

One Day Of Rest

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Before I begin my message today I would like to acknowledge two individuals today, both Pastor Don and Les'a Cole. Throughout the years I have watched them both give of themselves to that which G-d has directed them to do within this ministry, and not only the things of G-d but also the encouragement given to others that they will tell you have enriched their lives throughout the years. There have been just a small number of those that I have any trust and faith of to do what is good and precious in the sight of G-d and for the betterment of others. I would ask that we all give them a well deserved round of applause, and if G-d would put it upon your heart to send them a thank you letter or card for all their work and a short sentiment for what they have meant to you. So in closing join with me in telling them, Kol Hakavod, with all honor.

Let us continue in the Day of our Lord in worship and gratitude to Him.

Now as many of you realized the song played prior to my message is one written by a band called Alabama and yes it is secular and a non Christian song, but it is appropriate for what I will be speaking on today.

I'm in a hurry to get things done. Sound familiar.

I'm late, I'm late for a very important date, no time to stop, no time to talk, I'm late. From Alice in Wonderland as most of us remember. Running around trying to get 5, 10, a 100 things done all at the same time.

Have you ever had a day like that?

Whenever I get out on the road to take care of some business or shopping it never surprises me to see others in their vehicles speeding or driving in some other manner that looks like hell or death is chasing them and their trying to escape. And maybe they are. I can't imagine them all wanting to get to work and start a productive day, especially on Monday.

Where could they be going in such a hurry? Slow down, take a deep breath and rest a little. The life you save may be your own.

There was a time in this country that life had a slower pace. Time would be spent with family at home enjoying life's little pleasures like a barbecue, sitting around the pool and just day dreaming. It was called resting, taking a load off, kicking back. And most of the people attended church at least once a month. Some more often. The more dedicated ones.

It was burgers and fries and cherry pie. Life was simple back then. From another song making a point of never having enough time for what use to be.

Then came the 24/7 lifestyle, stores and other businesses open day and night anything you want, anytime you want. Our lives get taken up by time schedules, time delays, 2 day delivery or overnight, busy, busy, busy.

I'm in a hurry to get things done.

Other lines in that song are "I rush and rush until life's no fun" and "all I have to do is live and die". But to what purpose? What will one live or die for.

Working all the time and never getting enough done, for what, money, fame, fortune, power. Things to enrich one's life and yet never having enough time to enjoy them. What about the rest and renewing of one's body and wellness?

From Genesis chapter 2:1-3 Thus the heavens and the earth and all the hosts of them, were finished. And on the seventh day G-d ended His **work** which He had done, and He rested on the seventh day from **all** His **work** which He had done. 3. Then G-d blessed the seventh day and sanctified it, because in it He rested from all His work which G-d had created and made.

He rested?

G-d was tired from all His work, really? G-d never sleeps, never gets tired. Yet He rested on the seventh day.

If G-d is omnipotent—if He has all power—it doesn't make much sense that He would need to “rest.” After we've had a busy week, we take a nap—but G-d?

“First, we should understand the verse correctly. It doesn't say G-d “needed” to rest; it simply says that He did rest. Also, it is clear from Scripture that God did not rest because He was tired. Genesis 17:1 calls God the “Almighty God.” Psalms 147:5 says, “Great is our Lord, and mighty in power; His understanding is infinite.” God is all-powerful; He never tires and never needs to rest. Isaiah 40:28 says, “The everlasting G-d, the Lord, the Creator of the ends of the earth, neither faints nor is weary.” G-d is the sum of perfection; (there's that word again from last week; perfection); He is never diminished in any way, and that includes being diminished in power.”

So, what about us we don't have the same power that G-d has, why should we care about rest in our lives on the 7th day. Just another day isn't it?

It was until G-d blessed and sanctified the 7th day, The Day of The Lord. It's His day.

In Exodus 31:15 G-d instructs His people “work shall be done for 6 days, but the seventh is the Sabbath of rest, holy to the Lord. Whoever does any work on the Sabbath day, he shall be put to death.

Sounds like a harsh punishment doesn't it?

Ezekiel 2:3-4 “Son of man,” He said to me, “I am sending you to the Israelites, to a rebellious nation that has rebelled against Me. To this very day they and their fathers have rebelled against Me. **4 They are obstinate and stubborn children. I am sending you to them, and you are to say to them, ‘This is what the Lord GOD says.’**”

They were not only hard hearted towards G-d's ways, but also hardheaded.

In Exodus 31:16 He tells His people to observe the Sabbath throughout their generations as a perpetual covenant.

“It is designed for your benefit as well as for G-d's honor, the sabbath was made for man”. Matthew Henry.

Rest; from the Hebrew word meaning sabbath, shabbath, and shabbathown with the English translation meaning, special holiday, desist from exertion, cease, celebrate and keep the sabbath. (Strong's Ref. Numbers. 76, 73, 74, 75, 76, 77).

The 7th day is the Sabbath of rest, holy to the Lord. It is His day of which we are to Honor Him. Yet many don't. Too busy doing other things to stop and give honor to G-d for even one day out of the week. Sad, if not shameful.

If you recall last week's message we recite the Shema to help us remember all that the Lord has commanded us to do to remember what our responsibility is as His people.

Exodus 31:15 was a commandment to keep the Sabbath on the 7th day. Which we do on Saturday or Sunday for many.

Recall the Lord's word about breaking the Sabbath rest and doing what would be considered common work. Have any thoughts about that? Here are a few of the rules.

Shabbat Basic Rules

Following is a brief summary of some of the Shabbat laws you are most likely to encounter.

Let's start with some basic activities from which we refrain on Shabbat:

- writing, erasing, and tearing;
- business transactions;
- driving or riding in cars or other vehicles;
- shopping;
- using the telephone;
- turning on or off anything which uses electricity, including lights, radios, television, computer, air-conditioners and alarm clocks;

- cooking, baking or kindling a fire;
- gardening and grass-mowing;
- doing laundry;

[The Shabbat Laws - Chabad.org](http://www.chabad.org)

Well most of us are not Jewish, therefore those laws don't and never applied to us as Christians, right. Not so.

If you or I had lived in colonial America and behaved as we do, (both Christian and none Christians) we all would have spent time in jail, our arms and feet locked into the stocks in public humiliation. Why? Because each one of us has traveled and done things for recreation on Shabbat or Sunday as do many. It was called “sabbath breaking,” or (rest breaking) and it was against the law.

C. H. Mackintosh, a popular Plymouth Brethren devotional writer of the last century, wrote,

The idea of any one, calling himself a Christian, making the Lord’s day a season of what is popularly called recreation, unnecessary traveling, personal convenience, or profit in temporal things, is perfectly shocking. We are of opinion that such acting could not be too severely censured. We can safely assert that we never yet came in contact with a godly, intelligent, right-minded Christian person who did not love and reverence the Lord’s day; nor could we have any sympathy with any one who could deliberately desecrate that holy and happy day. (*Miscellaneous Writings*, “A Scriptural Inquiry as to the Sabbath, the Law, and Christian Ministry” [Loizeaux Brothers], 3:6-7.)

Sounds terrible doesn't it back during that time in America and other places.

From Exodus 31:15. Whoever does any work on the Sabbath day, he shall be put to death.

What does that mean? Put to death because I did something that might be seen as work. Like making a sandwich. Don't laugh, some of my sandwiches are a piece of art. Takes time.

Are we doomed if we don't take one day of rest from our labor.

Maybe not, but what's the alternative, what could be more important than getting things done and working your life away.

How about family-duty, meaningful relationships with others, ones own physical and mental wellness. Remembering to honor our creator and give full worship to Him.

What about G-d, and His purpose for you.

Is it a sin to work on the Sabbath? If it is then many don't have a choice. Should we chastise them, call on G-d to punish them severely. Do to them what was done in the 1600's due to their circumstances.

Luke 13:10-17

And He was teaching in one of the synagogues on the Sabbath. 11. And there was a woman who for eighteen years had had a sickness caused by a spirit; and she was bent double, and could not straighten up at all. 12 When Yeshua saw her, He called her over and said to her, "Woman, you are freed from your sickness."

13 And He laid His hands on her; and immediately she was made erect again and began glorifying God.

14 But the synagogue official, indignant because Yeshua had healed on the Sabbath, began saying to the crowd in response, "There are six days in which work should be done; so come during them and get healed, and not on the Sabbath day."

15 But the Lord answered him and said, "You hypocrites, does not each of you on the Sabbath untie his ox or his donkey from the stall and lead him away to water him?"

16 And this woman, a daughter of Abraham as she is, whom Satan has bound

for eighteen long years, should she not have been released from this bond on the Sabbath day?" 17 As He said this, all His opponents were being humiliated; and the entire crowd was rejoicing over all the glorious things being done by Him.

Did Yeshua just break the fourth commandment of G-d, let alone what G-d told His people in Exodus 31:15. the answer is no.

And I will tell you as to why shortly.

Now does that give us permission to ignore the commandment of G-d, to work only 6 days, no, will we be struck down or condemned to hell for working 7 days without rest to accumulate wealth, prestige or whatever.

Keep pushing yourself and one will find out.]We are not G-d and we require rest sooner or later or we will burn out. Or worse.

Matthew 16:26 KJV: For what is a man profited, if he shall gain the whole world, and lose his own soul? or what shall a man give in exchange for his soul?

The burdens that man places upon others can be overwhelming. Should one ignore the need for rest and giving honor to G-d for all they have been blessed with, certainly not. We are to honor and love G-d with all our soul, heart, body, mind and strength. Every day.

Are we as Christians committing a sin if we don't rest on Shabbat and do work. The commandment in Exodus 31:15 was given to the Israelites from G-d for obedience to G-d. That is what was appropriate for them at that time because of their neglect of honoring G-d for all that they were given.

When Yeshua healed the woman in the temple, He was only breaking Jewish traditions not divine law. A heavy spiritual burden was placed upon the people by the Jewish leadership heavier than a physical burden. Works of charity and healing are never wrong in the eyes of G-d.

Remember I said I would tell you why Yeshua didn't break the forth

commandment.

Lets look at these two verses.

“Come to me, all who labor and are heavy laden, and *I will give you rest*” (Matthew 11:28). The rest offered on the Sabbath was now being offered *in Christ*.

“The Sabbath was made for man, not man for the Sabbath”. “Therefore the Son of man is Lord of the Sabbath” (Mark 2:27-28).

Yeshua died for all sins on the cross even the sin of not taking a day of rest.

But should we ignore this day due to an inconvenience that it may put on our lives or a desire to do what we want, absolutely not!

The day of the Lord is one that should be observed at every opportunity, the 7th day for rest. We should receive it with thankfulness and great joy.

In our lives filled with things that we must do we need the time to sit, be still, study the word of G-d and be in meaningful prayer and listen, for the purpose that G-d has for each and everyone of us. We must honor G-d and walk to the best of our ability in all His ways and not of our own.

We should never be in a hurry or rushed in such a manner that we don't have time to give back to G-d what is rightfully His, our love and true worship.

In closing I want to thank you for this time with you on this The Day of our Lord.

G-d Bless each and everyone this day. Amen, Shabbat , Shalom.

Note: links for how it was to be a Christian in the 1600's

[The Sabbath in Puritan New England, Chapter 17 | The Reformed Reader](#)

[The Puritan Tithingman – The Most Powerful Man in New England - New England Historical Society](#)

[Way More Than the Scarlet Letter: Puritan Punishments - New England Historical Society](#)

[Sumptuary Laws and Taxes, Colonial | Encyclopedia.com](#)

[From Sunday to Sabbath: The Puritan Origins of Modern Seventh-day Sabbatarianism - GCI Archive](#)