

Series: The Lovable Law

Message: Seven Days Of Work Makes One Weak, Part 3

Scripture: Exodus 20:8-11 (NASB)

Teacher: Randy Pope

Dates: 21/22 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.

Time Magazine article Randy mentioned, November 7, 2016 – [Anxiety, Depression and Modern Adolescent](#)

Last Two Weeks:

1. God Designed Us To Spend One Day A Week Resting From Our Labors.
2. God Designed Us To Spend One Day A Week Remembering The Past.
 - 1) A Day To Remember God's Work As Creator.
 - 2) A Day To Remember God's Work As Redeemer.
3. God Designed Us To Spend One Day A Week Re-evaluating The Present.
 - 1) It is a time to re-evaluate our spiritual progress and disciplines.
 - 2) It is a time to re-evaluate our family's spiritual progress.
 - 3) It is a time to assess our effectiveness at work and our motivation for working as we do.
 - 4) It is a time to re-evaluate our physical and emotional condition.

This Week:

4. God Designed Us To Spend One Day A Week Regulating The Future.

Five Important Truths Regarding The Lord's Day

- 1) The Lord's Day Was Not Given To Be Temporary, But Permanent.

Colossians 2:16-17

¹⁶ Therefore no one is to act as your judge in regard to food or drink or in respect to a festival or a new moon or a Sabbath day—

¹⁷ things which are a mere shadow of what is to come; but the substance belongs to Christ.

- 2) The Lord's Day Was Not Meant To Restrict But To Liberate.

Mark 2:27

²⁷ Jesus said to them, "The Sabbath was made for man, and not man for the Sabbath.

- 3) The Lord's Day Should Include Corporate Worship With The Christian Family.

- 4) One's Day Of Rest Should Not Be Exhausting (unless because of deeds of mercy, piety or necessity).

- 5) One Must Follow His/Her Conscience Regarding The Use Of The Lord's Day And Must Not Impose His/Her Conscience On Others.

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"In my own personal habit I am as strict as most; but in my judgment as before God, I think that many religious characters, ministers as well as others, are in error. I think that many Judaize too much, and they would have joined the Pharisees in condemning our Lord on many occasions. I do not think they err in acting up to their own principles (there they are right); but they err in their own standard as a standard for all others...Again, I say, they may be right, but the others who think and act differently are not therefore wrong. Those who ate, and those who refused to eat meat offered to idols, were both right, if they acted to the Lord, as were those also who observed, and those who did not observe, certain days, which under the Jewish dispensation were actually prescribed. I will tell you what I consider the perfect rule; let all judge for themselves in relation to the ritual observance of such matters; the strong not despising the weak, and the weak forbearing to sit in judgment on the strong. This will be the safest and best discharge of the duty of all parties whether to God or man: to God who has said, 'I will have mercy and not sacrifice'; and to man, who should be left to stand or fall to his own Master."