

SLIDE 1

Live the 10: Honor My Day

The Fourth Commandment

Deuteronomy 5:5-21

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October 4, 2009

Introduction

Today we pick our series on the Ten Commandments: Live the 10!

The 10 Commandments are easy to find. Please turn in your Bibles to the 5th book of the Bible, the 5 Chapter, beginning with the 5th verse.

Today we find ourselves on the 4th Commandment. Honor my Day. Observe the Sabbath.

The fourth commandment starts in verse 12. Will you read it aloud with me?

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Deuteronomy 5:12-15 (NIV)

¹² “Observe the Sabbath day by keeping it holy, as the LORD your God has commanded you. ¹³ Six days you shall labor and do all your work, ¹⁴ but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your ox, your donkey or any of your animals, nor the alien within your gates, so that your manservant and maidservant may rest, as you do.

¹⁵ Remember that you were slaves in Egypt and that the LORD your God brought you out of there with a mighty hand and an outstretched arm. Therefore the LORD your God has commanded you to observe the Sabbath day.

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What is “The Sabbath?”

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The Hebrew word Sabbath, שַׁבָּת or Sabbath, means at its base to “cease” or “desist”. (Heb. *šabbāṭ*, from the root *šābat*, ‘to cease’, ‘to desist’)¹

The principal is that one day in seven is to be Holy to the Lord. 14% of the week is to be Sabbath to the Lord.

SLIDE 5**What are we to do? How are we to cease?**

1st we are to guard it, or observe it.

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The Hebrew word is מָרַד (*šā-mār*): The root of it means to (qal) guard, watch, i.e., limit access and movement of persons or objects in and out of an area, implying protection to or from the object being guarded (Ge 3:24);

So the command “Observe”, doesn’t mean in English we are to just casually keep an eye on it, to protect it, but it is to be part of us, with solemnity of intent, as we speak of Observing Easter, or Veteran’s Day or Christmas. We are to guard the day of ceasing.

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How? How are we to guard the day of ceasing?

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קָדַשׁ (*qā-dāš*): **consecrate, dedicate.**

In other words, we guard ceasing by keeping it different, distinct. The English word Holy is not in the Hebrew text, it is implied in the verb “keeping”.

So let’s look at the first line of the command again,

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Heb Hebrew

¹Wood, D. R. W. (1996, c1982, c1962). *New Bible Dictionary* (1032). InterVarsity Press.

Deuteronomy 5:12 (NIV)

¹² “Observe the Sabbath day by keeping it holy...

SLIDE 10

Living the 4th of 10 means

“Guard your day of rest by keeping it different.”

When you guard a day of ceasing, it is to be different, set apart, not the same as the other six days.

And the reasoning God gives for this is that this is exactly what happened in creation.

This was exactly what happened in creation. 6 Days were similar – God created. The 7th was very distinct. Nothing happened. God ceased from the act of creating.

So how do we “live” the principal of this command?

To honor this command 1 day of 7, that is 14% of your week, your life, should be very distinct. It means that 14% of your week needs to be nothing but rest. It should be noticeable. Someone ought to be able to tell.

And of course the one person that really ought to be able to notice a difference is God.

So think back on the last 21 days of your life.

If you and God has a meeting, and you were to ask “God, what do you see in my life?”

We should hear, well I can see there is a real pattern in your life that I really approve of. I have noticed in this 21 day period that three full days were DISTINCTLY different.

I noticed that on every other day, you got up, you worked either away from home or at home. But 3 of days, every seventh day you desisted, you resisted the temptation to do things the same way. In fact, I noticed that work ceased. Just like it did for me at creation. I worked for 6 and rested for the seventh.

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So how are you doing?

Let’s say you weren’t able to talk with God, but if you were to ask another person who really knows you well, and were to ask, “Do you see anything different about every seventh day, and they were to say, “Yes, unlike most people around you, it seems like every seventh day something is distinctly different. You don’t do any work. You rest.” If that is what they were to say, you can be confident then you are Sabbath keeping. You are living #4 of the 10.

But if you or they notice no difference between the days, I don’t mean what you are doing, but how you are living, 1 in 7 days, then you should be taking another look at these words. You are missing out on

something really great. Something God has for you—a gift of rest from the Father, the maker of heaven and earth, wrapped and just ready to be opened by you.

Why does God say one day should be different than the other 6 days of the weeks?

Because you are not in Egypt anymore. And you are not under Egyptian slave drivers. You belong to me now. Let's read

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Deuteronomy 5:15 (NIV)

¹⁵ Remember that you were slaves in Egypt and that the LORD your God brought you out of there with a mighty hand and an outstretched arm. Therefore the LORD your God has commanded you to observe the Sabbath day.

Again, looking back to the original Hebrew in which God spoke this clears this up for us.

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When God says remember, he is not saying like remember a name, or remember a test question.

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(*zā-kāR*): v.; ≡ Str 2142; TWOT 551—**1**. LN 29.6-29.12 (qal) **remember**, i.e., to recall information or events (2Ki 9:25); (nif) **remembered** (Eze 33:13); **2**. LN 29.16-29.18 (qal) **remember**, i.e., to recall information or events, with a focus on responding in an appropriate manner (Ex 6:5)

This is like remember an anniversary. If our spouse says, “Did you remember it is our anniversary?” And we say, “Yes I have it right here noted in my calendar.” That is not what they are asking. They want to know, are you going to act upon the information. They want to know will the fact that you remembered our anniversary make this day any different than any other.

That is what God is saying you need to remember your history. Your life under Egypt was work every day. Non stop. Every day When you work everyday, never ceasing, you are living you are living like a slave to an Egyptian.

You need to remember in a way that it changes your pattern of your life, that reflects that you remember God rescued you, you now belong to him. And I want you to be like him. Our patter should be like his: 6 days I create, the 7th I cease.

You see, every day looks the same to a slave. A slave doesn't get to make their own schedule.

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For 400 years the Egyptians drove the Hebrews with whips. They never had a day off. And when you don't take a break, then things break.

God says you were slaves in Egypt, every day was the same, every day was a work day. I saw this, and I rescued you from this. I brought you out of that. And one thing that immediately changed is that now the pattern of your life is different, at a very deep and significant level. Now as my people, more than 14% of your life God says, I commanded you to rest.

God commands you to rest.

God commands you to cease.

God commands you to desist.

You are different.

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Once you were not a people, now you are a people—a chosen race, a royal priesthood.

1 Peter 2:9-10 (NIV)

⁹ But you are a chosen people, a royal priesthood, a holy nation, a people belonging to God, that you may declare the praises of him who called you out of darkness into his wonderful light. ¹⁰ Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy.

And what is different, what is holy about you, what is set apart about you, is that you have a difference schedule, a different cadence to your life. Your pattern is 1 in 7.

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Can you say that? I am different. God made me different. My pattern is 1 in 7 I rest.

Six days you labor, and the seventh you REST.

And because you have this different cadence it affects everyone in your world.

Look what God says:

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Deuteronomy 5:14 (NIV)

¹⁴ but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your ox, your donkey or any of your animals, nor the alien within your gates, so that your manservant and maidservant may rest, as you do.

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What it means to live the 4th of 10 is:

Your children have a different cadence. Your animals have a different cadence. The people who work for you have a different cadence. The guests in your home have a different cadence.

It is the cadence of God modeled in creation. 1 in 7. You rest.

נָחַ (Nûḥ): v.; ≡ Str 5117; TWOT 1323—1. LN 23.78-23.87 (qal) **rest**, i.e., be in a state or process of restoring physical energy in the body (Ex 20:11);

That is what you are doing.

Your body naturally does this with sleep. Scientist don't understand why we sleep, why all animals sleep. There is no physical demand of the chemical cycle of the body that they can identify that requires sleep. But we all know the body does.

But with Sabbath, God does not make our bodies automatically require rest one in 7. But scientist have been able to discover how important it is.

On the job studies have proven over and over, when you work more than 40, when you work more than 6 days, effectiveness declines. Employers know, overtime can only be pushed so long before there are decreasing returns.

God would save Science all the trouble of studying it if we only remembered, "We are no longer slaves who work every day. We are Hebrews we are not just invited to live different, we are not just invited to rest 1 in 7, we are commanded by God. When we are resting 1 in 7 we are being just like our heavenly father, and doing just like he did in the beginning.

Creation was started in a 1 in 7 pattern, and it continues to this day.

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Conclusion

So what should I do to live the 4th in 10?

Ask yourself, am I living like an Egyptian, or child of god. And I living like a slave or a chosen people, a holy nation, a people after God's own heart.

And if the answer is no? If you can't see a very different pattern every 7th day in your life, that is based in rest, in difference. If you can't see that one day is Distinctly different than the other 6, then embrace your heritage, open the gift that God has given you.

SLIDE 21 (Worship Teams Comes Forward)

Jesus said:

Mark 2:27 (NIV)

²⁷ Then he said to them, “The Sabbath was made for man, not man for the Sabbath.

In other words you are God’s children holy and dearly loved, embrace your heritage. Embrace the gift of the Sabbath. Rest. Rest. Rest.

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And if you just can’t do it because it hasn’t been your patter all your life. Then embrace Jesus. **Receive rest as a gift from God**

Matthew 11:25-30 (NIV)

Rest for the Weary

²⁸ “Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ 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. ³⁰ For my yoke is easy and my burden is light.”