

Sabbath Is it for today? Was that an Old Testament Law? Which doesn't apply today, because we are under a new commandment & no longer under the Law but grace? What do you think?

Our so-called day of rest is Sunday for Christians once upon a time it was no shops open, no sport, no adverts on the tv, it was family roast day when you visited your relatives People dressed up & there was something special about Sunday but sadly that is but a dream today

I suppose you could call it a Holy Day in fact that's where holiday came from Holy meaning dedicated to God A holiday implies a day or time of refreshing, get away from the normal day life

Jews celebrate Friday pm through Saturday pm, while Seventh Day Adventists it's Saturday & Muslims it's Friday Does it matter what day it is if we are supposed to have a day of rest could it be any day?

I certainly believe we shouldn't be dogmatic or legalistic when it comes to a Sabbath But I most certainly believe the Biblical principle for our spiritual, physical & mental health is we need a day set aside that we don't do the normal stuff Thus it should be a different day where we have time to relax, reflect & enjoy a break from normal activities Sabbath means to stop, to rest or cease what you normally do

God rested on the 7<sup>th</sup> day If God needed a break how much more do we? Genesis 2:2,3  
Given we are made in His image

The Jews are very strict when it comes to their Sabbath NO business transactions, driving, using your phone, using electricity for cooking, gardening, laundry Family have Sabbat feast on Friday evening

Churches selling coffee, books etc is that ok? Given Jesus anger that the Temple had become a den of thieves for selling items inside the Temple Or is it different today? I'm not talking about a drink n biscuit/cake but paying for a latte/mocha etc & selling Christian material Interesting thought ah!

SEE FURTHER TEACHING ON THE SIN OF BUSYNESS Our over commitment to the world & our under commitment to the Lord

Day of no stress, refreshing, refueling, time to worship Psalm 92:1 To go out of Church ready for a new week being edified we honor the Sabbath Set aside one day a week Romans 14:5 A sacrificial day

Jesus honored Sabbath; Disciples honored the Sabbath & Paul honored the Sabbath

Exodus 31:12-17 So if we agree the commandments are a foundation of our faith then can we take one of the 10 commandments out but say the rest are relevant? My thinking is you either accept all or reject all? Is that a reasonable assumption?

DL MOODY says "Are you obeying this commandment How do you spend it? Mark 2:27 The Sabbath was made for man & not man for the Sabbath The fourth commandment begins with the word REMEMBER How can we claim this one commandment has been done away with, when we say the other nine are still biding? The Church of God has lost its power on the account of so many people giving up the Sabbath & using it to promote selfishness Sabbath needs REST & that's how we are to observe it Remember the rest day Keep it holy God rested, if He did how much more do we need to"

Many occupations don't allow us to rest on Sunday so another day should be set aside as our Sabbath When God gave instruction about building the Tabernacle He referred to the Sabbath to observe it Especially applies to those in ministry a day should be set aside in place of Sunday to sustain the work He has called you too Those in ministry it is the key to sustaining ministry In the US constitution for the protection of the President for must be scheduled a day off each week The President has 10 days with the exception of his day off to pass a bill Our bodies need some rest physically, emotionally & mentally to recoup That is why fasting is important to give our body a break Giving you a healthy body mind & spirit Even the Armish do no chores including cooking it's a day to relax fellowship, study, see family. go to Church We often say we have no time to stop, making excuses Instead of discipling our lives so we take time out Isaiah 58:13,14 says it also brings blessing

David Wilkerson We once dressed up to go to Church in our Sunday best But today the Lords day is for self-gratification & our pleasure No longer do we do quiet activities Its in fact the opposite it's the biggest retail shopping day of the week We take a hour & a half out of our day for Church to ease our conscience We have done our spiritual observance Now it's time for our leisure, pleasure & recreation forgetting about Church & God

OLD TESTAMENT OBSERVANCE Exodus 16:29 Sabbath means to cease, stop what you're doing 20:8 keep it holy 6 days to labor 7<sup>th</sup> day rest Numbers 15 they were caught outside the camp gathering firewood (manna came daily except twice on day before Sabbath) verse 35 Death God was teaching His people about His laws & principle's If we disobey there are consequences for instance well burn out & have a break down You see this was a covenant (a contract) between God & His people so that they would live long lives (longevity)

In Jeremiah 17:21,22 the prophet was heartbroken as there were hordes of buyers & sellers entering the city They would carry their burdens on their backs Jeremiah watched God move upon them powerfully Declaring that they were not to carry their burdens on the Sabbath as they were breaking the law

Nehemiah was angry when he saw what was happening on the Sabbath 13:15 He warned them to lay down their concerns that was affecting their minds v17 didn't listen No sermon is going to change you unless you let it v21 threats but we have to address our cares & worries so they don't dictate what we do v19 He posted sentries on the gates The same needs to happen with our minds not allowing the enemy into our minds Leaving them with God (at the Cross)

NEW TESTAMENT Jesus travelled on the Sabbath & also healed on the Sabbath The Pharisees labelled Jesus a law breaker All right for Jesus it must be ok for us, too RIGHT? The day doesn't matter it's that we act upon the Word Acts 20:7 1 Corinthians 16:2 first day of the week to physically rest Hebrews 4:9 rest your soul, lay your sin & burdens upon Jesus Matthew 11:28 As you enter into My Fathers Sabbath rest you will no longer carry your burdens instead give them to Me But do, we? Isaiah 40:28 God rested not as we do, sit back & take 24 hours off You see He'd finished the work of salvation because man couldn't bear the burden of sin A second Adam was required God provided us with a burden bearer Psalm

55:22;38:4 Jesus wasn't an afterthought He was planned at the beginning This is why Jesus cried IT IS FINISHED it was completed the redemption that was planned was now fulfilled We live in a day of grace

Jeremiah 17:22 we are ceasing our daily chores Jeremiah 17:24,25,27 lay burdens down if don't be in pain, stress & sorrow Sleep issues, high blood pressure, mind is tormented & no inner peace Like a loaded down donkey taking on his master's burden Do you know people who can't rest, they have to be on the go Eventually it will catch up & often with dire consequences

PRAYER Jesus by faith I cast out every burden, care & worry out of my thoughts & mind They are yours I lay them at your feet I take captive every thought in Jesus Name I speak to (areas specifically you're giving to Him) I break their hold over my life & I choose to walk in obedience to your Word & the commands which you have laid out for my good I affirm you are My Lord & savior who purchased my redemption on the Cross I honor, adore & worship you Amen

Questions

Do you believe we should have a Sabbath day every week?

What should we do on our Sabbath day?

Does what we do honor the Lord?

Which day should our Sabbath be on?

Will you as a result of this study change your habits on your Sabbath day?

Quotes - ponder on these thoughts

The busyness of things obscures our concentration on Gd Never let a hurried lifestyle disturb the relationship of abiding in Him This is easy to allow, but we must guard against it (Oswald Chambers)

The spiritual rest, which God particularly intends in the Commandments is this, that we not only cease from our labor & trade, but much more That we let God alone work in us & that we do nothing of our own with all our powers (Martin Luther)

Show me a nation that has given up the Sabbath & I will show you a nation that has got the seed of decay (DL Moody)

Sabbath is that uncluttered time & space in which we can distance ourselves from our own activities enough to see what God is doing (Eugene Peterson)

The bow cannot be always bent without fear of breaking Repose is as needful as sleep to the body Rest time is not waste time It is wisdom to take occasional furlough In the long run, we shall do more by sometimes doing less (CH Spurgeon)

What about a Sabbath day of Rest		
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RemnantNZ December 2020 Keith Adams		
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