

Series: Families That Win

Play #4 : Teach Them About My GIFT Of Rest



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“Remember the Sabbath day, to keep it holy. For six days you shall labor and do all your work, but the seventh day is a Sabbath of the Lord your God; on it you shall not do any work, you, or your son, or your daughter, your male slave or your female slave, or your cattle, or your resident who stays with you. For in six days the Lord made the heavens and the earth, the sea and everything that is in them, and He rested on the seventh day; for that reason the Lord blessed the Sabbath day and made it holy.”

(Exodus 20:8-11 NASB 2020)

<https://bible.com/bible/2692/exo.20.8-11.NASB20>

“We don’t keep the commandments to be saved. We are saved by grace. Paul said “For it is by grace [God’s remarkable compassion and favor drawing you to Christ] that you have been saved [actually delivered from judgment and given eternal life] through faith. And this [salvation] is not of yourselves [not through your own effort], but it is the [undeserved, gracious] gift of God.”

(Ephesians 2:8 AMP)

<https://bible.com/bible/1588/eph.2.8.AMP>

I.

“Remember the Sabbath day, to keep it holy. For six days you shall labor and do all your work, but the seventh day is a Sabbath of the Lord your God; on it you shall not do any work, you, or your son, or your daughter, your male slave or your female slave, or your cattle, or your resident who stays with you. For in six days the Lord made the heavens and the earth, the sea and everything that is in them, and He rested on the seventh day; for that reason the Lord blessed the Sabbath day and made it holy.”

(Exodus 20:10-11 NASB2020)

<https://bible.com/bible/2692/exo.20.10-11.NASB2020>

“Hear, O Israel! The Lord is our God, the Lord is one [the only God]! You shall love the Lord your God with all your heart and mind and with all your soul and with all your strength [your entire being]. **These words, which I am commanding you today, shall be [written] on your heart and mind. You shall teach them diligently to your children [impressing God’s precepts on their minds and penetrating their hearts with His truths] and shall speak of them when you sit in your house and when you walk on the road and when you lie down and when you get up.”**

(Deuteronomy 6:5-7 AMP)

<https://bible.com/bible/1588/deu.6.5-7.AMP>

“So the sons of Israel shall keep the Sabbath, to celebrate the Sabbath throughout their generations as a permanent covenant.’ It is a sign between Me and the sons of Israel forever; for in six days the Lord made heaven and earth, but on the seventh day He ceased from labor, **and was refreshed.”**

(Exodus 31:17 NASB2020)

<https://bible.com/bible/2692/exo.31.17.NASB2020>

“He said to them, “This is what the Lord has said: ‘Tomorrow is a solemn rest, a holy Sabbath to the Lord’; bake and boil what you will bake and boil [today], and all that remains left over put aside for yourselves to keep until morning.” They put it aside until morning, as Moses told them, and it did not become foul nor was it wormy. Then Moses said, **“Eat that today, for today is a Sabbath to the Lord; today you will not find it in the field. Six days you shall gather it, but on the seventh day, the Sabbath, there will be none [in**

the field].” **Now on the seventh day some of the people went out to gather, but they found none.** Then the Lord said to Moses, “How long do you [people] refuse to keep My commandments and My instructions (laws)? See, the Lord has given you the Sabbath; therefore He gives you the bread for two days on the sixth day. Let every man stay in his place; no man is to leave his place on the seventh day.” So the people rested on the seventh day.”

(Exodus 16:23-30 AMP)

<https://bible.com/bible/1588/exo.16.23-30.AMP>

A. Rest and be refreshed

B. Work

C. Witness

D. Trust

E. Teach

If God **refreshes** himself, shouldn't we **refresh** ourselves?

II. _____

“Now while the sons of Israel were in the wilderness, they found a man gathering wood on the Sabbath day. And those who found him gathering wood brought him to Moses and Aaron, and to all the congregation; and they placed him in custody, because it had not been decided what should be done to him. Then the Lord said to Moses, “The man must be put to death; all the congregation shall stone him with stones outside the camp.” So all the congregation brought him outside the camp and stoned him to death with stones, just as the Lord had commanded Moses.”

(Numbers 15:32-36 NASB2020)

<https://bible.com/bible/2692/num.15.32-36.NASB2020>

III.

“If you watch your step on the Sabbath and don’t use my holy day for personal advantage, If you treat the Sabbath as a day of joy, God’s holy day as a celebration, If you honor it by refusing ‘business as usual,’ making money, running here and there— **Then you’ll be free to enjoy God! Oh, I’ll make you ride high and soar above it all. I’ll make you feast on the inheritance of your ancestor Jacob.**” Yes! God says so!”

(Isaiah 58:13-14 MSG)

<https://bible.com/bible/97/isa.58.13-14.MSG>

“And it happened that He was passing through the grainfields on the Sabbath, and His disciples began to make their way along while picking the heads of grain. The Pharisees were saying to Him, “Look, why are they doing what is not lawful on the Sabbath?” And He *said to them, “Have you never read what David did when he was in need and he and his companions became hungry; how he entered the house of God in the time of Abiathar the high priest, and ate the consecrated bread, which is not lawful for anyone to eat except the priests, and he also gave it to those who were with him?” **Jesus said to them, “The Sabbath was made for man, and not man for the Sabbath. So the Son of Man is Lord, even of the Sabbath.”**

(Mark 2:23-28 NASB 2020)

<https://bible.com/bible/2692/mrk.2.23-28.NASB2020>

- **A gift of time** — In the beginning, God gave humans the gift of sacred time to spend in fellowship with their Creator. (Genesis 2:1–3)
“So the heavens and the Earth were completed, and all their hosts (inhabitants). And by the seventh day, God completed His work. He rested (ceased) on the seventh day, from all His work, which He had done.

So God blessed the seventh day and sanctified it [as His own, that is, set it apart as holy from other days], because in it He rested from all His work which He had created and done.”

(Genesis 2:1-3 AMP)

<https://bible.com/bible/1588/gen.2.1-3.AMP>

- **Freedom from work** — Since sin brought exhausting toil, the Sabbath is a weekly rest from work for everyone, including animals. (Exodus 20:8–11).
- **A blessing of joy** — Those who keep the Sabbath are promised joy and fulfillment in life.

“If you turn back your foot from [unnecessary travel on] the Sabbath, From doing your own pleasure on My holy day, And call the Sabbath a [spiritual] delight, and the holy day of the Lord honorable, **And honor it, not going your own way Or engaging in your own pleasure Or speaking your own [idle] words, Then you will take pleasure in the Lord, And I will make you ride on the high places of the earth, And I will feed you with the [promised] heritage of Jacob your father; For the mouth of the Lord has spoken.**”

(Isaiah 58:13-14 AMP)

<https://bible.com/bible/1588/isa.58.13-14.AMP>

- **A special blessing for our children** — As we show our dedication to God by keeping His Sabbath holy, He promises to gather our children to Him and bless them.

(Isaiah 58:13-14 AMP)

<https://bible.com/bible/1588/isa.58.13-14.AMP>

“Blessed (happy, fortunate) is the man who does this, And the son of man who takes hold of it, Who keeps the Sabbath without profaning it, And keeps his hand from doing any evil.” Do not let the foreigner who has joined himself to the Lord say, “The Lord will most certainly separate me from His people.” And do not let the eunuch say, “Look, I am a dry tree.” This is what the Lord says, “To the eunuchs who keep My Sabbaths And choose what pleases Me, And hold firmly to My covenant, To them I will give in My house and within My walls a memorial, And a name better than that of sons and daughters; I will give them an everlasting name which will not be cut off. “Also the foreigners who join themselves to the Lord, To minister to Him, and to love the name of the Lord, To be His servants, everyone who keeps the Sabbath without profaning it And holds fast to My covenant [by conscientious obedience]; All these I will bring to My holy mountain And make them joyful in My house of prayer. Their burnt offerings and their

sacrifices will be accepted on My altar; For My house will be called a house of prayer for all the peoples.” The Lord God, who gathers the dispersed of Israel, declares: “I will gather yet others to them (Israel), to those [already] gathered.” All you beasts of the field, All you beasts (hostile nations) in the forest, Come to eat.”

(Isaiah 56:2-9 AMP)

<https://bible.com/bible/1588/isa.56.2-9.AMP>

- **Security** — God has given to us the Sabbath as a sign of our saving relationship with Him, giving us security in the midst of a world of falsehood and deception.

“Sanctify My Sabbaths; and they shall be a sign between Me and you, **so that you may know that I am the Lord your God.**”

(Ezekiel 20:20 NASB2020)

<https://bible.com/bible/2692/ezk.20.20.NASB2020>

- **Renewal in Christ** — Jesus came as God in the flesh to show us how to live and how much God wants to save us from sin so that we can live eternally with Him. He claimed the Sabbath as His holy day and then showed us how to keep it. (See Mark chapter 2)
- **Hope of eternity** — God’s promise of a new world, free from sin, is concurrent with an unbroken cycle of Sabbath worship.

“For just as the new heavens and the new earth, which I make, will endure before Me,” declares the Lord, **“So will your descendants and your name endure. “And it shall be from new moon to new moon And from Sabbath to Sabbath, All mankind will come to bow down before Me,” says the Lord.**”

(Isaiah 66:22-23 NASB)

Answer Key:

I. The concepts that must be declared

II. The consequences that will be dispensed

III. The commendation that will be delivered