

# Our problems with the Sabbath

## WORK, REST, PLAY: HOW TO PUT LIFE IN YOUR LIVING

Exodus 20:8-10 and Deuteronomy 5:12-14 Remember to **observe the Sabbath day by keeping it holy.** [as the Lord your God has commanded you.] **9 You have six days each week for your ordinary work, 10 but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work.**

## Our first problem in living out the Sabbath is a tendency towards \_\_\_\_\_

*John 10:7-8 I tell you the truth, I am the gate for the sheep. 8 All who came before me were thieves and robbers. But the true sheep did not listen to them.*

## The next problem with Sabbath comes from the \_\_\_\_\_

The \_\_\_\_\_ we try to understand -> \_\_\_\_\_ answers -> \_\_\_\_\_ answers-> the \_\_\_\_\_ we understand

## The final problem is when we make our \_\_\_\_\_ = our \_\_\_\_\_.

### We call this \_\_\_\_\_.

*Mark 3:1-6 Jesus went into the synagogue again and noticed a man with a deformed hand. 2 Since it was the Sabbath, Jesus' enemies watched him closely. If he healed the man's hand, they planned to accuse him of working on the Sabbath. 3 Jesus said to the man with the deformed hand, "Come and stand in front of everyone." 4 Then he turned to his critics and asked, "Does the law permit good deeds on the Sabbath, or is it a day for doing evil? Is this a day to save life or to destroy it?" But they wouldn't answer him. 5 He looked around at them angrily and was deeply saddened by their hard hearts. Then he said to the man, "Hold out your hand." So the man held out his hand, and it was restored! 6 At once the Pharisees went away and met with the supporters of Herod to plot how to kill Jesus.*

*Exodus 31:14 You must keep the Sabbath day, for it is a holy day for you. Anyone who desecrates it must be put to death; anyone who works on that day will be cut off from the community.*

Legalism requires no \_\_\_\_\_.

Legalism brings immediate \_\_\_\_\_.

*Romans 7:7,14-15 Well then, am I suggesting that the law of God is sinful? Of course not! In fact, it was the law that showed me my sin. I would never have known that coveting is wrong if the law had not said, "You must not covet." 14 So the trouble is not with the law, for it is spiritual and good. The trouble is with me, for I am all too human, a slave to sin. 15 I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate.*

*Isaiah 58:13-14 Keep the Sabbath day holy. Don't pursue your own interests on that day, but enjoy the Sabbath and speak of it with delight as the Lord's holy day. Honor the Sabbath in everything you do on that day, and don't follow your own desires or talk idly. 14 Then the Lord will be your delight. I will give you great honor and satisfy you with the inheritance I promised to your ancestor Jacob. I, the Lord, have spoken!"*

The \_\_\_\_\_ of Sabbath: Don't pursue your own interests...don't follow your own desires

*Leviticus 16:9 It will be a Sabbath day of complete rest for you, and you must deny yourselves.*

*Jeremiah 17:22 Do not do your work on the Sabbath, but make it a holy day.*

The \_\_\_\_\_ of Sabbath: Enjoy and take delight

*Luke 10:40 But Martha was distracted by the big dinner she was preparing. She came to Jesus and said, "Lord, doesn't it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me."*

*Luke 10:41 But the Lord said to her, "My dear Martha, you are worried and upset over all these details! 42 There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her."*

**SABBATH LITURGY: CEASE FROM WHAT IS \_\_\_\_\_;  
EMBRACE THAT WHICH GIVES \_\_\_\_\_.**