

Sun., Feb. 16

2020 Winter Message Series: Set Free to Live Free: The 10 Commandments

Love God, Love Others

Message: Set Free to Rest

Scripture: Exodus 20:1-11

Text: Matthew 11:28 "Come to me, all you who are struggling hard and carrying heavy loads, and I will give you rest."

Memory Verse: "Remember the Sabbath day and treat it as holy." -Exodus 20:8

Blurb: Sabbath rest is probably the commandment we have the hardest time following. Yet God gives this command as a pattern for living well. We are made in God's image, and God commands us to follow His example of working for six days and resting on the seventh day. Keep this Sunday as your Sabbath and begin in worship. Come and learn how you can't live well without it!

Opening Song: *Hymn Sing* -Sanctify

Welcome: -David

Memory Verse: -David

"Remember the Sabbath day and treat it as holy." -Exodus 20:8

Worship Music Set: -Sanctify

All My Fountains

Take Time to Be Holy

Hymn of the Holy Spirit

Worship Prayer -Andrew

Love Moment: Blackford Red Rock Scholarship Fund -Cassi

Grow Moment: Grow Groups -David

Prayers: Rest Prayer -David

Stopping our minds from leading our thoughts. Listening for 60 seconds.

Repeat "Our Father in Heaven...Holy is your name" every 15 seconds.

The Lord's Prayer

Lemuel the Lion -Andrew & Vicky

Bumper:

Message: 10 Commandments: Set Free to Rest

PP#1: 10 Commandments: Set Free to Rest

“Come to me, all you who are struggling hard and carrying heavy loads, and I will give you rest.” -Matthew 11:28

The 10 Commandments: Set Free to Rest. Matthew 11:28, Jesus said, “Come to me, all you who are struggling hard and carrying heavy loads, and I will give you rest. Put on my yoke, and learn from me. I’m gentle and humble. And you will find rest for yourselves. My yoke is easy to bear, and my burden is light.” (Matthew 11:28-30)

PP#2: *Image of a person looking frantic at a work desk.*

When the alarm goes off, it feels like 2 a.m. You hit snooze twice, and still wake up tired. On the drive into work you feel heavy. You just don’t have the energy to face what’s on your plate, so you swing through Starbucks. “Can you add a shot of espresso to that, and some chocolate, and some crack, and anything else you got back there?”

And then half way through the morning you start dragging, so you eat some simple carbohydrates because it quickly turns into glucose and sugar and will give you a boost. But then you get stressed out, and you use technology to keep you going. You gotta get that stuff done!

Deadline produces adrenaline and before long you need more sugar, so you eat more garbage. You’ve got that thing of M&Ms on your desk, you know, *for others*. Forgot to pack a decent lunch. You just run out and grab something quick. Quick means a combination of the three basic food groups: carbs, salt and fat, right? You snack yourself through the day. And now, three o’clock hits, and you feel a crash. Your body is saying, “Hey, we’re done,” but you’re like, “No we’re not!” You know, there’s a Monster in the break room...a Red Bull. Here’s more coffee. “Oh, now I feel fine.”

Eventually you head home. You’re in traffic, and stressed out, and your phone’s ringing. The gas station offers, for the same price as a small, a pop that’s big enough for a small child to take swim lessons in. It gets you home.

But you turn right around and head out to your daughter’s game. Hot dog and chips. It’s a good game, keeps you engaged, but the stupid calls the ref makes cost your side the game.

You land home exhausted, and you feel you deserve to unwind. Those dishes in the sink, they can wait. You’ve had a long day. Hot pockets in the microwave and Netflix to the rescue. Wow, it’s that late? You make the *right choice* and not watch a fourth episode. You’re tired. You just *got* to go to bed. You pass on the laundry: there’s got to be something in the closet to wear tomorrow.

But that show got your mind racing. You need to let it calm down. You have a drink to settle your nerves. Better make it a strong one. You crawl into bed with heavy eyes, but you just check your Facebook quick. One video leads to another. Did you see the amazing things you can do with Windex? You do a little surfing.

It’s so late, but that the alcohol has turned into sugar, and now you just can’t fall asleep....

Your phone has fallen on the floor when its alarm goes off. And it feels like 2 a.m.

You’re a caffeinated, sugar-infused, drunk, grumpy, phone-answering, Sabbath-violating wreck, and we call it “The American Dream!”

It’s not working, is it? You’re stressed out. Some might suggest that you’re depressed. But what’s really going on is that your whole life is put together very poorly.

Oh, I know, *we all struggle* with this. But we’re working on it, right?...trying to get our lives in control. *Last Tuesday* I went to bed at a decent hour. See, little steps!

PP#3: *Image of a half sheet of paper with “God’s way is my best life!” hand written across the top.*

Take your bulletin insert, and write across the top: “God’s way is my best life!”

God’s got a better way. This is NOT God’s plan for you. This is not abundant living. God just doesn’t want you *alive*, He wants you to *thrive*!

PP#4: *Image of a bent-over, weary person trying to climb a hill with a heavy burden on his back marked by various symbols of non-Christian religions.*

But God doesn’t *make* you take the right path. This past weekend when you were celebrating Women’s Sunday, Vicky, Ann and I were taking the confirmation class to visit other religions. And one thing we saw so clearly each time was that every other religion lists mandates, rules, requirements that people must do to work our way into God’s favor. Keep the Jewish laws, practice the Five Pillars of Islam—you will be evaluated on how well you’ve done them, live nobly in Hinduism so you can come back in the next reincarnation one rung higher, progress through the eight dynamics of Scientology by using the right knowledge to live by fundamental truths to determine your own salvation, seek the inner path of Buddhism to free yourself from the physical world. In every other religion we must *do*! We must perform. We must earn our way into God’s favor...or to achieve “the oneness.” It’s all part of our stressed, performance-driven lives.

PP#5: The 10 Commandments: Set Free to Rest

1. God does the work of salvation

But when the *true* God comes to His followers, God says: “Rest!” “Stop doing!” “Receive what I’ve already done for you!”

The 10 Commandments, did you know, aren’t actually commandments. In the Hebrew, they are “the 10 words.” English translators chose the word commandment. It think this can mix us up. Don’t read these as, “follow these *rules* to the letter and then you will earn your salvation.” Read them as, “I have already freed you. Egypt is back there! Now here is how you can live free.”

And right in the middle of these Words of Life, is the rule of Sabbath. It’s based on God’s work...what God has done. God fights on our behalf. Jesus came to us—that’s Christmas—came to be our Savior. He took our sin upon Himself and died on our behalf and earned our forgiveness. He was buried in death but rose again—that’s Easter—to defeat our death. Jesus did it all. We simply turn to Him, rest, and receive all His benefits. Jesus said in Matthew 11:28, “Come to me, all you who are struggling hard and carrying heavy loads, and I will give you rest.”

PP#6: *Image of the 2 stone tablets drawn into a heart shape, subtitled: “Set free to live free!”*

That rest comes in two big ideas: loving God, and loving others. Have no other gods, don’t make any false idols, don’t misuse God’s name. Love God! Then, the last six commandments are how to love others. We’re coming back to them after Easter. But right here in the middle, the fourth word, is the commandment of rest, of Sabbath.

This isn’t just about their slavery in Egypt. It’s about the human condition of slavery to servitude: working tirelessly to *earn* our life, to *earn* our acceptance, to *achieve* restoration and wholeness, to finally *accomplish* the good life. The fundamental truth of our wholeness is that we cannot work to get it! It is a gift. God says we must STOP working! We rest. We receive.

God has already saved them. God has already saved us! What God gives now, is not rules, not work, but wisdom. This is the best path of life. If you follow them, things will go well for you.

If you don't, it will go hard. You are still saved either way, as long as you put your trust in God. You are IN the Promised Land. But God also offers the best path for living there best.

PP#7: Exodus 20:1-11 (Also Deutonomy 5:6-21)

1 Then God spoke all these words: 2 I am the Lord your God who brought you out of Egypt, out of the house of slavery.

3 You must have no other gods before [above] me.

Turn again to the 10 Commandments. By the way, did you know the Bible lists them twice? They are here in Exodus 20 during the story of God's people being freed from Egypt. But they are listed again in Deuteronomy, which is Moses' farewell address to the people. He recaps all that he had led them through, and again lists the 10 Words.

Exodus 20 (and Deuteronomy 5), "Then God spoke all these words: I am the Lord your God who brought you out of Egypt, out of the house of slavery. [See? I have already done the work to save you.] You must have no other gods before [above] me."

PP#8: Exodus 20:1-11 (Also Deutonomy 5:6-21)

4 Do not make an idol for yourself—no form whatsoever—of anything in the sky above or on the earth below or in the waters under the earth. 5 Do not bow down to them or worship them, because I, the Lord your God, am a passionate God. I punish children for their parents' sins even to the third and fourth generations of those who hate me. 6 But I am loyal and gracious to the thousandth generation of those who love me and keep my commandments.

Second commandment, verse 4, "Do not make an idol for yourself—no form whatsoever—of anything in the sky above or on the earth below or in the waters under the earth. Do not bow down to them or worship them, because I, the Lord your God, am a passionate God. I punish children for their parents' sins even to the third and fourth generations of those who hate me. But I am loyal and gracious to the thousandth generation of those who love me and keep my commandments."

PP#9: Exodus 20:1-11 (Also Deutonomy 5:6-21)

7 Do not use the Lord your God's name as if it were of no significance; the Lord won't forgive anyone who uses His name that way.

Third commandment, verse 7, "Do not use the Lord your God's name as if it were of no significance; the Lord won't forgive anyone who uses His name that way."

PP#10: Exodus 20:1-11 (Also Deutonomy 5:6-21)

8 Remember the Sabbath day and treat it as holy. 9 Six days you may work and do all your tasks, 10 but the seventh day is a Sabbath to the Lord your God. Do not do any work on it—not you, your sons or daughters, your male or female servants, your animals, or the immigrant who is living with you. 11 Because the Lord made the heavens and the earth, the sea, and everything that is in them in six days, but rested on the seventh day. That is why the Lord blessed the Sabbath day and made it holy.

Fourth commandment, verse 8, "Remember the Sabbath day and treat it as holy. Six days you may work and do all your tasks, but the seventh day is a Sabbath to the Lord your God. Do not do

any work on it—not you, your sons or daughters, your male or female servants, your animals, or the immigrant who is living with you. Because the Lord made the heavens and the earth, the sea, and everything that is in them in six days, but rested on the seventh day. That is why the Lord blessed the Sabbath day and made it holy.”

Isn't it quite something that Sabbath makes it into the “big ten?” I mean, if you were to list the top ten most important principles to live by, would you put *a nap* on the list? Well...the older I get.... But God's plan is better than our plans. He knows that our best life is not limping through our days on caffeine, sugar and Candy Crush. In fact, God is trying to teach us that healthy living has a cadence, a particular sustainable pace. This has been true for thousands of years. We think we know so much now, and we think God's Word is outdated and archaic, and yet, here we find a deep, sustained wisdom that is always true. We proclaim we know better, with blood-shot eyes and shaking hands gripping a tippie espresso iced caffè mocha. Sabbath, I think, may be the most broken commandment for us stressed-out, depressed, anxiety-ridden, empty-lifed Americans!

You want a better life? Live the 4th Word.

PP#11: The 10 Commandments: Set Free to Rest

1. God does the work of salvation
2. *Remember* - Urgency to not forget this one

“*Remember* the Sabbath day and treat it as holy.” God says, *remember*. Even in how God commands it, God knows our propensity to skip this one. Or, perhaps more typically, we skimp on it: cut parts out of it. It does say “day,” you know. But by the time we're done with it, we have at best a couple of hours salvaged. There will always be lots of excellent options to lure you away from keeping full Sabbath. It requires intentionality. And I've noticed that God keeps nagging about it, bringing it up over and over again. The Bible records Sabbath 172 times! God is serious about this! And this commandment is the longest of the 10, getting even more details than the one about idols.

PP#12: The 10 Commandments: Set Free to Rest

1. God does the work of salvation
2. *Remember* - Urgency to not forget this one
3. *Holy* - Keep the Sabbath/Stop day differently

Keep it holy. This means keep it *different*. Do you have a pattern where you have a day that's different? Your wellness—you're physical wellness, your mental wellness, your emotional wellness—is determined by you keeping Sabbath. It is! This is how we're made. It's the way we are supposed to operate. The problem is that there is no immediate cause and effect. If you skip Sabbath, your next day isn't ruined. But actually, it is!

It's like changing the oil in a car. The three thousand *and first* mile without an oil change won't ruin your engine. But after about 3,000 miles, the impurities in the oil start causing microscopic damage to your engine. And that damage continues and builds slowly over time. If you don't keep a pattern of changing your oil, your engine will eventually run worse and worse. At first you won't notice it. But over time, say 20,000 miles later, it will sputter or bang or seize up.

Too often we cut corners on God's plan and skip Sabbath, either a day here and there, or a block of time now and again, but if we're honest, despite best intentions, most of us don't follow it most of the time. And most of us are sputtering and knocking and banging through life.

If you have seven days where you are going strong, busy, taking care of business, you're not honoring the Sabbath. Even if you do your career work for five days, and then spend the other two

days doing your chores, running errands, doing the shopping, taking care of stuff you need to get to, you're not honoring the Sabbath. You must have a day that is different, not filled with busyness. And to get that, you may need to stop some of the good things that keep you busy.

PP#13: The 10 Commandments: Set Free to Rest

1. God does the work of salvation
2. *Remember* - Urgency to not forget this one
3. *Holy* - Keep the Sabbath/Stop day differently
4. Sabbath = Stop

Sabbath literally means “cessation,” or “stop.” Stop working. Stop doing good things! Stop working toward what you want to have in life. Your body must rest each day. Your whole being must rest one day a week. It's not a day for family. The pattern is not to work so hard during the week that you put all your family time into the day off. Each day needs family time. Each day needs rest. But also you need an additional day away from the rat race.

Part of our problem is that we don't know how to do down time well. We usually want the time filled. We want to be entertained, engaged. We watch TV, Youtube, read Facebook, play video games. Part of resting is having your mind free enough to see the beauty around you. It's having time to reflect on your life, on your priorities, on how you are living your six days. It's having time for the Holy Spirit to show you your life, to point out what needs to change, what you are doing right. Down time is not occupying your mind with other things. It's stopping to be fully present. This is where Shalom comes from, that being rightly centered, able to face your six days of crazy.

It's not “you” time, to do what you want. It's not family time. I think at our best we make it into these. It sounds so right, seems good. And the problem is that Sabbath can include down time, you time, family time. It can. *But that's not what it is.* It is a day of rest and worship. If you are worshiping and resting while spending time with family or doing hobby projects, then fine. But be careful not to turn that hobby into a project that you *need* to get done, or use the day to catch up with the family member you've been neglecting. That's not Sabbath. That's still *busy*...a dis-ordered life.

PP#14: Exodus 20:1-11 (Also Deutonomy 5:6-21)

8 Remember the Sabbath day and treat it as holy. 9 Six days you may work and do all your tasks, 10 but the seventh day is a Sabbath to the Lord your God. Do not do any work on it—not you, your sons or daughters, your male or female servants, your animals, or the immigrant who is living with you. 11 Because the Lord made the heavens and the earth, the sea, and everything that is in them in six days, but rested on the seventh day. That is why the Lord blessed the Sabbath day and made it holy.

Notice the lengthy description with this commandment. It's about a right-ordered life. Verse nine says, “Work for six days.” Now, some of you may be struggling with THIS part of the commandment! Perhaps you try to re-prioritize your life, so you have more “you” time. You don't live to work. But if you're honest, you use this as a reason not to work as you ought. It justifies laziness. Working part time and living in your parent's basement is not the right pattern. Putting off what you need to get done is not the right pattern. Work hard for six days. Perhaps you need to turn off the Netflix after a couple of hours and tackle the laundry rather than keeping it for your day off.

It also doesn't mean making others do the work for you, denying them their Sabbath. The servants also get Sabbath, right?

The pattern of good living is work hard, but then, rest hard! And notice, our weekly cadence is modeled after the example of God. Six days God worked to create everything. On the seventh day He rested. Was God tired? No. But God lives in a healthy pattern. And we are made in God's image. We are to model our life's pattern after the God whose image we share. Our rhythms are to be God's rhythms. This is the sustainable pattern of abundant life.

PP#15: 7 Reasons Why We Sabbath:

1. Remember Jesus' work of salvation for us (On the cross, Jesus proclaims "It is finished!")
2. Connect with Jesus and His People (worship)
3. Prepare for Eternal Rest (Learn to rest well)
4. Mirror the rhythm of God (We are made in His image)
5. Save us from ourselves (working ourselves "to death")
6. Make memories and have fun (enjoy life)
7. Differentiate between managing time and managing energy

I want to just give you a handy list of seven reasons why it is good, life-giving, to Sabbath.

1. To stop and remember Jesus' work of salvation for us. It is not our work, but His, by which we are saved. Remember on the cross? Jesus proclaimed, "It is finished!" He had finished His work.
2. To spend time to connect with Jesus and His people in worship. Sabbath must include worship.
3. To prepare for eternal rest. We must learn to rest well; we'll be doing a lot of it in glory!
4. To mirror the rhythm of God. We are made in His image, and we need to follow His rhythm.
5. To save us from ourselves, from the frantic lives we make for ourselves, from working ourselves "to death."
6. To make memories and have fun. God commands margin for us to enjoy life; it is a gift, after all!
- And 7, to differentiate between managing our time and managing our energy. What we spend time on doesn't necessarily renew our energy. We must learn the difference. These are why we must Sabbath!

PP#16: 7 Sabbath Killers:

1. A poor work ethic (not working hard six days)
2. Religious rules (feeling superior when you do it)
3. Observing it without a Sabbath heart (seeking God)
4. Keeping Sabbath in pencil (not enforcing it)
5. Pharaoh (a slave-driver, such as our phones)
6. Resting from your work rather than resting for your work
7. Filling your Sabbath with stimulants

Likewise, here's a quick list of seven ways we kill the Sabbath God intended. Perhaps you need to write down one or two that describe you!

1. A poor work ethic: not working hard six days.
2. Religious rule-following: feeling like we're better for obeying the rule so *religiously*!
3. Observing Sabbath without a Sabbath heart, without seeking God or His plan for our lives. Doing it just out of obedience.
4. Not enforcing Sabbath, letting all kinds of things encroach on it and suck it away.
5. Things that act like our Pharaoh, our slave-drivers. Perhaps for us it's our phones, our something else that takes away our rest.
6. Resting *from* your work rather than resting *for* your work: working so hard that all you do on your day off is crash and sleep.
- And 7, filling your Sabbath with stimulants, like coffee, or projects, or mind-distracting activities. These all rob you of the refreshing God intended Sabbath to bring.

[If time: insert personal story of my need for Sabbath this past year of renewal leave.]

PP#17: The 10 Commandments: Set Free to Rest

1. God does the work of salvation
2. *Remember* - Urgency to not forget this one
3. *Holy* - Keep the Sabbath/Stop day differently
4. Sabbath = Stop
5. Sunday is the New Saturday!

Now, one final word: which day is the Sabbath? For the Jews—Jesus was a Jew!—it is Saturday. Sunday is the first day, and we work for six days. Saturday is the last day, and that was the Sabbath. That’s why Seventh Day Adventists worship on Saturday.

But we believe that Jesus came to fulfill the old covenant and usher in a new one, one based not on the Old Testament sacrifices but on His own death and resurrection. Jesus rose on Sunday. That’s the most important victory we celebrate. And immediately, Christians gathered on Sundays to keep proclaiming Jesus’ resurrection. Acts 20:7 says, “On the first day of the week [that’s Sunday] when we were gathered together....” Christians gathered on Sunday. If they were Jews, they probably also gathered on Saturday. It might be they worshiped two days. In Revelation, John the Apostle calls Sunday “The Lord’s Day” Jesus’ resurrection changed the celebration from Saturday to Sunday, and since the time of the apostles, the Church has gathered in worship on Sunday. The command of the Sabbath rest continues—the 10 Commandments are not obsolete, they reveal the pattern of abundant life—but the way it’s observed is transformed by Jesus. Worship is not anchored in law, but in Jesus’ resurrection. We gather each week to celebrate Jesus’ resurrection.

PP#18: *Image conveying that we NEED Sabbath to live well.*

This is why we need Sabbath. We need to place our focus, our life, our daily routine on Jesus’ gift of abundant and eternal life. We desperately need a different way to live. We cannot sustain the frantic pace of running on empty. God has a better way! He offers wisdom. God the Father is saying, “Look at your whole life, and see if it is put together in a way that is fruitful and joyful, that you get things done, and one of those things you get done is resting in me and enjoying time with me, the life that I’ve given you, and the people that I’ve surrounded you with.”

Being fully present with God. This is Sabbath.

Amen.

Closing Song: *Fill My Heart* -Sanctify

Announcements:

Memory Verse: -David

“Remember the Sabbath day and treat it as holy.” -Exodus 20:8

Benediction