THE GIFT OF THE SABBATH
MARK 2:27

ParkwayFellowship
INTERNATIONAL PRAYER CENTER

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NKJV

I. INTRODUCTION

A. The Sabbath is the 7th day. God instituted it to be a day of ceasing from our labors.

1. The Hebrew word "shabbath" comes from word that means "to cease, to rest."
2. To stop regular everyday work does not meaning activity of any kind.

B. The principle of the Sabbath is resting from your own labors so the Lord can work in you what He wants to work.

II. THE SABBATH: INSTITUTED AT CREATION

A. The Sabbath was instituted at creation and is permanent and universal. It is a memorial of creation, a creation ordinance. The Sabbath is meant for all people.

Genesis 2:1-5 Thus the heavens and the earth, and all the host of them, were finished. [2] ***And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done.*** [3] ***Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.***

B. God ended His work, He rested, He blessed the Sabbath day, and He sanctified it.

C. The purpose of the Sabbath is not related to weariness.

1. Did God observe the Sabbath because He was tired? He didn't need to. He chose to. The Sabbath is not related to weariness. Some people do not get tired and could work non-stop if they wanted to.

D. There is always more work that can be done.

1. People get caught up in business. We busy ourselves out of true fruitfulness. There will always be things that need to be done. There will always be need for ministry.

   a. This is not saying that we become lazy and not be diligent and responsible.

   b. The idea of the Sabbath is to stop, to cease, to reset. The idea of intermissions, interruption of effort.

III. THE SABBATH: ESSENTIAL TO SPIRITUAL VIBRANCY

A. Sabbath in the OT.

1. The Sabbath was established as a holy day for Israel, the Sabbath is the seventh or last day of the week observed from Friday evening to Saturday evening as a day of rest and worship.

2. Exo. 16:21-30 God teaches the people of Israel to rest on the 7th day by giving them double the amount of manna on the 6th day.

3. God speaks the command audibly and records it with His own finger.

   Exodus 20:8-11 "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 the Sabbath of the LORD your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. [11] For in six days the LORD made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it.

4. Sabbatical year. (Exo. 23:10-12) Seventh year, let the land rest and also the people who work on the land. The Lord would provide enough for 3 years on the 6th year (Lev. 25:20-21). Jubilee: land returned to original owners, a canceling of debt.

5. In OT, violation of Sabbath was met with capital punishment. God is not stamping His foot. His heart is that if there is not a strong dealing with this point, man will never learn this point. Ultimate benefit to man is too great to sacrifice.

6. Jer. 25:4-11; 2 Chro. 36:21 The reason that Israel went into Babylonian captivity for the length of time was for the penalty of 70 years of sabbaticals they had not observed over the past 500 years.

IV. THE SABBATH: GOD'S GIFT TO MANKIND

A. The spirit of God's commandments.

1. Most people do not like the idea of God's commandments. They don't want to be condemned, so they rebel against God. This misses the point of God's commandments. God's heart is not to condemn us, but to love us.

   John 3:17 For God did not send His Son into the world to condemn the world, but that the world through Him might be saved.

2. God does not purposely give us difficult commands to make life difficult and so that we miss out on joy. It's the exact opposite. The law is God's expression of love to us. They're not damaging, not unpleasant in the long run.

3. Sabbath is an essential point of making life livable, you functioning right as a being. This is the way you can work best. God made a pattern for men to follow. We must stop our regular work at times to keep certain things in order in our own life.

4. It's a means of honoring God.

B. The Sabbath has to do with the essential need of man learning that he never can do it all himself.

John 15:5 "I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; <u>for without Me you can do nothing</u>.

1 Corinthians 3:11-15 For no other foundation can anyone lay than that which is laid, which is Jesus Christ. [12] Now if anyone builds on this foundation with gold, silver, precious stones, wood, hay, straw, [13] each one's work will become clear; for the Day will declare it, because it will be revealed by fire; and the fire will test each one's work, of what sort it is. [14] If anyone's work which he has built on it endures, he will receive a reward. [15] If anyone's work is burned, he will suffer loss; but he himself will be saved, yet so as through fire.

C. Sabbath is ceasing from the idea that we ever get anything accomplished solely by the works of our own hands. You will not get it done by yourself. Always be more to do, not a matter of whether you get tired or not.

1. We are so wired for works. Works mentality. Martha, Martha. Busy, busy (Luke 10:38-42). *I've got to get it done!*

2. **<u>We busy ourselves out of true fruitfulness</u>**.

D. The Sabbath has to do with an attitude in our hearts that we recognize that the works of our hands will never get it done. We need to learn to move into the Lord's rest. When we begin to press it to far on our own, we are violating something.

E. By Jesus' time, many extra biblical rules had been developed about keeping the Sabbath. It became a heavy burden for people.

Mark 2:23-28 Now it happened that He went through the grainfields on the Sabbath; and as they went His disciples began to pluck the heads of grain. 24 And the Pharisees said to Him, "Look, why do they do what is not lawful on the Sabbath?" [25] But He said to them, "Have you never read what David did when he was in need and hungry, he and those with him: [26] how he went into the house of God in the days of Abiathar the high priest, and ate the showbread, which is not lawful to eat except for the priests, and also gave some to those who were with him?" [27] And He said to them, "The Sabbath was made for man, and not man for the Sabbath. [28] <u>Therefore the Son of Man is also Lord of the Sabbath</u>." (c.f. Matt. 12:1-8; Luke 6:1-5)

F. As the Lord of the Sabbath, Jesus corrects our understanding of the Sabbath. It is God's gift to mankind. It was given for the benefit of the people, not for people to benefit the Sabbath.

1. Jesus, the Lord of the Sabbath, did not come to abolish the Law, but to explain God's heart to us.

2. **The Sabbath was made for man** (Mk. 2:27). God made man first and made Sabbath as a gift for him.

3. We are called to follow the Lord of the Sabbath in doing what He does: rest, worship, do acts of mercy, healing, and kindness, etc..

V. THE SABBATH: A PRINCIPLE THAT MUST BE APPLIED

A. The question of the Sabbath is similar to that of the tithe. These are not legalistic requirements to earn God's righteousness. That was fulfilled in Jesus Christ. We joyfully receive these as spiritually dynamic points where the life of God will be manifest. God calls us to live out these things in love and joy.

B. God does not have a favorite day. Every day belongs to Him.

Romans 14:5-6 One person esteems one day above another; another esteems every day alike. <u>Let each be fully convinced in his own mind</u>. [6] He who observes the day, observes it to the Lord; and he who does not observe the day, to the Lord he does not observe it. He who eats, eats to the Lord, for he gives God thanks; and he who does not eat, to the Lord he does not eat, and gives God thanks.

Gal 4:9-10 But now after you have known God, or rather are known by God, how is it that you turn again to the weak and beggarly elements, to which you desire again to be in bondage? [10] <u>You observe days and months and seasons and years</u>.

1. The Sabbath is not a legalistic requirement to earn God's favor, but a gift from God that needs to be received with delight.

   Isaiah 58:13-14 "If you turn away your foot from the Sabbath, From doing your pleasure on My holy day, <u>And call the Sabbath a delight</u>, The holy day of the LORD honorable, And shall honor Him, not doing your own ways, Nor finding your own pleasure, Nor speaking your own words, [14] Then you shall delight yourself in the LORD; And I will cause you to ride on the high hills of the earth, And feed you with the heritage of Jacob your father. The mouth of the LORD has spoken."

2. In NT, the principle of the Sabbath is important but it does not have to do with a day. One day out of 7. It doesn't have to be Saturday or Sunday.
3. The Sabbath is not Sunday.

   Colossians 2:16-17 So let no one judge you in food or in drink, or regarding a festival or a new moon or sabbaths, [17] which are a shadow of things to come, but the substance is of Christ.

4. <u>Heb 4:1-11</u> Sabbath has to do with a spiritual point of what Jesus has accomplished for me and participate in His rest.

C. How do I do this?

Ask the HS how that's to work in you.

1. We are inclined to busy ourselves out of fulfillment. We run ourselves ragged. The Lord is saying: Be still.

   a. Not the sin of doing something evil, but the sin of being busy with something you ought not to be busy with.

2. This is not a license to pursue pleasure or recreation for its own sake. Not go to the beach and read your bible in the sun and not meet with saints in organized meeting.

3. The Sabbath also makes time for us to spend with people who are important to us.

    a. Homes disintegrate in the name of ministry. God did not create man and say: I want you to get really busy for me!

4. Sabbath is a **spiritually** dynamic thing and the HS will deal with you about it.

    a. What do we do? Lord, teach me about Sabbath.
    b. It's not just about scheduling. It's a *spiritual* issue.
    c. Resting from our own labors, busy business. This balance, only the HS can make.