



The Importance of the Journey

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Exodus 20, p.52 & Deuteronomy 5, p.125

So what do we do with Sabbath Day?

1. Observing the Sabbath Day is one of the 10 Commandments.
2. The Sabbath Day is about trusting God. (Exodus 16:22-30)
3. The Sabbath Day is not to be neglected nor treated as if it was just an ordinary day (Exodus 20:8-11).
4. The Sabbath Day is all about freedom, so fiercely protect it (Deuteronomy 5)
5. The Sabbath Day is a gift from God that is to be celebrated (Exodus 31:12-17; 20:11 & Genesis 2:3)
6. The Sabbath Day is to be a day of delight (Isaiah 58:13-14)
7. Observing the Sabbath Day is not about the day of the week, it's about the consistency of the journey, it's about the rhythm of life.

(Colossians 2:16 & Genesis 2:1-3)

The one thing: "don't miss out on the gift"

Miss something? Completed sermon notes are available online.

NEXT STEPS

- Memorize Exodus 20:8 or Deuteronomy 5:12.
- Wrestle with God over your weekly schedule.
- What are you doing with God's gift?
- Church Picnic & Believer's baptism August 13!

NOTES FOR PERSONAL & SMALL GROUP STUDY

1 KEEPING IT REAL

In Matthew 12 Jesus repeats, "Have you not read?" What's the difference between reading for the sake of completing a task and reading for the sake of understanding?

2 LOOK AT THE BOOK

We must trust that the Lord has good reason to invite us to keep the Sabbath. Isaiah 56:2-7 reveals blessings that come as a result of obedience on the Sabbath. So even though we may not understand why (Isaiah 55:8), we must obey. We can take comfort in knowing the outcome of our obedience.

3 Some people falsely think that the rules of the Old Testament are outdated (such as the Sabbath), but what do we learn in Matthew 5:17-20? Why is it important that this "outward appearance" be evident to those around us?

4 TAKING IT FURTHER

Diligent reading of Scripture with a resolve to understand helps us to grow spiritually. What practical steps can you take to have a more fruitful time in God's Word? Any lifestyle changes need to be implemented in regards to what you have learned about the Sabbath?