

Sabbath: Work and Rest

Salt and Light for the King

March 2023

Exodus 20:8-11 “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. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.”

I The Biblical Story of Sabbath Rest

- Creation: Work, then Sabbath rest (Gen 2:2-3, 15)

Gen 2:2-3 And on the seventh day God finished his **work** [*mal'kah*] that he had done, and he **rested** [*sabbath*] on the seventh day from all his **work** [*mal'kah*] that he had done. So God **blessed** [*barak*] the seventh day and **made it holy** [שְׁבִיט], because on it God **rested** [*sabbath*] from all his **work** [*mal'kah*] that he had done in creation.

Were Adam & Eve obligated to keep Sabbath — to imitate God's pattern of 6 day work & 1 day rest ?

- Fall: Work *under* the curse (Gen 3:17-19)

Gen 3:17-19 “...cursed is the ground because of you; in pain you shall eat of it all the days of your life; thorns and thistles it shall bring forth for you; and you shall eat the plants of the field. By the sweat of your face you shall eat bread, till you return to the ground, for out of it you were taken; for you are dust, and to dust you shall return.

- Redemption:

- Redemption under the Old Covenant (Exod 20:8-11; 31:13-16; Deut 5:12-15)

- Redemption under the New Covenant (Mt 11:28-30; Heb 3:7-4:13)

- Restoration (Heb 4:8-13; Rev 14:13)

II Sabbath Under Old Covenant Redemption

- Exod 16:22-30 **Manna for the Sabbath**

- Context: _____ (Neh 9:9-15)
- An object lesson of _____
- Admonition: _____
- Prohibition: _____

- Exod 20:8-11 **The 4th Commandment**

- “Remember”: _____
- “Sabbath Day” = _____ & _____
 - Weekly rhythm: 6 days of _____ + 1 day of _____
- “to keep it holy” : _____
- “blessed” : _____
- Prohibition: no _____ nor _____
- Admonition: _____
- For whom? _____
- Who observes it? _____
- Reason #1 : The LORD ceased to _____ and _____ (Gen 2:2-3; Exod 20:11)
- Reason #2 : The LORD _____ Israel from Egypt (Deut 5:12-15)

- Various Texts Sabbath in the Pentateuch
 - Exod 31:13-16 Sabbath = _____ of the Old Covenant

 - Reminders to keep sabbath
 - Exod 35:2-3

 - Lev 16:31 (29-34)

 - Lev 19:3 (1-4)

 - Lev 19:30

 - Num 28:9-10

 - Sabbath keeping/breaking (Lev 26:2; 34-35; Num 15:32)

- Sabbath and Other Jewish Holidays/Ceremonies
 - Lev 23 _____

 - Lev 25:1-6 _____

- Various Texts The Historical Books & Prophets
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III **Sabbath Under New Covenant Redemption**

Jesus vs. Sabbath Sticklers (Jewish Tradition)

Apostolic Teaching

Spectrum of Perspectives

IV **Wisdom Principles for Work & Rest**

1. Gathering
2. Corporate worship gathering
3. Regular work AND regular rest
4. God is pleased with work AND rest
5. Seasons of rest
6. Reference for feasts/ceremonies/remembrances

V **Practical Questions for Today:**

“Taking...in vain”

- “taking” = to lift, bear/carry
- “in vain” = emptiness, nothingness
- What does it mean?
 Display a lack _____ and _____ for all of God’s great majesty

Irreverence, dishonor, slander, mocking, blasphemy, gossip, lying, false witness

- Godly reverence (Exod 34:6-8; Job 42:5-6; Rev 7:11)

Psalm 24:3-4 “Who shall ascend the hill of the Lord? And who shall stand in his holy place? He who has clean hands and a pure heart, who does not lift up his soul to what is false and does not swear deceitfully.”

Oaths, Vows, Confessions and Blessings

Oaths

- Call upon God as a _____ to the _____ of a statement (Josh 7:16-21; Mk 6:23; Mt 26:63-67, 74-76)
- Even _____ swears oaths! (Gen 22:15-16; Ps 89:3; 110:4; Lk 1:73; Acts 2:30; Heb 6:13-18; Mt 5:18; Jn 1:51)
- Consider how Paul used oaths (2 Cor 1:23; Rom 1:9; Gal 1:20; Php 1:8; 1 Thess 5:27)
- What about Jesus’ teaching in Mt 5:33-37 or Mt 23:16-22 ?

Vows

- A _____ to God to take certain _____ (1 Sam 1:10-11; Gen 28:20-22; 31:13; Acts 23:12-13)
- Don’t vow to _____ (1 Sam 25; 1 Sam 14:24-46; Judg 11:30-31; Jer 44:15-19; Acts 5:1-6)
- _____ your vows (Dt 23:21-23; Etc 5:1-7; Ps 15; 2 Cor 1:15-20; James 5:12)
- Can a vow be broken (Num 30:1-2)?

Confessions

- We confess that _____ is _____ and _____ (1 Cor 15:1-11; 1 Tim 3:14-16; 2 Tim 2:8-13)

- What is the root of a failure to confess (Jn 12:42-43; 2 Sam 12:13-14)?
- A declaration of _____ (Mt 10:32-33; Rom 10:9-11; Mt 5:14-16; 1 Pt 3:13-17)

Blessings

- Benediction: When someone calls upon God to bless his people
- God blesses by placing his _____ upon his people (Numb 6:22-27; 2 Cor 13:14)

Offensive Speech: Taking the Name of the LORD in vain

Cursing/Blasphemy Against God

- Sanctioned by God (Lev 24:11-16)
- What about today (Heb 10:26-31)?
- What about freedom of speech? Should there be civil “blasphemy” laws?

Cursing People or Creation

- Cursing (Rom 12:14; James 3:5-12; Ps 109:16-20; Prov 17:5, 15; Lev 19:14)
- Jesus condemned _____ cursing/condemnation (Mt 5:21-22)
- Should you be worried about being cursed (Prov 26:2; 2 Sam 16:5-15; 1 Pt 2:21-23; 3:8-12; 2. Tim 4:14-18)?

Profanity: Obscene/Vulgar Speech

- Using the actual names of God as profanity, expletives in surprise or anger
 - What about substitutions for God’s name?
- Common areas of vulgar speech: (1) _____ (2) _____
- Biblical examples (Php 3:2, 8; Ga; 2:12; 5:12)
 - Eph 5:4 “Let there be no *filthiness* nor foolish talk nor *crude joking*, which are out of place, but instead let there be thanksgiving.”

Crude Humor

- Positive view of humor (Prof 23:5; 26:15; 27:15-16) and laughter (Ps 2:4; 126:2; Gen 21:6; Prov 14:13; 15:13; Ecc 2:1-2; 7:1-6; 10:19; 11:9; Lk 6:21)
- Examples of humor in Scripture:
- Warnings against crude humor (Eph 5:4; Prov 10:30)

Destructive Speech

Eph 4:25-32 “Therefore, having put away *falsehood*, let each one of you speak *the truth* with his neighbor, for we are members one of another. Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil. Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need. Let no *corrupting talk* come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. *Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.*”

- Corrupting speech is _____, _____, _____ (Mt 7:15-20; 12:33-37; 13:47-50; Lk 6:43-45)
- Edifying speech is about _____ up (Eph 4:16; 2 Cor 10:8; 2 Cor 13:10; Rom 15:2; 1 Cor 14:3-5)

Repeating Impure Speech

- How would you quote/reference/represent impure speech?
- Biblical examples (Ps 14:1; Mk 3:30; 1 Cor 12:3; Lk 12:19; Ps 12)
- The Bible *honestly* portrays _____ as _____

Other Negative Speech

- Gossip
- Slander
- Insincere speech
- Criminal speech, plotting, provoking