

AM Sermon Notes

Text: *Exodus 20:8-11*

Title: *Sunday = Church*

Central Truth: God knows our need as human beings for regular worship and rest.

I. vv. 8-11: A Day of Remembrance

v. 8: **Sabbath** - (Hebrew - *shabbat*) It means to rest, to stop, to cease from work. The word **holy** speaks of being set apart, separated, set aside for a specific reason.

v. 9: Work is a gift from God to mankind (*cf. Thessalonians 3:10*).

v. 10: God covers six potential sources of labor which includes family, employees, work-animals and even guests in the home.

v. 11: **Creation Rest** - This was the initial reason for observing the Sabbath. This takes us back to Genesis 2:2-3. It also affirms a literal six - day (*24 hour day*) creation.

Covenant Rest (*Exodus 31:16-17*) - The Sabbath was a sign of the special covenant between God and the Jews.

Redemptive Rest - (*Deuteronomy 5:15*) - The Sabbath was also a reminder that God rescued the Jews from bondage in Egypt.

II. A Day of Resurrection

Unlike the other nine Commandments which are repeated in the New Testament, the Sabbath Day is not because it was specifically given to the Old Testament Nation of Israel (*Colossians 2:16-17*).

Biblical texts supporting Sunday worship: *Mark 16:9; John 20:19-20; Acts 2; Revelation 1:10; Acts 20:7; 1st Corinthians 16:2*.

III. A Day of Restoration (The Practical Application)

As New Testament Christians we are to make Sunday a **Holy Day** and a **Healthy Day** both spiritually and physically.

Applications:
