

SERMON OUTLINE

SERMON TITLE:	How to Make the Rest Day the Best Day
SERMON REFERENCE:	Exodus 20:8-11
LWF SERMON NUMBER:	#1856

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1) INTRODUCTION

- a) The world around us is moving at a faster pace, and many of our homes have become restless.
- b) God has given us a recipe to help bring peace to our restless homes.
- c) God has given us a day of rest.
 - i) Exodus 20:8-11
 - ii) Mark 2:27
 - (1) The Sabbath Day was made for man.
- d) Each of the Ten Commandments were made for us.
 - i) God's laws are for our welfare.
- e) God gave the Old Testament Sabbath to the people of Israel.
- f) God has given us, the New Testament church, something even better: the Lord's Day.
 - i) The Lord's Day is the transformation and fulfillment of the Old Testament Sabbath.
- g) Christian families have been given a special day, and if we use it properly and enjoy it as we should, it will be a treasure for our families.

2) THREE PRIMARY REST DAYS

- a) The word "Sabbath" does not mean "seventh," but it means "rest."
- b) There are three primary rest days:
 - i) Creation rest
 - (1) Genesis 2:1-3
 - (a) God created the world in six days, and then He rested.
 - (b) Creation rest pertains to Almighty God.
 - (2) God did not rest because He was weary or tired.
 - (a) Isaiah 40:28
 - (b) God does not get weary.
 - (3) God's rest was similar to a rest in a musical score: for emphasis, reflection and to rejoice in what had gone before.
 - (4) God's rest, though, was disturbed by sin.
 - (a) John 5:17
 - ii) Covenant rest
 - (1) Exodus 31:13
 - (2) Covenant rest pertains to the nation of Israel.
 - (a) A covenant between God and the children of Israel.
 - (3) God gave His special people, the Jews, a special day which was the seventh day rest, the last day of the week.
 - (a) Exodus 31:13
 - (b) Exodus 31:16-17
 - (4) The Old Testament Sabbath was a covenant between God and Israel; not a covenant for us today.

- (5) The Jewish people took the Old Testament Sabbath law and added to the Word of God by creating more than 1,000 ways to break the Sabbath law.
 - (a) Mark 7:13
- (6) The people had turned what God meant as a blessing into a burden.
- iii) Calvary rest
 - (1) Hebrews 10:12
 - (2) Calvary rest is the fulfillment of the Sabbath and is how we apply this command to us today.
 - (3) The Old Testament Sabbath, as well as the Old Testament ceremonies, were also prophecies that foreshadowed, or pointed to, the Lord Jesus Christ.
 - (4) God rested after His first creation; Jesus rested after His new creation.
 - (a) 2 Corinthians 5:17
 - (b) John 5:17
 - (c) John 9:4
 - (d) John 19:30
 - (i) This signifies that His work is done.
 - (e) Hebrews 10:12
 - (f) Colossians 2:13-17
 - (i) Jesus defeated Satan through His death on the cross.
 - (ii) The covenant rest of the Sabbath was a foreshadow of things to come.
 - (5) The Lord Jesus Christ is our finished rest.
 - (a) Matthew 11:28
 - (6) Calvary rest is why we celebrate the first day of the week.
 - (a) The Bible calls this day the Lord's Day.
 - (i) Revelation 1:10
 - (ii) This is the new creation Calvary Sabbath.
 - (7) Nine facts regarding the first day of the week, the Lord's Day:
 - (a) Jesus rose from the dead on the first day of the week.
 - (i) Mark 16:9
 - (b) Jesus met with His disciples after His resurrection on the first day of the week.
 - (i) Mark 16:11-12
 - (c) Jesus met with His disciples eight days later, on the first day of the week.
 - (i) John 20:19-20
 - (d) The disciples were commissioned to preach the Gospel on the first day of the week.
 - (i) John 20:21
 - (e) The Holy Spirit was imparted to the disciples on the first day of the week.
 - (i) John 20:22

- (f) The church was born on the first day of the week on the Day of Pentecost.
 - (i) Acts 2:1
- (g) The Book of the Revelation was given on the first day of the week.
 - (i) Revelation 1:10
- (h) The early church met for worship on the first day of the week.
 - (i) Acts 20:7
- (i) The early church took up offerings on the first day of the week.
 - (i) 1 Corinthians 16:2
- c) The covenant Sabbath speaks of the finished work of creation; the believer's rest speaks of the finished work of redemption.
 - i) The covenant Sabbath deals with natural life; our Lord's Day deals with supernatural life.
 - ii) The Sabbath dealt with life in Adam; our Lord's Day deals with life in Christ.
 - iii) The Sabbath commemorated the work of God's hands; the Lord's Day commemorates the work of God's heart.
 - iv) The Sabbath was a display of God's power; the Lord's Day is a display of God's grace.
 - v) The Sabbath was given to Israel; the Lord's Day is given to the church.
- d) We need to be careful not to take the Old Testament rules concerning the Sabbath and apply them to Sunday, the Lord's Day.
 - i) This does not mean that we discard the commandment to keep the Sabbath day holy.
 - ii) This simply means that we see in it its ultimate fulfillment as it applies to the church of the Lord Jesus Christ.
 - (1) The Lord's Day is a holy day.
 - (2) The Lord's Day is a day of love, not legalism.
- e) Just as the Old Testament Sabbath was set apart from the rest of the week; the Lord's Day still holds a distinction from the other days in the week.
 - i) 1 Corinthians 16:12
 - (1) When we bring our offerings to God, that is a token that all belongs to God.
 - (2) When we keep the Lord's Day, that is a token that every day belongs to God.
 - ii) Hebrews 10:25
 - iii) The Lord's Day is time set apart for God.

3) HOW DO WE MAKE THE REST DAY THE BEST DAY?

- a) Make it a holy day.
 - i) Hebrews 10:25
 - ii) We need to come together in corporate worship on the Lord's Day.
 - iii) The early church worshipped together on the first day of the week.
 - (1) Acts 20:7

- iv) As parents, we need to make church attendance on the Lord's Day a priority and a regular habit in our homes.
 - (1) Psalm 145:4
 - (2) Isaiah 38:19
 - (3) We often place a higher priority on going to work on Monday than attending church on Sunday.
 - v) We need to teach our children that worshipping the Lord together is important.
 - (1) One way to do that is through anticipation.
 - (a) Prepare in advance for church on Sunday.
 - (i) Lay out the children's clothes on Saturday night.
 - (ii) Go over the Sunday school lesson on Saturday.
 - (iii) Prepare the tithe on Saturday.
 - (iv) Pray together for the pastor, deacons and church leaders.
 - (v) Be positive about the church.
 - (vi) Encourage the children to sing along in the music service.
 - (vii) Make sure the children have Bibles that they can read.
 - b) Make it a healthy day.
 - i) Rest on the Lord's Day.
 - ii) Exodus 20:9
 - iii) We should teach children tranquility as well as industry.
 - iv) The Lord's Day was made for us.
 - c) Make it a happy day.
 - i) The early church met on Sunday because Jesus rose from the grave on Sunday.
 - ii) Sunday is a joyous day.
 - iii) Every Lord's Day is a celebration.
 - iv) Sunday should be the happiest day of the week.
- 4) CONCLUSION
- a) Matthew 11:28
 - i) Jesus invites us to come to Him.
 - ii) He invites us to come as we are to Him.
 - iii) We are not waiting upon Him; He has already extended the invitation.
 - iv) We don't have to wait to find rest; we can find rest in Jesus Christ today.
 - b) Do you know Jesus personally? If not, you can pray to Him today by asking Him to come into your life.
 - c) Call upon Jesus today. Repent (turn) from your sins, and turn to Jesus. Ask Him to forgive you of your sins, and acknowledge Him as Lord of your life.
 - i) Romans 3:23
 - ii) Romans 10:9-10
 - iii) Romans 10:13
 - iv) Acts 16:31
 - v) John 3:16