

A Divine Day Off

Exodus 20:8-11

Introduction: I want to talk to you about habits. Habits are hard to start but once they get established, they are hard to break. Where did the rhythm of working a six-day week with one day of rest come from? Who started it?

The Fourth Commandment was built on God's divine order for His creation. (vs. 8-11)

**How did God introduce the principle of Sabbath to a nation of enslaved workaholics?
(Exodus 16:11-30)**

The Sabbath IS A GIFT from God to humanity. It's a day to celebrate God...our Creator, Redeemer and Provider.

Moses institutes the Sabbath in the 4th Commandment.

4th Commandment's two basic Instructions

1. Remember
2. Keep it holy

Sabbath is a sign of belonging to God (Exodus 31:12-17)

Jesus taught three divine truths about the Sabbath.

1. The Sabbath was made for man
2. Jesus declared that He was Lord of the Sabbath
3. Jesus served God on the Sabbath