

## Exodus 20:8-11

<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 is a Sabbath of the LORD your God; *in it* you shall not do any work, you or your son or your daughter, your male or your female servant or your cattle or your sojourner who stays with you. <sup>11</sup> "For in six days the LORD made the heavens and the earth, the sea and all that is in them, and rested on the seventh day; therefore the LORD blessed the Sabbath day and made it holy.

The Sabbath is certainly one of the greatest gifts that our Heavenly Father gave to us. But He didn't just give it, He commanded it. It is actually the fourth commandment that the Lord gave Moses, to give to the people. Today in our Techno Hi-speed world, we don't have time to really rest; we only have time for more high intensity play time. I am sure that you have seen the bumper stickers that boast, "Work hard to play hard." I love playing hard as well, but when do you rest? When do you take rest seriously, do you even give the Sabbath a second thought? The older I get, the more I understand how critical taking a day each week for rest is. We are like the battery tools that many craftsmen and homeowners use, you charge them when the battery dies, but periodically they need a deep charge to maintain their designed effectiveness, and so do you and I. This is exactly what the Sabbath does for us.

Never forget Christ's perspective on the Sabbath as we are told in **Luke 13:14-17**, <sup>14</sup> **And the synagogue official, indignant because Jesus had healed on the Sabbath, began saying to the multitude in response, "There are six days in which work should be done; therefore come during them and get healed, and not on the Sabbath day."** <sup>15</sup> **But the Lord answered him and said, "You hypocrites, does not each of you on the Sabbath untie his ox or his donkey from the stall, and lead him away to water him?"** <sup>16</sup> **"And this woman, a daughter of Abraham as she is, whom Satan has bound for eighteen long years, should she not have been released from this bond on the Sabbath day?"** <sup>17</sup> **And as He said this, all His opponents were being humiliated; and the entire multitude was rejoicing over all the glorious things being done by Him.** What could be anymore restful for this woman, than to be gloriously set free from this affliction which had physically enslaved her for almost two decades; and rather than seeing this woman set free, these religious leaders were more concerned with the letter of the Law. Can you clearly see the difference between religion and relationship here? Because Jesus came to set you free as well.

Look with me at what Jesus said about the Sabbath in **Mark 2:27**, <sup>27</sup> **And He was saying to them, "The Sabbath was made for man, and not man for the Sabbath.** Can you see that this is designed for your own goodwill and health? You may ask when the Sabbath is. According to the scriptures in **Leviticus 23:32**, we are told, **from evening until evening you shall keep your Sabbath."** The Sabbath is from sundown on the sixth day until sundown on the seventh. Literally, it is from sundown on Friday until sundown on Saturday. This Commandment was instituted by God for your very benefit! It isn't a suggestion as many Christians believe today, but rather one of the Ten Commandments given by God. It is very dangerous to try and select which of the Ten Commandments you are going to obey. For the Bible very clearly states that if we are guilty of one, then we are guilty of them all. I exhort you to start honoring the Sabbath, and therefore honoring God and His Word