

Series: The Lovable Law

Message: Seven Days Of Work Makes One Weak, Part 1

Scripture: Exodus 20:8-11 (NASB)

Teacher: Randy Pope

Dates: 7/8 January 2017

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 a sabbath of the Lord your God; in it you shall not do any work, you or your son or your daughter, your male or your female servant or your cattle or your sojourner who stays with you.

¹¹ For in six days the Lord made the heavens and the 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.

1. God Designed Us To Spend One Day A Week Resting From Our Labors.

Exodus 20:8

⁸ Remember the sabbath day, to keep it holy.

- 1) Six Days Labor
- 2) One Day Of Rest

Genesis 2:1-3

¹ Thus the heavens and the earth were completed, and all their hosts.

² And by the seventh day God completed His work which He had done; and He rested on the seventh day from all His work which He had done.

³ Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.

Three Exceptions

1. Works of piety
2. Works of mercy
3. Works of necessity

The article mentioned by Randy in the message can be found here:

<http://www.inc.com/rhett-power/a-day-of-rest-12-scientific-reasons-it-works.html>