

Scripture: Matt. 12:1-8; Mark 1:21-22; Luke 4:14-22; 31-32

LD. 38.103

Singing: 255:1-4 – 367:1, 4, 5 – 250:1-2 – 251:2-3

THE REST & REFRESH DAY (2)

I. Why to remember II. How to remember this day

II. HOW TO REMEMBER THIS DAY?

A. The 4th: *God's provision for a weekly relationship-building day*

1. God 'owns all our time' and He requires all of us *to use* it all profitably

2. Yet the Sabbath God has been sanctified by Him: Gen. 2:1-3; Ex. 20:11b

a. see Ex. 31:17 and Ps. 104:31

3. God commands us also to sanctify this day

a. Meaning of *remember* (Eccl. 12:1; Luke 23:43)

b. Meaning of *keep it holy* (Hebrew: *sanctify it*)

- for His people to experience the Sabbath as a blessing, we have to do our part: *sanctify it with conscious choices*

4. God assigned a special blessing to this day: Ex. 20:11

a. Meaning of *the LORD blessed the sabbath day*

- compare Is. 58: 14; Prov. 3:1-2; 7-10

b. Blessing will only be experienced as we obey the 4th commandment

Barnes: Where this day is observed in any manner as it should be, order prevails, morals are promoted, the poor are elevated in their condition, vice flies away, and the community puts on the appearance of neatness, industry, morality, and religion. The Sabbath was, therefore, pre-eminently intended for man's welfare, and the best interests of mankind demand that it should be sacredly regarded as an appointment of merciful heaven, intended for our best good; and, where improved aright, infallibly resulting in our temporal and eternal peace.

B. Learning from Jesus' Sabbath Day keeping

1. Jesus always attended the synagogue services on Sabbath: Luke 4:16

a. Luke 4:16: *as his custom was, he went into the synagogue* (Ezra 8:1-8)

b. Mark 1:21; 6:2; Luke 4:31; 6:6: *He went to teach Word of God*

c. Hebrews 10:25

2. Jesus allowed His disciples works of necessity: Matt. 12:1-8

a. the Pharisee's objection seemed legitimate (Deut. 23:25)

b. the main points of Jesus' answer

- David & priests were not condemned for doing unlawful things (1 Sam. 21:1-7; Ex. 35:3; John 7:22-24)

- in case of necessity, the law does not bind man

c. Jesus' application: vs. 6-7

- 6: As Lawgiver, He may grant exceptions

- 7: As Lawgiver He prefers mercy above sacrifice (strictness in obedience) in cases of necessity

d. Jesus' teaching: vs. 8 with Mark 2:27-28

- Sabbath was made for man's good and not misery: *Sabbath institution followed man's creation*

REFLECTION & REPENTANCE:

A. Does the Lord's Day function as our weekly spiritual high-day?

B. What areas of the Lord's Day keeping need repentance? (Is. 58:13-14)