

## Advent Open Door Ministries

### Ministry In-Service

## Keeping the Sabbath Holy (KS)

### What is keeping the Sabbath?

The command comes from: **(1- KS) Exodus 20:8-11** *“Remember to keep the Sabbath Holy.”* In other words, Remember to keep the rest (Sabbath) special (Holy).

*Shaw-bat* = rest, cease from labor. Then what is keeping the rest?

Rest refers to getting away from worldly cares, from focus on self to focusing on God and His mission.

### Where it began:

At creation. **(2- KS)** Gen. 2:1-3 *“Thus the heavens and the earth were finished, and all the host of them. <sup>2</sup> And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. <sup>3</sup> So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.”*

What did God and Adam and Eve talk about on the first Sabbath?

Reinstituted with the exodus: **Ex. 20:8-11**

**Our model is Christ (3- KS) 1 Corinthians 11:1** *“Imitate me, just as I also imitate Christ.”*

**Our Rest is Christ (4- KS) Mat. 11:**<sup>28</sup> *“Come to me, all who labor and are heavy laden, and I will give you rest.”*

**(5- KS) Matthew 5:17** *“Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfill them.”* Jesus did not do away with the Sabbath but purified it to the Edenic status. He modeled keeping the Sabbath to His dying day.

**Focus on:** Fellowship with God, Jesus Christ AND the Needs of others **(6- KS) Isaiah 58:6-10**<sup>10</sup> *“if you pour yourself out for the hungry and satisfy the desire of the afflicted”*

This was Jesus' mission statement: **(7- KS) Luke 4: 16-21** *"And he came to Nazareth, where he had been brought up. And as was his custom, he went to the synagogue on the Sabbath day, and he stood up to read. <sup>17</sup> And the scroll of the prophet Isaiah was given to him. He unrolled the scroll and found the place where it was written,*

*<sup>18</sup> "The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim liberty to the captives and recovering of sight to the blind, to set at liberty those who are oppressed, <sup>19</sup> to proclaim the year of the Lord's favor... <sup>21</sup> And he began to say to them, "Today this Scripture has been fulfilled in your hearing."*

**Calling this rest a delight: Isaiah 58:13-14** <sup>13</sup> *"If you turn back your foot from the Sabbath, from doing your pleasure<sup>[c]</sup> on my holy day, and **call the Sabbath a delight** and the holy day of the LORD honorable; if you honor it, not going your own ways, or seeking your own pleasure,<sup>[d]</sup> or talking idly;<sup>[e]</sup> <sup>14</sup> then you shall take delight in the LORD...."*

**From sunset to sunset;** the 7<sup>th</sup> day is the Lords. Welcome the Sabbath as the sun sets with candle light dinner, and then bid it goodbye reluctantly at sunset. Are we afraid that we will lose one day?

**God will provide:** Why we should focus on the needs of others on the Sabbath? Because God provides for our needs: **(8- KS) Exodus 16**

**(9- KS) 1 Peter 5:** <sup>6</sup> *"Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, <sup>7</sup> casting all your anxieties on him, because **he cares for you.**"*

**Do not judge: (10- KS) Romans 14:1-19** <sup>4</sup> *"Who are you to pass judgment on the servant of another? It is before his own master<sup>[a]</sup> that he stands or falls. And he will be upheld, for the Lord is able to make him stand. <sup>5</sup> One person esteems one day as better than another, while another esteems all days alike. Each one should be fully convinced in his own mind. <sup>6</sup> The one who observes the day, observes it in honor of the Lord. The one who eats, eats in honor of the Lord, since he gives thanks to God, while the one who abstains, abstains in honor of the Lord and gives thanks to God."*

How do we keep the Sabbath? Remembering its origins; By modeling Christ, Resting in Christ, delighting in TIME; focusing on the needs of others, resting by faith on the provisions of God for us; not judging others.