can we enter Sabbath Rest?

- Respond to the Gospel "today!" and everyday
 - By resting in Christ.
 - By resting on him.
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For Discussion:

1. After listening to the message, do you feel like you might be more restless than you realize?
2. In general, what would you say are the main challenges keeping you from resting?
3. Do you think the rhythm of *your* life is the rhythm of life God wants for you?
4. Talk about a couple of benefits you would receive by stopping to rest?
5. What are the taskmasters saying, in your head right now?
6. Talking about what it looks like to *rest on* Christ?