



The Seventh Day

Genesis 2:1-3 (Ex 20:8-11; Deut 5:12-15)

Genesis 2:1-3



“Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.” (ESV)

Exodus 20:8-10 (Deut 5:12-15)



“Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the LORD your God.” (ESV)

Do you ever ... ?



- Get tired thinking about everything you have to get done next week?
- Walk into work on Monday just as tired as when you walked out Friday?
- Feel guilty for not checking your email or responding to a text?
- Feel guilty for taking a day off?

RESTLESS

Are the 10 Commands Relevant?



1. Only One God
2. No Idols
3. Don't Dishonor God's Name
4. ???
5. Honor Father & Mother
6. Don't Murder
7. Don't Commit Adultery
8. Don't Steal
9. Don't Lie
10. Don't Covet What Doesn't Belong to You

Restless



We are **RESTLESS** because we have
ignored God's design for **REST**.

Exodus 31:14 (35:2; Num 15:32 ff)



“You shall keep the Sabbath, because it is holy for you. Everyone who profanes it shall be put to death.” (ESV)

The Sabbath



- There are more than 100 verses about the Sabbath in the Old Testament
- No other command receives more commentary in the Pentateuch (first five books of the Bible) than the Sabbath
- It is the longest command
- It is the only command given to all creation
- It is the very first thing God declares “holy”



What is the Command?

“Remember the Sabbath day,
to keep it holy” (Ex 20:8)

Sabbath (שבת, *sab-bat*)



- To cease, to stop working.

Holy (קדש, *qds*)



- Withheld from the ordinary, uncommon, separate, unlike the others.

Exodus 20:9-10



“Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, **you ... your son or your daughter ... your servant ... your livestock ... or sojourner**” (ESV)



Why is the Command Given?

“So God blessed the seventh day and made it holy because on it God rested” (Gen 2:3)

1. A Practical Reason



- **Rest** (נוח, nwh)

- To rest, to be quieted, settled, and refreshed.

Isaiah 40:28



“Have you not known? Have you not heard?
The LORD is the everlasting God, the
Creator of the ends of the earth. He does
not faint or grow weary; his understanding
is unsearchable.” (ESV)

Mark 2:27



“The Sabbath was made for man, not man
for the Sabbath.” (ESV)

2. A Spiritual Reason



- **Blessing** (ברך, brk)

- To receive divine favor, to be filled with strength and power by God.

- “So God blessed the Sabbath ...”

(Gen 2:3, ESV)

Principle for Money



- **Tithe** (one tenth)
 - 90% with God is better than 100% on your own.

Principle for Time



- **Rest**

- Six days with God's blessing is better than seven on your own.

Principle of Sabbath



Six days are for working ... the seventh is for rest from your work.



Why is this Command Important?

“The seventh day is a Sabbath to the LORD
your God” (Ex 20:10)

Ramifications



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- This command extends rights to all people and reminds us that people are meant to be free.
- This command strengthens family ties and friendships.
- **This command reminds us that God cares for you.**

One Last Question



Will you trust God?



The Seventh Day

Six Week Sabbath Challenge:

For six weeks—take one day a week off for rest, recreation, relationships, and worship.

Next Steps



- I am thankful that God cares enough for me to give me this command.
- I will spend one day a week on things that recharge me rather than things that consume me.
- Count me in on the “Six Week Sabbath Challenge”—I will set aside one day a week for the purpose of rest, relationships, and worship.