

NEW GOVERNMENT. NEW DIRECTION: SABBATH

30 May 2010

Small Group Questions

What is your experience of Sabbath keeping?

Is a Sabbath different to a day off?

Should you go shopping on a Sunday?

Are there people in your group who would find it difficult to have a Sabbath due to their stage in life, eg carers? How could you help them?

A Sabbath is for spiritual, physical and mental restoration.

OT View

Gen 2:1-3

2:1 Thus the heavens and the earth were completed in all their vast array.

2 By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work.

3 And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

Fourth commandment

Ex 20:8-11

8 "Remember the Sabbath day by keeping it holy.

9 Six days you shall labour and do all your work,

10 but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates.

11 For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

Punishment

Ex 31:13-17

13 *"Say to the Israelites, 'You must observe my Sabbaths. This will be a sign between me and you for the generations to come, so that you may know that I am the LORD, who makes you holy.*

14 *"Observe the Sabbath, because it is holy to you. Anyone who desecrates it must be put to death; whoever does any work on that day must be cut off from his people.*

15 *For six days, work is to be done, but the seventh day is a Sabbath of rest, holy to the LORD. Whoever does any work on the Sabbath day must be put to death.*

16 *The Israelites are to observe the Sabbath, celebrating it for the generations to come as a lasting covenant.*

17 *It will be a sign between me and the Israelites for ever, for in six days the LORD made the heavens and the earth, and on the seventh day he abstained from work and rested."*

Num 15:32-36

32 *While the Israelites were in the desert, a man was found gathering wood on the Sabbath day.*

33 *Those who found him gathering wood brought him to Moses and Aaron and the whole assembly,*

34 *and they kept him in custody, because it was not clear what should be done to him.*

35 *Then the LORD said to Moses, "The man must die. The whole assembly must stone him outside the camp."*

36 *So the assembly took him outside the camp and stoned him to death, as the LORD commanded Moses.*

Blessing

Isa 58:13-14

13 *"If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the LORD's holy day honourable, and if you honour it by not going your own way and not doing as you please or speaking idle words,*

14 *then you will find your joy in the LORD, and I will cause you to ride on the heights of the land and to feast on the inheritance of your father Jacob." The mouth of the LORD has spoken.*

NT

Gospels

Not wrong to do good. Jesus often healed people on the Sabbath:

Lk 13:10-17

Healing crippled woman

Jn 5:1-18,

Healing of man by pool

Lk 14: 1-6

Healing man from dropsy

Mark 2:27

27 Then he said to them, "The Sabbath was made for man, not man for the Sabbath .

Luke 6:5

5 Then Jesus said to them, "The Son of Man is Lord of the Sabbath

Summary of Biblical overview

Principle of one day in seven rest laid down in act of creation. So principle there before the law is given

Emphasised in law, regulated in law

Prophetically recognised as an opportunity of blessing

Overly legalised by the Pharisees

That legalism stripped away by Jesus, but not the principle, Sabbath made for man, to be a blessing for him, to give time for spiritual, physical and mental restoration.

Sabbath peace

Heb 4:1-11

4:1 Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it.

2 For we also have had the gospel preached to us, just as they did; but the message they heard was of no value to them, because those who heard did not combine it with faith.

3 Now we who have believed enter that rest, just as God has said, "So I declared on oath in my anger, 'They shall never enter my rest.'" And yet his work has been finished since the creation of the world.

4 For somewhere he has spoken about the seventh day in these words: "And on the seventh day God rested from all his work."

5 And again in the passage above he says, "They shall never enter my rest."

6 It still remains that some will enter that rest, and those who formerly had the gospel preached to them did not go in, because of their disobedience.

7 Therefore God again set a certain day, calling it Today, when a long time later he spoke through David, as was said before: "Today, if you hear his voice, do not harden your hearts."

8 For if Joshua had given them rest, God would not have spoken later about another day.

9 There remains, then, a Sabbath-rest for the people of God;

10 for anyone who enters God's rest also rests from his own work, just as God did from his.

11 Let us, therefore, make every effort to enter that rest, so that no-one will fall by following their example of disobedience.

Sabbath Stones - not for stoning anyone, but rather to build a memorial. We use the Sabbath to remember God. Give ourselves time off our regular work to do that.

Gift from God. One day in seven to rest from your work, to be refreshed, to enjoy God and dare I say - have some fun.