**SERMON OUTLINE**

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| **SERMON TITLE:** | How to Make the Rest Day the Best Day |
| **SERMON REFERENCE:** | Exodus 20:8-11 |
| **LWF SERMON NUMBER:** | #1856 |
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1. INTRODUCTION
   1. The world around us is moving at a faster pace, and many of our homes have become restless.
   2. God has given us a recipe to help bring peace to our restless homes.
   3. God has given us a day of rest.
      1. Exodus 20:8-11
      2. Mark 2:27
         1. The Sabbath Day was made for man, not man for the Sabbath.
   4. Each of the Ten Commandments were made for us.
      1. When we honor the Lord, it does not make Him any more holy, it makes us more holy.
      2. God’s laws are for our welfare.
      3. Every time God says, “Thou shalt not,” He is saying, “Don’t hurt yourself.
      4. Every time God says, “Thou shalt,” He is saying, “Help yourself to happiness.”
   5. God gave the Old Testament Sabbath to the people of Israel.
   6. God has given us, the New Testament church, something even better: the Lord’s Day.
      1. The Lord’s Day is the transformation and fulfillment of the Old Testament Sabbath.
   7. Christian families have been given a special day, and if we use it properly and enjoy it as we should, it will be a treasure for our families.
   8. “Sabbath” means “rest.”
      1. It comes from the Hebrew word “Shabbat.”
      2. It does not mean “seventh.”
2. THREE PRIMARY REST DAYS
   1. There are three primary rest days:
      1. Creation rest
         1. Genesis 2:1-3
            1. God created the world in six days, and then He rested.
            2. Creation rest pertains to Almighty God.
         2. God did not rest because He was weary or tired.
            1. Isaiah 40:28
            2. God does not get weary.
         3. God’s rest was similar to a rest in a musical score: for emphasis, reflection and to rejoice in what had gone before.
         4. God’s rest, though, was disturbed by sin.
            1. John 5:17
      2. Covenant rest
         1. Exodus 31:13
         2. Covenant rest pertains to the nation of Israel.
            1. A covenant between God and the children of Israel.
         3. God gave His special people, the Jews, a special day which was the seventh day rest, the last day of the week.
            1. Exodus 31:13
            2. Exodus 31:16-17
         4. The Old Testament Sabbath was a covenant between God and Israel; not a covenant for us today.
            1. To break an Old Testament Sabbath law could mean sudden death.

Exodus 31:15 says that anyone who works on the Sabbath shall be put to death.

Building a fire.

Exodus 35:3

* + - * 1. Today, if we say that we want to keep the Sabbath like they did in the Old Testament, we are in for a lot of trouble.

When you start your engine, you started a fire.

When you turn on an incandescent light bulb, you started a fire.

When you adjust your thermostat up, you started a fire.

* + - 1. In Hebrew, there are 39 words in this commandment that talks about the Sabbath.
         1. The Jews added to the Word of God, and found 39 ways that the Sabbath could be broken.
         2. Those 39 ways were further broken down into 39 divisions.

They ended up with 1,521 ways a person could break the Sabbath.

Mark 7:13

If you have a tack in your shoe, remove it before the Sabbath or you will be carrying a burden on the Sabbath Day.

If there is a flea on you, get it off before the Sabbath, otherwise, if you try to remove it on the Sabbath you will be hunting on the Sabbath Day.

Jews would not eat an egg that was laid on Saturday because that hen was working on the Sabbath.

You could put vinegar in your mouth and swallow it, because it was okay to eat on the Sabbath, but you could not hold it there if you had a toothache, that would be healing on the Sabbath.

* + - 1. They had taken what God had meant for a blessing and turned it into a burden.
    1. Calvary rest
       1. Hebrews 10:12
       2. Calvary rest is the fulfillment of the Sabbath for us and is how we apply this command to us today.
       3. The Old Testament Sabbath, as well as the Old Testament ceremonies, were also prophecies that foreshadowed, or pointed to, the Lord Jesus Christ.
       4. God rested after His first creation; Jesus rested after His new creation.
          1. 2 Corinthians 5:17
          2. John 5:17
          3. John 9:4
          4. John 19:30

This signifies that His work is done.

* + - * 1. Hebrews 10:12

After Jesus rose, He sat down at the right hand of the Father.

In the Old Testament temple, the priest did not have a place to sit because his work was never done.

* + - * 1. Colossians 2:13-17

“*Dead in our sins*” means we are dead without Christ.

“*Uncircumcision of our flesh*” refers to our sinful nature.

“*Quickened together with Him*” means that when Jesus rose from the grave, we rose with Him.

“*Having forgiven you all trespasses*” means we are forgiven.

In Bible times, when a person was found guilty of a crime, a certificate of debt or a handwriting of ordinances, was nailed to the jail door.

Jesus took our handwriting of ordinances and blotted them out, stamping on them, “It is finished.”

“*It is finished*” means “paid in full;” paid with the precious blood of Jesus.

Jesus defeated Satan through His death on the cross.

The covenant rest of the Sabbath foreshadows things to come.

Jesus is the body; the Old Testament Sabbath was a show of Jesus Christ.

* + - 1. The Lord Jesus Christ is our finished rest.
         1. Matthew 11:28
      2. Calvary rest is why we celebrate the first day of the week.
         1. The Bible calls this day the Lord’s Day.

Revelation 1:10

Because Jesus burst out of the grave on the first day of the week.

* + - * 1. The Old Testament covenant Sabbath is never called the Lord’s Day.

But the new creation Calvary Sabbath is called the Lord’s Day.

* + - 1. Nine facts regarding the first day of the week, the Lord’s Day:
         1. Jesus rose from the dead on the first day of the week.

Mark 16:9

* + - * 1. Jesus met with His disciples after His resurrection on the first day of the week.

Mark 16:11-12

* + - * 1. Jesus met with His disciples eight days later, on the first day of the week.

John 20:19-20

* + - * 1. The disciples were commissioned to preach the Gospel on the first day of the week.

John 20:21

* + - * 1. The Holy Spirit was imparted to the disciples on the first day of the week.

John 20:22

* + - * 1. The church was born on the first day of the week, on the Day of Pentecost.

Acts 2:1

* + - * 1. The Book of the Revelation was given on the first day of the week.

Revelation 1:10

* + - * 1. The early church met for worship on the first day of the week.

Acts 20:7

* + - * 1. The early church took up offerings on the first day of the week.

1 Corinthians 16:2

* + - 1. Sunday is not the weekend; it is the first day of the week.
  1. The covenant Sabbath speaks of the finished work of creation; the believer’s (Calvary) rest speaks of the finished work of redemption.
     1. The covenant Sabbath deals with natural life; the Lord’s Day deals with supernatural life.
     2. The covenant Sabbath dealt with life in Adam; the Lord’s Day deals with life in Christ.
     3. The covenant Sabbath commemorated the work of God’s hands; the Lord’s Day commemorates the work of God’s heart.
     4. The covenant Sabbath was a display of God’s power; the Lord’s Day is a display of God’s grace.
     5. The covenant Sabbath was given to Israel; the Lord’s Day is given to the church.
     6. The covenant Sabbath was a day of law; the Lord’s Day is a day of love.
     7. Those who insist on keeping the Old Testament covenant rest are on the wrong side of Calvary.
        1. They are still chasing shadows.
  2. If we are not under the Old Testament laws of the Sabbath, how do we keep the Lord’s Day?
     1. What are the laws, the regulations, for keeping the first day of the week?
        1. The Bible does not give any rules.
  3. We need to be careful not to take the Old Testament rules concerning the Sabbath and apply them to Sunday, the Lord’s Day.
     1. We would find that we are breaking the covenant Sabbath all the time.
     2. This does not mean that we discard this commandment.
     3. This simply means that we see in it its ultimate fulfillment as it applies to the church of the Lord Jesus Christ.
        1. The Lord’s Day is a holy day.
        2. The Lord’s Day is a day of love, not legalism.
  4. Just as the Old Testament Sabbath was set apart from the rest of the week; the Lord’s Day still holds a distinction from the other days in the week.
     1. Ask the Lord how you can honor Him on His day.
     2. 1 Corinthians 16:12
        1. When we bring our offerings to God, that is a token that all belongs to God.
        2. When we keep the Lord’s Day, that is a token that every day belongs to God.
     3. Hebrews 10:25
     4. The Lord’s Day is time set apart for God.

1. Three principles for keeping the lord’s Day
   1. The Lord’s Day is a time out for God.
   2. Make it a holy day.
      1. We need to take time to worship.
      2. The Bible commands Christians to come together to worship.
         1. Hebrews 10:25
      3. The early church worshipped together on the first day of the week.
         1. Acts 20:7
      4. As parents, we need to make church attendance on the Lord’s Day a priority and a regular habit in our homes.
         1. Psalm 145:4
         2. Isaiah 38:19
         3. We should not place a higher priority on going to work on Monday than attending church on Sunday.
      5. We need to teach our children that worshipping the Lord together is important.
         1. When we do not make church a priority, it tells our kids that it is not as important as other things.
         2. When we do make church a priority, it says to our kids that God, the church and the fellowship are important to you.
         3. Teach your kids that Sunday is important through anticipation.
            1. Prepare in advance for church on Sunday.

Lay out the children’s clothes on Saturday night.

Go over the Sunday school lesson on Saturday.

Prepare the tithe on Saturday.

Pray together for the Pastor, deacons and teachers.

Let the children give from their own allowance; something they earned not something you gave them to give.

Be positive about the church.

Encourage the children to sing along in the music service.

Make sure the children have Bibles that they can read.

Teach your child how to take notes.

* 1. Make it a healthy day.
     1. Rest on the Lord’s Day.
     2. Exodus 20:9
     3. We should teach children tranquility as well as industry.
     4. The Lord’s Day was made for us.
  2. Make it a happy day.
     1. Sunday ought to be the happiest day of the week.
     2. The early church met on Sunday because Jesus rose from the grave on Sunday.
     3. Sunday is a joyous day.
     4. Every Lord’s Day is a celebration.
     5. Sunday should be the happiest day of the week.

1. CONCLUSION
   1. Matthew 11:28
      1. Jesus invites us to come to Him.
      2. He invites us to come as we are to Him.
      3. We are not waiting upon Him; He has already extended the invitation.
      4. We don’t have to wait to find rest; we can find rest in Jesus Christ today.
   2. Do you know Jesus personally? If not, you can pray to Him today by asking Him to come into your life.
   3. Call upon Jesus today. Repent (turn) from your sins, and turn to Jesus. Ask Him to forgive you of your sins, and acknowledge Him as Lord of your life.
      1. Romans 3:23
      2. Romans 10:9-10
      3. Romans 10:13
      4. Acts 16:31
      5. John 3:16