

Family Values #4      **Exodus 20:8-11**

Of the Ten Commandments, only this one is not repeated in the New Testament.

In fact, **the believer is released from the Sabbath rule.**

**Colossians 2:16, 17**

According to Exodus,

The Sabbath day **was a sign between God and the children of Israel.**

**Exodus 31:16, 17**

It is clear that a transition took place between the OT and the NT.

In the OT **the 7th day Sabbath** commemorated the finished work of creation.

In the NT **the 1st day Sabbath** commemorates the finished work of Calvary.

According to **Hebrews 4:1-11,**

**Jesus, the Lord of the Sabbath, has become for us our Sabbath rest.**

**SO WHY IS THIS COMMANDMENT STILL SO IMPORTANT?**

**I. THE SABBATH WAS MADE FOR US.      Mark 2:27, 28**

If we honor this day it will enrich our lives and bless us!

It is a day we are to dedicate ourselves God and to His worship.

**II. SUNDAY IS STILL A HOLY DAY!**

It is a day we are to dedicate ourselves God and to His worship.

Consider these Biblical objectives of the Sabbath.

**A. Sunday is a day of REST.**

**1. Physical Rest:**

Our bodies are not designed to work constantly.

God didn't give this commandment to interfere with our pleasure,  
but to insure our health!

We need to rest physically, mentally, and emotionally. **Psalm 127:2**

**2. Spiritual Rest:**

Today, we are not under the bondage of the Law, but the liberty of grace!

However, God expects us to maintain that one day of Sabbath rest for

His glory and your health.      **Hebrews 10:23-25; Proverbs 14:30a**

**B. Sunday is a day of REFLECTION.**

**1. Reflection on God's Provisions**

Use the day to replenish and recharge your emotions. **Psalm 23:1-3**

**2. Include time for Solitude.**

Quietness and soul restoration go hand in hand. **Psalm 46:10a Amplified**

It is good to get alone with God and be quiet. **Mark 6:30, 31**

**C. Sunday is a day of RECALIBRATION.**

**1. Use the day to get our heart in tune with God. **Psalm 95:6****

There's more to life than just work and play. **Mark 8:36-37**

**2. This is His invitation to you. **Matthew 11:28-30****

**CONCLUSION:** Taking this commandment seriously will pay rich and lasting dividends.