

## Timeline of Truth – Commandment #4: Remember the Sabbath (Exodus 20:8-11)

<p><sup>1</sup> And God spoke all these words, saying:</p> <p><sup>2</sup> "I <i>am</i> the LORD your God, who brought you out of the land of Egypt, out of the house of bondage.</p>	
<p><sup>3</sup> "You shall have no other gods before Me.</p>	<p>Nothing / No One But God Directing My Life</p>
<p><sup>4</sup> "You shall <b>not</b> make for yourself a carved image, or any likeness of <i>anything</i> that <i>is</i> in <u>heaven</u> above, or that <i>is</i> in the <u>earth</u> beneath, or that <i>is</i> in the <u>water</u> under the earth; <sup>5</sup> you shall <b>not</b> bow down to them nor serve them. For I, the LORD your God, <i>am</i> a jealous God, visiting the iniquity of the fathers on the children to the third and fourth <i>generations</i> of those who hate Me, <sup>6</sup> but showing mercy to thousands, to those who love Me and keep My commandments.</p>	<p>No Self-Defined Version of God</p>
<p><sup>7</sup> "You shall not take the name of the LORD your God in vain, for the LORD will not hold <i>him</i> guiltless who takes His name in vain.</p>	<p>Not Misusing God's Name (Words, Actions)</p>
<p><sup>8</sup> "Remember the Sabbath day, to keep it holy. <sup>9</sup> Six days you shall labor and do all your work, <sup>10</sup> but the seventh day <i>is</i> the Sabbath of the LORD your God. <i>In it</i> you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who <i>is</i> within your gates. <sup>11</sup> For <i>in</i> six days the LORD made the heavens and the earth, the sea, and all that <i>is</i> in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it.</p>	<p><u>Rest to Reflect</u> and to <u>Recharge</u></p>
<p><sup>8</sup> "Remember the Sabbath day, to keep it holy.</p>	<p>The Command</p> <ul style="list-style-type: none"> <li>• <i>What?</i></li> <li>• <i>Why?</i></li> </ul>
<p><sup>9</sup> Six days you shall labor and do all your work,</p>	<p>Instructions, Part 1 (Do Your Work on Days 1-6)</p> <ul style="list-style-type: none"> <li>• <i>When?</i></li> <li>• <i>What?</i></li> </ul>
<p><sup>10</sup> but the seventh day <i>is</i> the Sabbath of the LORD your God. <i>In it</i> you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who <i>is</i> within your gates.</p>	<p>Instructions, Part 2 (Do No Work on Day 7)</p> <ul style="list-style-type: none"> <li>• <i>When?</i></li> <li>• <i>What?</i></li> <li>• <i>Who?</i></li> <li>• <i>What?</i></li> <li>• <i>Who?</i></li> </ul>
<p><sup>11</sup> For <i>in</i> six days the LORD made the heavens and the earth, the sea, and all that <i>is</i> in them, and rested the seventh day.</p>	<p>Explanation from Creation</p> <ul style="list-style-type: none"> <li>• <i>Why?</i></li> <li>• <i>What?</i></li> <li>• <i>Then What?</i></li> </ul>
<p>Therefore the LORD blessed the Sabbath day and hallowed it.</p>	<p>Conclusion</p> <ul style="list-style-type: none"> <li>• <i>Who?</i></li> <li>• <i>What?</i></li> <li>• <i>Then What?</i></li> </ul>

### ***How Important Is the Sabbath?***

#### ***Why Was the Sabbath Established? (Mark 2:23-28):***

Mark 2:23-28 <sup>23</sup> Now it happened that He went through the grainfields on the Sabbath; and as they went His disciples began to pluck the heads of grain. <sup>24</sup> And the Pharisees said to Him, "Look, why do they do what is not lawful on the Sabbath?" <sup>25</sup> But He said to them, "Have you never read what David did when he was in need and hungry, he and those with him: <sup>26</sup> "how he went into the house of God *in the days* of Abiathar the high priest, and ate the showbread, which is not lawful to eat, except for the priests, and also gave some to those who were with him?" <sup>27</sup> And He said to them, "The Sabbath was made for man, and not man for the Sabbath. <sup>28</sup> "Therefore the Son of Man is also Lord of the Sabbath."

#### ***When Did It Start (Gen 2:1-3)?***

Gen 2:1-3 <sup>1</sup> Thus the heavens and the earth, and all the host of them, were finished. <sup>2</sup> And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. <sup>3</sup> Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.

#### ***Which Day?***

#### **Why Did God Established the Sabbath Principle For You:**

1. So you can **Rest**. (Ex 20:8-11)
2. So you can **Reflect**. (Ex 20:8-11)
3. So you can **Respect** those under you. (Ex 20:8-11)
4. So you can **Reverence** God properly. (Ex 35:1-3)

Ex 35:1-3 <sup>1</sup> Then Moses gathered all the congregation of the children of Israel together, and said to them, "These *are* the words which the LORD has commanded *you* to do: <sup>2</sup> "Work shall be done for six days, but the seventh day shall be a holy day for you, a Sabbath of rest to the LORD. Whoever does any work on it shall be put to death. <sup>3</sup> "You shall kindle no fire throughout your dwellings on the Sabbath day."

5. So you can **Restrict** your focus (Neh 13:14-22)

Neh 13:14-22 <sup>14</sup> Remember me, O my God, concerning this, and do not wipe out my good deeds that I have done for the house of my God, and for its services! <sup>15</sup> In those days I saw *people* in Judah treading wine presses on the Sabbath, and bringing in sheaves, and loading donkeys with wine, grapes, figs, and all *kinds of* burdens, which they brought into Jerusalem on the Sabbath day. And I warned *them* about the day on which they were selling provisions. <sup>16</sup> Men of Tyre dwell there also, who brought in fish and all kinds of goods, and sold *them* on the Sabbath to the children of Judah, and in Jerusalem. <sup>17</sup> Then I contended with the nobles of Judah, and said to them, "What evil thing *is* this that you do, by which you profane the Sabbath day? <sup>18</sup> "Did not your fathers do thus, and did not our God bring all this disaster on us and on this city? Yet you bring added wrath on Israel by profaning the Sabbath." <sup>19</sup> So it was, at the gates of Jerusalem, as it began to be dark before the Sabbath, that I commanded the gates to be shut, and charged that they must not be opened till after the Sabbath. Then I posted *some of* my servants at the gates, *so that* no burdens would be brought in on the Sabbath day. <sup>20</sup> Now the merchants and sellers of all kinds of wares lodged outside Jerusalem once or twice. <sup>21</sup> Then I warned them, and said to them, "Why do you spend the night around the wall? If you do *so* again, I will lay hands on you!" From that time on they came no *more* on the Sabbath. <sup>22</sup> And I commanded the Levites that they should cleanse themselves, and that they should go and guard the gates, to sanctify the Sabbath day. Remember me, O my God, *concerning* this also, and spare me according to the greatness of Your mercy!

6. So you can **Realign** your heart. (Ezek 20:12-16)

Ezek 20:12-16 <sup>12</sup> "Moreover I also gave them My Sabbaths, to be a sign between them and Me, that they might know that I *am* the LORD who sanctifies them. <sup>13</sup> "Yet the house of Israel rebelled against Me in the wilderness; they did not walk in My statutes; they despised My judgments, 'which, *if* a man does, he shall live by them'; and they greatly defiled My Sabbaths. Then I said I would pour out My fury on them in the wilderness, to consume them. <sup>14</sup> "But I acted for My name's sake, that it should not be profaned before the Gentiles, in whose sight I had brought them out. <sup>15</sup> "So I also raised My hand in an oath to them in the wilderness, that I would not bring them into the land which I had given *them*, 'flowing with milk and honey,' the glory of all lands, <sup>16</sup> "because they despised My judgments and did not walk in My statutes, but profaned My Sabbaths; for their heart went after their idols.

#### **Three Steps**

1. **Designate** Time
2. **Eliminate** Distractions
3. **Fulfill** the Purposes (**Reflect** and **Recharge**)
4. **Guard** the Time

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| <ul style="list-style-type: none"><li>• No time with God; no time for God.</li><li>• Too much to do.</li><li>• Busyness</li></ul> |
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