



## BULLEEN BAPTIST CHURCH

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**SERIES : "10 DUMB WAYS TO MESS UP OUR LIVES"**

**November 6, 2005 Study 4 "Not Taking Time For Time Out"**

## INTRODUCTION

### TO THE SERIES

10 Dumb Ways To Mess Up Our Lives .... a fresh look at the 10 Commandments (See Exodus 20 and Deuteronomy 5) Note that they are not the Ten Suggestions! They are not arbitrary religious rules. They are not outdated curiosities that belong to an ancient and less sophisticated society. Whilst their introduction has a specific context, the 10 Commandments are not bound to a particular culture or time or nation.

They continue as the basic moral laws of creation for all people. If followed, they produce a healthy society by fostering proper relationships with God and with others. If ignored, they produce a mess in both our individual lives and our society as a whole.

Our task in this series is to understand what they mean and how to follow them in our lives and circumstances.

### TO TODAY'S STUDY

*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 your daughter, your manservant or maidservant, nor your animals or the alien within your gates. Ex20:8-10*

Now this Command is a little difficult. Why? Well while some Christians maintain that the Command is still in force exactly as written, the vast majority down through the Centuries have either :

attempted to TRANSFER the "content" of the day to Sunday

or to pretty much IGNORE it (or so it seems)

Sabbatarians usually pick up on the Roman Catholic claim that "the Church" changed the day. Such a claim (not exactly true, by the way) is like a red flag to a bull, so the critics thunder that no man or "church" has been given authority over God's clear command.

Such a position ignores the NATURE of the Commandment in its OT context,

the way that the NT UNDERSTANDS it in light of Jesus' death and resurrection,

and the historical fact - from the beginning (Jewish) Christians WORSHIPPED on another day.

## A. C4 IN ITS CONTEXT

This command is very different from the others -

in that it originates in the ACTIONS of God,

and that it is SYMBOLIC of the completion of God's "work."

... In the Exodus account , of the completion of CREATION

*For in six days the LORD made heaven and earth, the sea, and all that is in them, but rested on the seventh day. Ex20:11*

... In the Deuteronomy account, the RESCUE of the Israelites from Egypt.

*Remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there with a mighty hand and an outstretched arm; therefore the LORD your God commanded you to keep the Sabbath day. Deut5:11*

## B. THE NT UNDERSTANDING OF C4

The NT writers understood the command's symbolic nature and that it was fulfilled in Christ.

*Therefore do not let anyone condemn you in matters of food and drink or of observing festivals, new moons, or sabbaths. These are only a shadow of what is to come, but the substance belongs to Christ Col2:16-17*

### What is this symbolism that is fulfilled in Jesus?

Note that the emphasis of the Command is the cessation of work. Or put positively, REST

*..... the seventh day is a sabbath of solemn rest, holy to the Lord. and Six days you shall work, but on the seventh day you shall rest; even in plowing time and in harvest time you shall rest. Ex31:15 and Ex34:21*

Note that Adam and Eve were created on the sixth day. They had done no "work." God extended all the "effort", but they joined him in his rest. The Israelites were rescued by God's power from Egypt - they did not rescued themselves! but they "rested" with him. Do you see a principle forming?

*Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you .... and you will find rest for your souls. Mt11:28-29*

In the light of the following verses, Jesus' use of the word "rest" , above, is deliberate .....

*.... though they had seen my works for forty years .... I was angry with that generation .... in my anger I swore, "They will not enter my rest," Heb3:9-11*

What was denied the people of Moses' generation is found by those who, BELIEVING that Jesus died in their place, forgave their sin and gave them new life, now enter into the "rest of God" of which the Sabbath day is the symbol.

*For we who have believed enter that rest .... so then, a sabbath rest still remains for the people of God for those who enter God's rest also cease from their labours as God did from his. Heb4:3-10*

We cannot EARN our way into God's favour by "working" for it as a reward. "*Ceasing from their (our) labours*" means that a Christian gives up trusting their own "works" and "rests" in what Jesus has done on their behalf. (See Romans 3:20-26)

So then, to celebrate both a new creation (2Cor5:17) and the completion of God's "rescue mission" through Jesus ("*It is finished*" Jn19:28-30), and understanding that the sign of the Sabbath had been fulfilled, Christians began to worship on the first day of the week - the day of Jesus' resurrection and the day of the coming of the Holy Spirit at Pentecost.

## B. HOW IS C4 OBEYED TODAY?

### 1. RECOGNISE THE PRINCIPLE OF PHYSICAL REST

includes : taking a BREAK from what you normally do

taking time for REFLECTION ... on life, on God, his grace and his calling.

### 2. RECOGNISE THE FACT OF SPIRITUAL REST

trusting in the grace of God , and not in your own endeavour (Eph2:7-10)

### A Dumb Way To Mess Up Your Life?

Not recognising 1. (above) and we will burn out physically and emotionally - and dry up spiritually - consequences in time.

Not recognising 2. we are left on our own before God.

*All have sinned and fall short of the glory of God. The wages of sin is death.*

Rom3:23 and 6:23

... and that is a dumb way to prepare for eternity!