

THE TEN(DER) COMMANDMENTS

Part 4: “Stop! In the Name of Love”

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The Hebrew word “Sabbath” means “stop.” God’s desire is that we stop and take time to rest so that we may do the work He has given us. The Sabbath, then, is meant to be a joy, given by God out of love. Yet, in our culture, we all too often neglect this joy for the sake of workaholism. How can we be more intentional about practicing the rest God commands?

“Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, 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 male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.”

– Exodus 20:8-11 NIV

My Next Step(s):

- When I am weary, I will trust God to give me rest.
- I will trust that I can obediently rest my body on the Sabbath.
- I will not only rest physically on the Lord’s Day, but I will receive Word & Sacrament.
- I will recharge my emotions with quiet time, family time, and fellowship.
- I will not despise preaching and God’s Word, but hold it sacred and gladly hear it.

Memory Verse: “Come to me, all you who are weary and burdened, and I will give you rest.” – Matthew 11:28

(Continues on back.)

(This message based on series by Rick Warren, Ten Values that Build Strong Families.)

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COMMANDMENTS**

"Stop! In the Name of Love"

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“Remember the Sabbath day by keeping it holy.
Six days you shall labor and do all your work, but
the seventh day is a sabbath to the Lord your God.
On it you shall not do any work,...”

Exodus 20:8-10

...neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

Exodus 20:10-11

Sabbath:

God's antidote to burnout!

*“a day for your soul
to catch up with your body.”*

Sabbath mean:

“day of rest”

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

Mark 2:27

When is it?

When is it?

Once a week

שַׁבָּת

(shabat / shah-bat)

Shabbat / Sabbath

ISAIAH 56:2

On the first day of the week we came together to
break bread...

Acts 20:7

On the Lord's Day I was in the Spirit, and I heard
behind me a loud voice like a trumpet,

Revelation 1:10

Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day. These are a shadow of the things that were to come; the reality, however, is found in Christ.

Colossians 2:16-17

Whoever regards one day as special does so to the Lord...

Romans 14:6

How Do I Keep the Sabbath Day Holy?

How Do I Keep the Sabbath Day Holy?

USE THE DAY TO:
REST MY BODY

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

For in six days the Lord made the heavens and
the earth, the sea, and all that is in them,
but he rested on the seventh day...

Exodus 20:11

The toil of fools wearies them;
they do not know the way to town.

Ecclesiastes 10:15

The Lord is my shepherd, I lack nothing.
He makes me lie down in green pastures,.

Psalm 23:1-2

**A reluctance to rest is a sign of
immaturity and insecurity.**

How Do I Keep the Sabbath Day Holy?

USE THE DAY TO:
RECHARGE MY EMOTIONS

Include time for quietness.

he leads me beside quiet waters,
he refreshes my soul.

Psalm 23:2-3

He says, “Be still, and know that I am God;.

Psalm 46:10

Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.”

Mark 6:31

Include time for family.

Enjoy life with your wife, whom you love...

Ecclesiastes 9:9

A heart at peace gives life to the body...

Proverbs 14:30

“WORSHIP + 2”

**Include time for fellowship
with other believers.**

not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

Hebrews 10:25

I rejoiced with those who said to me,
“Let us go to the house of the Lord.”

Psalm 122:1

**Include time for fellowship
with other believers.**

How Do I Keep the Sabbath Day Holy?

**USE THE DAY TO:
RE-FOCUS MY SPIRIT**

Come, let us bow down in worship,
let us kneel before the Lord our Maker;

Psalm 95:6

Remember the Sabbath day by keeping it holy.

What does this mean?

We should fear and love God so that we do not despise preaching and His Word, but hold it sacred and gladly hear and learn It.

- Luther's Small Catechism

you are daily in the dominion of the devil, who ceases neither day nor night to steal unawares upon you, to kindle in your heart unbelief and wicked thoughts against the foregoing and all the commandments. **Therefore you must always have God's Word in your heart, upon your lips, and in your ears. But where the heart is idle, and the Word does not sound, he breaks in and has done the damage before we are aware**

- Luther's Large Catechism

What good is it for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?

Mark 8:36-37

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The { **TEN(DER)**
COMMANDMENTS
"Name Brand"



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Matthew 11:28 (NIV)

