SERMON OUTLINE

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
   a) The world around us is moving at a faster pace, and many of our homes have become restless.
   b) God has given us a recipe to help bring peace to our restless homes.
   c) God has given us a day of rest.
      i) Exodus 20:8-11
      ii) Mark 2:27
         (1) The Sabbath Day was made for man.
   d) Each of the Ten Commandments were made for us.
      i) God’s laws are for our welfare.
   e) God gave the Old Testament Sabbath to the people of Israel.
   f) God has given us, the New Testament church, something even better: the Lord’s Day.
      i) The Lord’s Day is the transformation and fulfillment of the Old Testament Sabbath.
   g) 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.

2) THREE PRIMARY REST DAYS
   a) The word “Sabbath” does not mean “seventh,” but it means “rest.”
   b) There are three primary rest days:
      i) Creation rest
         (1) Genesis 2:1-3
            (a) God created the world in six days, and then He rested.
            (b) Creation rest pertains to Almighty God.
         (2) God did not rest because He was weary or tired.
            (a) Isaiah 40:28
            (b) 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.
            (a) John 5:17
      ii) Covenant rest
         (1) Exodus 31:13
         (2) Covenant rest pertains to the nation of Israel.
            (a) 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.
            (a) Exodus 31:13
            (b) Exodus 31:16-17
         (4) The Old Testament Sabbath was a covenant between God and Israel; not a covenant for us today.
(5) The Jewish people took the Old Testament Sabbath law and added to the Word of God by creating more than 1,000 ways to break the Sabbath law.
  (a) Mark 7:13
(6) The people had turned what God meant as a blessing into a burden.

iii) Calvary rest
(1) Hebrews 10:12
(2) Calvary rest is the fulfillment of the Sabbath 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.
  (a) 2 Corinthians 5:17
  (b) John 5:17
  (c) John 9:4
  (d) John 19:30
    (i) This signifies that His work is done.
  (e) Hebrews 10:12
  (f) Colossians 2:13-17
    (i) Jesus defeated Satan through His death on the cross.
    (ii) The covenant rest of the Sabbath was a foreshadow of things to come.
(5) The Lord Jesus Christ is our finished rest.
  (a) Matthew 11:28
(6) Calvary rest is why we celebrate the first day of the week.
  (a) The Bible calls this day the Lord’s Day.
    (i) Revelation 1:10
    (ii) This is the new creation Calvary Sabbath.
(7) Nine facts regarding the first day of the week, the Lord’s Day:
  (a) Jesus rose from the dead on the first day of the week.
    (i) Mark 16:9
  (b) Jesus met with His disciples after His resurrection on the first day of the week.
    (i) Mark 16:11-12
  (c) Jesus met with His disciples eight days later, on the first day of the week.
    (i) John 20:19-20
  (d) The disciples were commissioned to preach the Gospel on the first day of the week.
    (i) John 20:21
  (e) The Holy Spirit was imparted to the disciples on the first day of the week.
    (i) John 20:22
(f) The church was born on the first day of the week on the Day of Pentecost.
   (i) Acts 2:1
(g) The Book of the Revelation was given on the first day of the week.
   (i) Revelation 1:10
(h) The early church met for worship on the first day of the week.
   (i) Acts 20:7
(i) The early church took up offerings on the first day of the week.
   (i) 1 Corinthians 16:2

(c) The covenant Sabbath speaks of the finished work of creation; the believer’s rest speaks of the finished work of redemption.
   i) The covenant Sabbath deals with natural life; our Lord’s Day deals with supernatural life.
   ii) The Sabbath dealt with life in Adam; our Lord’s Day deals with life in Christ.
   iii) The Sabbath commemorated the work of God’s hands; the Lord’s Day commemorates the work of God’s heart.
   iv) The Sabbath was a display of God’s power; the Lord’s Day is a display of God’s grace.
   v) The Sabbath was given to Israel; the Lord’s Day is given to the church.

(d) We need to be careful not to take the Old Testament rules concerning the Sabbath and apply them to Sunday, the Lord’s Day.
   i) This does not mean that we discard the commandment to keep the Sabbath day holy.
   ii) 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.

(e) 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.
   i) 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.
   ii) Hebrews 10:25
   iii) The Lord’s Day is time set apart for God.

3) HOW DO WE MAKE THE REST DAY THE BEST DAY?
   a) Make it a holy day.
      i) Hebrews 10:25
      ii) We need to come together in corporate worship on the Lord’s Day.
      iii) The early church worshipped together on the first day of the week.
         (1) Acts 20:7
iv) 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 often place a higher priority on going to work on Monday than attending church on Sunday.

v) We need to teach our children that worshipping the Lord together is important.
   1) One way to do that is through anticipation.
      a) Prepare in advance for church on Sunday.
         i) Lay out the children’s clothes on Saturday night.
         ii) Go over the Sunday school lesson on Saturday.
         iii) Prepare the tithe on Saturday.
         iv) Pray together for the pastor, deacons and church leaders.
         v) Be positive about the church.
         vi) Encourage the children to sing along in the music service.
         vii) Make sure the children have Bibles that they can read.

   b) Make it a healthy day.
      i) Rest on the Lord’s Day.
      ii) Exodus 20:9
      iii) We should teach children tranquility as well as industry.
      iv) The Lord’s Day was made for us.

   c) Make it a happy day.
      i) The early church met on Sunday because Jesus rose from the grave on Sunday.
      ii) Sunday is a joyous day.
      iii) Every Lord’s Day is a celebration.
      iv) Sunday should be the happiest day of the week.

4) CONCLUSION
   a) Matthew 11:28
      i) Jesus invites us to come to Him.
      ii) He invites us to come as we are to Him.
      iii) We are not waiting upon Him; He has already extended the invitation.
      iv) We don’t have to wait to find rest; we can find rest in Jesus Christ today.

   b) Do you know Jesus personally? If not, you can pray to Him today by asking Him to come into your life.

   c) 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.
      i) Romans 3:23
      ii) Romans 10:9-10
      iii) Romans 10:13
      iv) Acts 16:31
      v) John 3:16