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**❖SERMON NOTES ❖**

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Sunday, May 4, 2008

**“THE REST OF GOD”**  
(Exodus 20:8-11)

Are you busy? Is life hectic? Most of us would quickly say “Yes” to these questions? Do you think “busy”, “hectic”, “frazzled”, and “burned out” describe the life God desires for us to live? The fourth commandment is a gift from God to bring life back into order with a God-focus.

**1. THE SABBATH IS FOR \_\_\_\_\_.**

**2. THE SABBATH IS FOR \_\_\_\_\_.**

**3. THE SABBATH IS FOR \_\_\_\_\_.**

**4. THE SABBATH IS FOR \_\_\_\_\_.**

**We are to remember \_\_\_\_\_.**

**We are to remember \_\_\_\_\_.**

**We are to remember \_\_\_\_\_.**

**We to remember the \_\_\_\_\_.**

*“If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the LORD's holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, then you will find your joy in the LORD, and I will cause you to ride on the heights of the land and to feast on the inheritance of your father Jacob. The mouth of the LORD has spoken”*  
(Isaiah 58:13-14, NIV).

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**“THE REST OF GOD”**  
(Exodus 20:8-11)

*“In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves” (Psalm 127:2, NLT).*

*“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light” (Matthew 11:28-30, NIV).*

*“One man considers one day more sacred than another; another man considers every day alike. Each one should be fully convinced in his own mind” (Romans 14:5, NIV).*

**1. THE SABBATH IS FOR REST.**

**2. THE SABBATH IS FOR TESTIMONY.**

*“Six days you shall labor, but on the seventh day you shall rest; even during the plowing season and harvest you must rest” (Exodus 34:21, NIV).*

**3. THE SABBATH IS FOR REFLECTION.**

**4. THE SABBATH IS FOR WORSHIP.**

We are to remember God.

We are to remember God’s creation.

We are to remember salvation.

We to remember the needs around us.

*“A man with a shriveled hand was there. Looking for a reason to accuse Jesus, they asked him, ‘Is it lawful to heal on the Sabbath?’ He*

*said to them, ‘If any of you has a sheep and it falls into a pit on the Sabbath, will you not take hold of it and lift it out? How much more valuable is a man than a sheep! Therefore it is lawful to do good on the Sabbath’” (Matthew 12:10-12, NIV).*

*“If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the LORD’s holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, then you will find your joy in the LORD, and I will cause you to ride on the heights of the land and to feast on the inheritance of your father Jacob. The mouth of the LORD has spoken” (Isaiah 58:13-14, NIV).*