

Sermon: The Importance of Rest and Perspective

Scripture: Exodus 20:8-11; Deuteronomy 5:12-15 (NASB)

Teaching: Randy Pope

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Ben Patterson

“Sunday is a window in this world that gives us a peek into the next.”

1. God Designed Us To Spend One Day A Week Remembering The Past.

1) Remembering God’s Work As Creator

Exodus 20:8-11 (NASB)

⁸ "Remember the sabbath day, to keep it holy.

⁹ " Six days you shall labor and do all your work,

¹⁰ but the seventh day is a sabbath of the Lord your God; in it you shall not do any work, you or your son or your daughter, your male or your female servant or your cattle or your sojourner who stays with you.

¹¹ " For in six days the Lord made the heavens and the earth, the sea and all that is in them, and rested on the seventh day; therefore the Lord blessed the sabbath day and made it holy.

2) Remembering God’s Work As Redeemer

Deuteronomy 5:12-15 (NASB)

¹² ' Observe the sabbath day to keep it holy, as the Lord your God commanded you.

¹³ 'Six days you shall labor and do all your work,

¹⁴ but the seventh day is a sabbath of the Lord your God; in it you shall not do any work, you or your son or your daughter or your male servant or your female servant or your ox or your donkey or any of your cattle or your sojourner who stays with you, so that your male servant and your female servant may rest as well as you.

¹⁵ ' And you shall remember that you were a slave in the land of Egypt, and the Lord your God brought you out of there by a mighty hand and by an outstretched arm; therefore the Lord your God commanded you to observe the sabbath day.

2. God Designed Us To Spend One Day A Week Re-Evaluating The Present.

Gordon McDonald

A time to “interpret our work, to press meaning into it and to make sure we know to whom it is dedicated.”

- 1) By Re-evaluating Our Spiritual Progress and Disciplines.
- 2) By Re-evaluating Our Family’s Spiritual Progress.
- 3) By Re-evaluating Our Effectiveness At School Or Work And Our Motivation.
- 4) By Re-evaluating Our Physical And Emotional Condition.

3. God Designed Us To Spend One Day A Week Reflecting On The Future.

Gordon McDonald

“A time to affirm our intentions to pursue a Christ-centered tomorrow.”

Four Important Reminders

- 1) The Lord’s Day Should Not Restrict But Liberate.
- 2) The Lord’s Day Should Not Be Exhausting.
- 3) The Lord’s Day Should Include Corporate Worship With The Christian Family.
- 4) We Must Follow Our Own Conscience Regarding The Use Of The Lord’s Day While Never Imposing Our Conscience On Others.