

To Rest or not, that is the Question

Ex. 20:8-11, Deut. 5:12-15, Heb. 10:25

Why People Neglect Formal Worship:

- Time (jobs, busyness)
- Boredom
- Relevancy (see no reason)
- Not mandated in the New Testament

Facts about the Sabbath Day:

- Sabbath-keeping was not practiced from Adam to Moses.
- The Sabbath was given to Israel, not the church.
- The Sabbath day is still Saturday, not Sunday, and has never been changed.
- The Sabbath is part of the Old Testament Law, and Christians are free from the bondage of the Law. (Romans 6:14, Galatians 3:24-25, Colossians 2:16-17)
- Sabbath day keeping is not required of the Christian—be it Saturday or Sunday. We are to worship God every day, not just on Saturday or Sunday. (Romans 14:5-8)
- Scripture never mentions any Sabbath (Saturday) gatherings by believers for worship.

Sabbath practices to consider:

- Make an effort to use the Lord's day as your Sabbath. (**Prioritize**)
- If one has to work a lot of Sunday's, make an effort to set aside another day for physical rest and spiritual nurture. (**Plan**)
- Make an effort to intentionally spend more and more time about the things of God and less time about the things of this world. (**Pray**)
- Make an effort to spend more time enjoying the life God gave to you rather than enduring the life you never enjoy. (**Play**)

Points to Ponder:

- The Sabbath was meant to serve us, not for us to serve it! (Mark 2:27)
- The Sabbath was given as a precursor of what was to come, not a pattern of what should always be! (Col. 2:16-17)
- The Sabbath should be about the Savior that was raised up, not the law that was laid down! (Matt. 28:1, Mk. 16:2, Luke 24:1, John 20:1)
- The Sabbath should not be ignored because it is in the Old Testament but should be followed in our lives as intended in the New Testament! (Heb. 10:25, Heb. 4:1-13)