

SABBATH 101

Exodus 20:8-11, page 43

1. The Sabbath and the Old Testament

- A. God exemplified keeping the Sabbath (*Genesis 2:2-3*)
- B. God commanded Israel to keep the Sabbath (*Exodus 20:8-11*)
 - Three purposes in keeping the Sabbath:
 - To rest in the God of creation (*Exodus 20:11*)
 - To remember the God of redemption (*Deuteronomy 5:15*)
 - To reflect on the God of sanctification (*Exodus 31:12-13*)

2. The Sabbath and the New Testament

- A. Jesus and the Sabbath
- B. Believers and the Sabbath
 - The command to keep the Sabbath is not repeated (*Colossians 2:16-17*)
 - The celebration on Sunday is obvious
 - The controversy for today (*Romans 14*)Believers are to be led by a clear conscience, confirmation of the Holy Spirit, & faith

3. The Application of the Sabbath Principle

As believers we need time to:

- A. rest in our Creator
- B. remember the resurrection
- C. refresh in our relationship with the Lord