

Jesus and the Sabbath

February 12th 2023



Last week

- **Go your way, your son lives**



This Week's Focus

- **Jesus and the Sabbath**

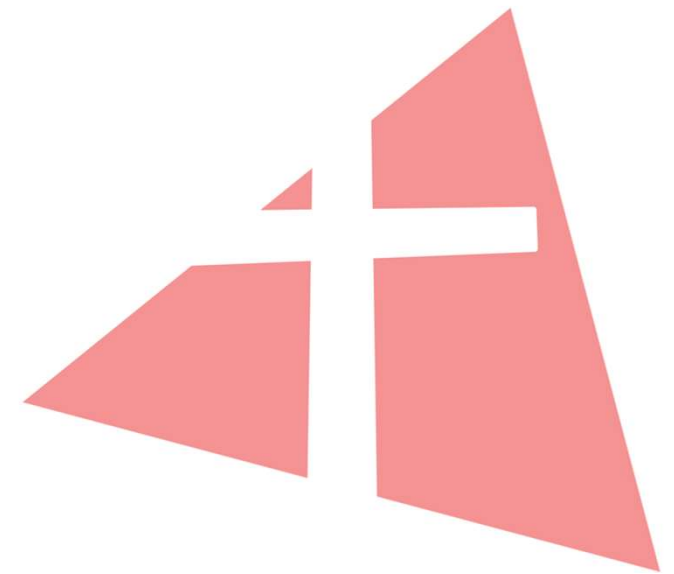


The passage

John 5:8-18 Jesus said unto him, Rise, take up your bed, and walk. And immediately the man was made whole, and took up his bed, and walked: and that same day was the sabbath. The Jews therefore said unto him that was cured, It is the sabbath day: it is not lawful for you to carry your bed. He answered them, He that made me whole, the same said unto me, Take up your bed, and walk. Then asked they him, What man is that who said unto you, Take up your bed, and walk? And he that was healed knew not who it was: for Jesus had taken himself away, a multitude being in that place. Afterward Jesus found him in the temple, and said unto him, Behold, you are made whole: sin no more, lest a worse thing come unto you. The man departed, and told the Jews that it was Jesus, who had made him whole. And therefore did the Jews persecute Jesus, and sought to slay him, because he had done these things on the sabbath day. But Jesus answered them, My Father works still, and I work. Therefore the Jews sought the more to kill him, because he not only had broken the sabbath, but said also that God was his Father, making himself equal with God.

The Religious Believe System at the time

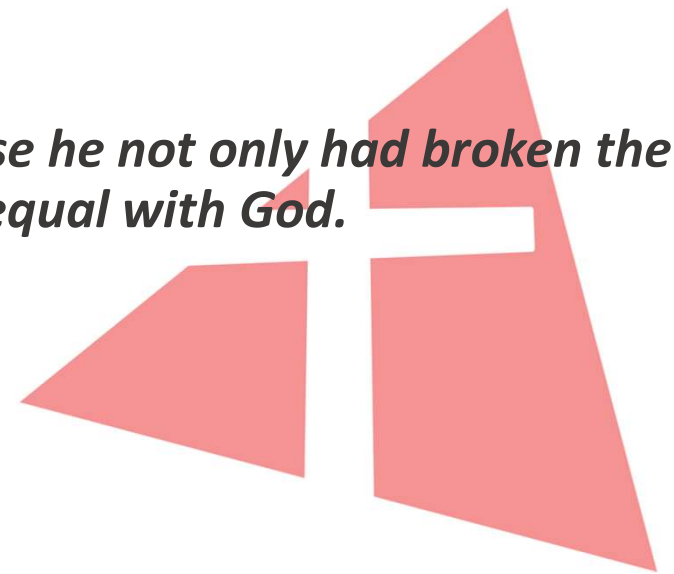
- You are not allowed to do anything related to work



Jesus' Response

- I decide what you can and cannot do on the Sabbath

John 5:18 Therefore the Jews sought the more to kill him, because he not only had broken the sabbath, but said also that God was his Father, making himself equal with God.



Jesus' Correction

- **We should learn from Jesus about how to treat the Sabbath**



The 4th commandment

Exodus 20:8-10 Remember the sabbath day, to keep it holy. Six days shall you labor, and do all your work: But the seventh day is the sabbath of the LORD your God: in it you shall not do any work, you, nor your son, nor your daughter, your manservant, nor your maidservant, nor your cattle, nor your stranger that is within your gates:

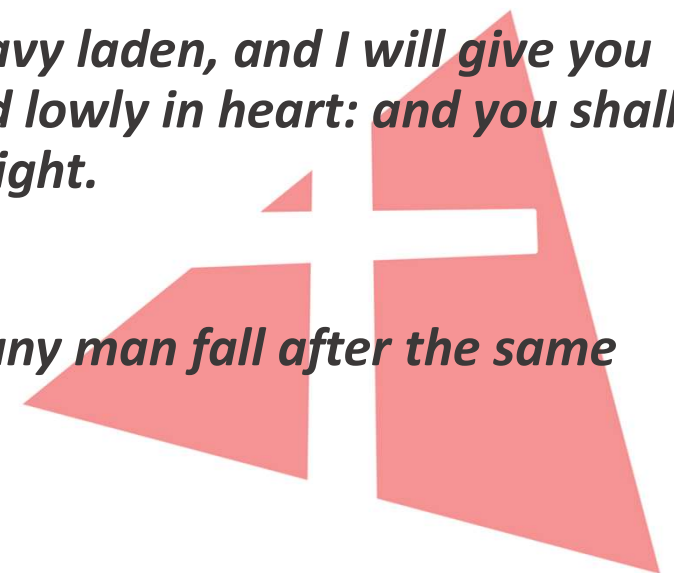


The Purpose

- The purpose of the Sabbath is “Rest”
- True “Rest” can only be found in Jesus’ presence

Matthew 11:28-30 Come unto me, all you that labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and you shall find rest unto your souls. For my yoke is easy, and my burden is light.

Hebrews 4:11 Let us labor therefore to enter into that rest, lest any man fall after the same example of unbelief.



The Purpose

- **The Sabbath is not a day to keep legalistic rules**
- **The Sabbath is not a day to simply “do nothing”**
- **The Sabbath is a day to re-connect with God**
 - Spend 6 days/week for “worldly responsibilities”
 - Spend 1 day/week free from earthly responsibilities, to reconnect with God



Jesus' Practice

- **It's the Sabbath**
- **It's a day to connect with God**
- **God told me to heal this man. Today!**



The Bible on the Sabbath

- **The Sabbath is not just a good idea**
- **The Sabbath is one of the 10 commandments**



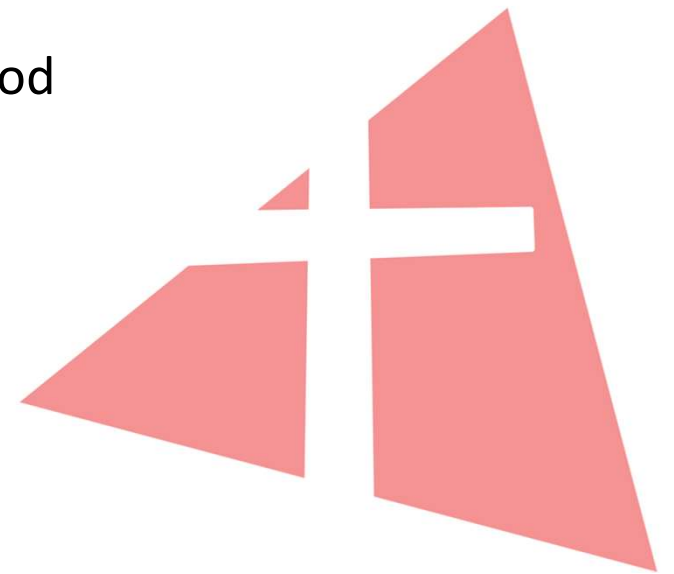
Application

- **Pick a Sabbath Day that works for you**
- **Keep your Sabbath free from any kind of worldly work**
- **Spend that day focused on “re-connecting with God”**



Application

- **It's not about legalism**
- **It's about our heart attitudes**
 - Not allowing the world to break into our relationship with God
 - Expressing our trust in God to provide
 - Expressing that God is highest priority
 - Doing God's Will



Closing Questions

- **What kind of work am I often doing on my Sabbath?**
- **What am I NOT doing on the Sabbath that God wants me to do?**
- **How can I honor God with the way I honor the Sabbath?**

