



Exodus 20v8-11

IS SUNDAY SPECIAL?

*If you were to describe life in 21st century
Britain using just one word – what would
that word be?*

If you were to describe life in 21st century Britain using just one word – what would that word be?

Busy!



We need rest...

We need rest...

Exodus 20v8-11: “Remember the Sabbath day by keeping it holy. ⁹ Six days you shall labor and do all your work, ¹⁰ but the seventh day is a sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns.

We need rest...

Exodus 20v8-11: For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

1) Rest – from your work



1) Rest – from your work



Gen 2v2v3: By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. ³ Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

1) Rest – from your work



Gen 2v2v3: By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. ³ Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

Did God need to rest?

1) Rest – from your work



Exodus 20v8-10: “Remember the Sabbath day by keeping it holy. ⁹ Six days you shall labor and do all your work, ¹⁰ but the seventh day is a sabbath to the LORD your God. On it you shall not do any work...

1) Rest – from your work

Exodus 20v11: For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.



1) Rest – from your work



“With peaceful Sundays the strings would never have snapped as they did from the tension.”

William Wilberforce

1) Rest – from your work



“With peaceful Sundays the strings would never have snapped as they did from the tension.”

William Wilberforce

“The periods of rest I prescribe for my patients are often Sabbaths in arrears”

Unknown Doctor

1) Rest – from your work

What does that actually look like?



1) Rest – from your work

What does that actually look like?



We need to 'cease' from our normal daily routines

1) Rest – from your work

What does that actually look like?



We need to 'cease' from our normal daily routines

- Homework

1) Rest – from your work

What does that actually look like?



We need to 'cease' from our normal daily routines

- Homework
- E mails

1) Rest – from your work

What does that actually look like?



We need to 'cease' from our normal daily routines

- Homework
- E mails
- Chores

2) Rest – in the LORD



2) Rest – in the LORD

Mt 11v28: Come to me, all you who are weary and burdened, and I will give you rest.



2) Rest – in the LORD

Mt 11v28: Come to me, all you who are weary and burdened, and I will give you rest.



“A market day for the soul”

2) Rest – in the LORD

- How big a priority is church for you?



2) Rest – in the LORD

- How big a priority is church for you?
- Is your Sunday more than church?



2) Rest – in the LORD



- How big a priority is church for you?
- Is your Sunday more than church?

'let's get church done, and get on with our day'

2) Rest – in the LORD



- How big a priority is church for you?
- Is your Sunday more than church?

Exodus 20v8-10: “Remember the Sabbath day by keeping it holy. ⁹ Six days you shall labor and do all your work, ¹⁰ but the seventh day is a sabbath to the LORD your God.

3) Rest – in the NT

3) Rest – in the NT

Mark 2v27-28: Then he said to them, “The Sabbath was made for man, not man for the Sabbath. ²⁸ So the Son of Man is Lord even of the Sabbath.”

3) Rest – in the NT

Mark 2v27-28: Then he said to them, “The Sabbath was made for man, not man for the Sabbath. ²⁸ So the Son of Man is Lord even of the Sabbath.”

- The Sabbath was made for man

3) Rest – in the NT

Mark 2v27-28: Then he said to them, “The Sabbath was made for man, not man for the Sabbath. ²⁸ So the Son of Man is Lord even of the Sabbath.”

- The Sabbath was made for man
- Jesus is Lord of the Sabbath

3) Rest – in the NT

Mark 3v1: Another time Jesus went into the synagogue, and a man with a shrivelled hand was there.

V2: Some of them were looking for a reason to accuse Jesus, so they watched him closely to see if he would heal him on the Sabbath.

3) Rest – in the NT

V3: Jesus said to the man with the shriveled hand, “Stand up in front of everyone.”

V4: Then Jesus asked them, “Which is lawful on the Sabbath: to do good or to do evil, to save life or to kill?”

3) Rest – in the NT

V4: But they remained silent.

V5: He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, “Stretch out your hand.” He stretched it out, and his hand was completely restored.

Jesus came to fulfil the law by helping us understand the true meaning of it...

Jesus came to fulfil the law by helping us understand the true meaning of it...

- **Rest – from your work**

Jesus came to fulfil the law by helping us understand the true meaning of it...

- **Rest – from your work**
- **Rest – in the LORD**

Jesus came to fulfil the law by helping us understand the true meaning of it...

- **Rest** – from your work
- **Rest** – in the LORD
- **Rest** – in the NT (be careful not to be overly prescriptive)

