

A Blessing, Not a Burden **Matthew 12:1-13**

Main Point:

Enjoy the Sabbath as Jesus wants so that you experience its blessing.

1. Like the Pharisees, we often make the Sabbath about what we cannot do.

2. Jesus came to restore the Sabbath so that we would understand and keep it rightly.

3. As a day of rest and worship, enjoy the Sabbath because it is intended to bless you.

Exodus 34:21 ²¹ "Six days you shall work, but on the seventh day you shall rest; in plowing time and in harvest you shall rest. (NKJV)

Bruce Ray "When God the eternal Son took upon himself the nature of a man and visited his people, he came to set the captives free, including the captive Sabbath."

Joseph Pipa "Christ Himself taught six times about the Sabbath, whereas He taught on only one occasion about murder and three times on marriage. If this commandment [to keep the Sabbath] were destined for the dustbin of ceremonial law, why do the Gospel writers devote so much attention to it? Can you think of any ceremonial law regarding which Jesus spent so much time trying to correct people's practice?"

Mark 2:27 ²⁷ ... "The Sabbath was made for man, and not man for the Sabbath." (NKJV)

Exodus 20:8-11 ⁸ "Remember the Sabbath day, to keep it holy. ⁹ Six days you shall labor and do all your work, ¹⁰ but the seventh day is the Sabbath of the LORD your God. *In it* you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who *is* within your gates. ¹¹ For *in* six days the LORD made the heavens and the earth, the sea, and all that *is* in them, and rested the seventh day ... (NKJV)

Joseph Pipa "The Sabbath reminds us that we must cease from our own works, we cannot earn God's favor, we cannot work our way into heaven, nor can we merit righteousness. No, the Sabbath is our solemn confession and testimony that we rest in Jesus Christ alone for our salvation and we glory in Him. On this day we declare that He alone is our delight; He alone is our refuge and our hiding place."

Joseph Pipa "When God makes a day holy, He separates it from its normal everyday uses to the exclusive purposes of worship."

Leviticus 23:3 ³ "Six days shall work be done, but the seventh day *is* a Sabbath of solemn rest, a holy convocation ... (NKJV)

Isaiah 58:13-14 ¹³ "If you turn away your foot from the Sabbath, *From* doing your pleasure on My holy day, And call the Sabbath a delight, The holy *day* of the LORD honorable, And shall honor Him, not doing your own ways, Nor finding your own pleasure, Nor speaking *your own* words, ¹⁴ Then you shall delight yourself in the LORD; And I will cause you to ride on the high hills of the earth, And feed you with the heritage of Jacob your father. The mouth of the LORD has spoken." (NKJV)

Bruce Ray "When Sunday is swallowed up by the weekend and loses its uniqueness, its holiness, as the Lord's Day, then you and I are the inevitable losers."