

THE TEN(DER) COMMANDMENTS

Part 4: "Stop! In the Name of Love"

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May 23, 2021



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.)