

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, not man for the Sabbath.
- d) Each of the Ten Commandments were made for us.
 - i) When we honor the Lord, it does not make Him any more holy, it makes us more holy.
 - ii) God's laws are for our welfare.
 - iii) Every time God says, "Thou shalt not," He is saying, "Don't hurt yourself.
 - iv) Every time God says, "Thou shalt," He is saying, "Help yourself to happiness."
- 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.
- h) "Sabbath" means "rest."
 - i) It comes from the Hebrew word "Shabbat."
 - ii) It does not mean "seventh."

2) THREE PRIMARY REST DAYS

- a) 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.
 - (a) To break an Old Testament Sabbath law could mean sudden death.
 - (i) Exodus 31:15 says that anyone who works on the Sabbath shall be put to death.
 - 1. Building a fire.
 - a. Exodus 35:3
 - (b) Today, if we say that we want to keep the Sabbath like they did in the Old Testament, we are in for a lot of trouble.
 - (i) When you start your engine, you started a fire.
 - (ii) When you turn on an incandescent light bulb, you started a fire.
 - (iii) When you adjust your thermostat up, you started a fire.
- (5) In Hebrew, there are 39 words in this commandment that talks about the Sabbath.
 - (a) The Jews added to the Word of God, and found 39 ways that the Sabbath could be broken.
 - (b) Those 39 ways were further broken down into 39 divisions.
 - (i) They ended up with 1,521 ways a person could break the Sabbath.
 - (ii) Mark 7:13
 - (iii) If you have a tack in your shoe, remove it before the Sabbath or you will be carrying a burden on the Sabbath Day.
 - (iv) If there is a flea on you, get it off before the Sabbath, otherwise, if you try to remove it on the Sabbath you will be hunting on the Sabbath Day.
 - (v) Jews would not eat an egg that was laid on Saturday because that hen was working on the Sabbath.
 - (vi) You could put vinegar in your mouth and swallow it, because it was okay to eat on the Sabbath, but you could not hold it there if you had a toothache, that would be healing on the Sabbath.
- (6) They had taken what God had meant for a blessing and turned it into a burden.
 - iii) Calvary rest
 - (1) Hebrews 10:12
 - (2) Calvary rest is the fulfillment of the Sabbath for us 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
 - (i) After Jesus rose, He sat down at the right hand of the Father.
 - 1. In the Old Testament temple, the priest did not have a place to sit because his work was never done.
- (f) Colossians 2:13-17
 - (i) “*Dead in our sins*” means we are dead without Christ.
 - (ii) “*Uncircumcision of our flesh*” refers to our sinful nature.
 - (iii) “*Quickened together with Him*” means that when Jesus rose from the grave, we rose with Him.
 - (iv) “*Having forgiven you all trespasses*” means we are forgiven.
 - (v) In Bible times, when a person was found guilty of a crime, a certificate of debt or a handwriting of ordinances, was nailed to the jail door.
 - (vi) Jesus took our handwriting of ordinances and blotted them out, stamping on them, “It is finished.”
 - 1. “*It is finished*” means “paid in full;” paid with the precious blood of Jesus.
 - (vii) Jesus defeated Satan through His death on the cross.
 - (viii) The covenant rest of the Sabbath foreshadows things to come.
 - 1. Jesus is the body; the Old Testament Sabbath was a show of Jesus Christ.
- (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) Because Jesus burst out of the grave on the first day of the week.
 - (b) The Old Testament covenant Sabbath is never called the Lord’s Day.
 - (i) But the new creation Calvary Sabbath is called the Lord’s Day.
- (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
- (8) Sunday is not the weekend; it is the first day of the week.
- b) The covenant Sabbath speaks of the finished work of creation; the believer's (Calvary) rest speaks of the finished work of redemption.
 - i) The covenant Sabbath deals with natural life; the Lord's Day deals with supernatural life.
 - ii) The covenant Sabbath dealt with life in Adam; the Lord's Day deals with life in Christ.
 - iii) The covenant Sabbath commemorated the work of God's hands; the Lord's Day commemorates the work of God's heart.
 - iv) The covenant Sabbath was a display of God's power; the Lord's Day is a display of God's grace.
 - v) The covenant Sabbath was given to Israel; the Lord's Day is given to the church.
 - vi) The covenant Sabbath was a day of law; the Lord's Day is a day of love.
 - vii) Those who insist on keeping the Old Testament covenant rest are on the wrong side of Calvary.
 - (1) They are still chasing shadows.
- c) If we are not under the Old Testament laws of the Sabbath, how do we keep the Lord's Day?
 - i) What are the laws, the regulations, for keeping the first day of the week?
 - (1) The Bible does not give any rules.
- 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) We would find that we are breaking the covenant Sabbath all the time.
 - ii) This does not mean that we discard this commandment.

- iii) 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) Ask the Lord how you can honor Him on His day.
 - ii) 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.
 - iii) Hebrews 10:25
 - iv) The Lord's Day is time set apart for God.
- 3) THREE PRINCIPLES FOR KEEPING THE LORD'S DAY
- a) The Lord's Day is a time out for God.
 - b) Make it a holy day.
 - i) We need to take time to worship.
 - ii) The Bible commands Christians to come together to worship.
 - (1) Hebrews 10:25
 - 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 should not 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) When we do not make church a priority, it tells our kids that it is not as important as other things.
 - (2) When we do make church a priority, it says to our kids that God, the church and the fellowship are important to you.
 - (3) Teach your kids that Sunday is important 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 teachers.
 - (v) Let the children give from their own allowance; something they earned not something you gave them to give.
 - (vi) Be positive about the church.

- (vii) Encourage the children to sing along in the music service.
 - (viii) Make sure the children have Bibles that they can read.
 - (ix) Teach your child how to take notes.
- c) 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.
 - d) Make it a happy day.
 - i) Sunday ought to be the happiest day of the week.
 - ii) The early church met on Sunday because Jesus rose from the grave on Sunday.
 - iii) Sunday is a joyous day.
 - iv) Every Lord's Day is a celebration.
 - v) 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