

**“Take Time for God”**  
**Exodus 20:8-11**  
Pastor John Miller

## **I. Introduction**

- A. The fourth commandment is God’s “maintenance required” light
  - 1. It is detrimental and dangerous to ignore its warning
  - 2. The fourth commandment brings us to the conclusion of the commandments dealing with our relationship to God
    - a) We are to worship Him only (v. 3)
    - b) We are to worship Him correctly (v. 4)
    - c) We are to worship Him sincerely (v. 7)
    - d) We are to worship Him regularly (v. 8)
  - 3. It is the longest of all the commandments, and it is the most misunderstood
- B. There are many differing views about the Sabbath Day
  - 1. Some say Christians are obligated to worship on Saturday
    - a) Illustration- Seventh Day Adventists
  - 2. Some say that Sunday is the New Testament equivalent of the Old Testament Sabbath and is to be observed the same way
    - a) Illustration- Legalism
  - 3. The Sabbath has been abolished by the death and resurrection of Christ, and a new day (The Lord’s Day), which has its own characteristics, has replaced it
    - a) I believe this is the correct, biblical view
  - 4. There are four main points I want to make about the Sabbath Day

## **II. The Explanation of the Sabbath**

- A. The Sabbath was a uniquely Jewish institution established with Israel as a sign of His covenant with them
  - 1. (Exodus 31:12-18)
  - 2. Some say, “what about Genesis 2:2-3?”
    - a) Go back to Exodus 20:8-11
  - 3. Sabbath means “rest”
    - a) It does not mean Saturday or Sunday
    - b) The universal principle is one day of rest for six days of work
    - c) There is more to life than labor
  - 4. God knows we need a Sabbath day
    - a) To keep from burning out
      - 1) Physically
      - 2) Emotionally
      - 3) Spiritually
  - 5. It was a day of intermission to focus on God and trust Him for provision
    - a) Illustration- Six days of manna
    - b) Remember God’s creation rest
    - c) It was God’s grace gift
    - d) It was to be a blessing

### **III. The Degeneration of the Sabbath**

- A. By the time of Christ, the Sabbath had become a burden, not a blessing
  - 1. The legalistic Pharisees and rabbis added to the Sabbath their own man-made rules
    - a) Illustration- “You can’t carry a burden on the Sabbath”
  - 2. It brought them into conflict with Jesus, who said, “Think not that I come to destroy...”
    - a) Illustration- The wheat fields
    - b) (Mark 2:23-28)
    - c) Jesus healed on the Sabbath
  - 3. The Sabbath was made for man, not man for the Sabbath
    - a) (Exodus 20)
  - 4. Watch out for legalists

### **IV. The Transformation of the Sabbath**

- A. Why is it that the church has gathered on Sunday, the first day of the week, to celebrate and worship?
  - 1. Why not Saturday?
    - a) Not in the New Testament
  - 2. Jesus’ resurrection
    - a) (Matthew 28:1)
    - b) (Mark 16:1-2)
    - c) (Luke 24:1)
    - d) (John 20:1)
  - 3. Jesus’ post-resurrection appearances
    - a) “Emmaus” (Luke 24)
    - b) To Thomas (John 20:26)
  - 4. The Day of Pentecost
    - a) The Holy Spirit came, and the church was born
  - 5. The early church met on the first day of the week
    - a) (Acts 20:7)
    - b) (1 Corinthians 16:2)
  - 6. The Jerusalem council did not impose Sabbath keeping on the Gentile believers
    - a) (Acts 15)
  - 7. Paul warned the Gentile believers about many different sins in his epistles, but never about breaking the Sabbath
  - 8. “Let no man therefore judge you in meat, or in drink, or in respect of an holyday, or of the new moon, or of the sabbath days” (Colossians 2:16)
  - 9. “Which are a shadow of things to come; but the body is of Christ” (Colossians 2:17)
  - 10. “I was in the Spirit on the Lord’s Day” (Revelation 1:10)

### **V. The Application of the Lord’s Day**

A. How should we observe the Lord's Day?

1. Follow God's pattern
  - a) Rest
  - b) Take time for God
  - c) Physical
  - d) "Be still and know that I am God"
2. Fellowship with God's people
  - a) Spiritual
  - b) (Hebrews 10:25)
  - c) "I was glad when they said unto me, let us go into the house of the Lord"  
(Psalm 122:1)
  - d) It should be a celebration
  - e) Every Sunday is resurrection day
  - f) Hear God's Word
  - g) Give to God
  - h) Serve God
3. Put your faith in God's Son
  - a) His finished work of redemption
  - b) On the cross- "it is finished"
  - c) Jesus said, "Come unto me...and I will give you rest"
  - d) (Hebrews 4:3)
4. One day, we will enter our eternal rest (Heaven)
  - a) (Revelation 14:13)

## VI. Conclusion

A. Take time for God

1. Preparation
2. Participation
3. Preservation