

GUARDRAILS

EXPERIENCING
FREEDOM
IN
GOD'S
COMMANDS

📍 NEW LIFE CHRISTIAN CENTER
OCTOBER 16, 2022
PASTOR DAVID LARSON | TURLOCK
PASTOR JEREMY MOORE | PATTERSON

"GOD'S GIFT
OF REST"

"Remember to observe the Sabbath day by keeping it holy (set apart, unique). Six days a week are set apart for your daily duties and regular work, but the seventh day is a day of rest dedicated to the Lord your God. On that day no one in your household may do any kind of work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. For in six days the LORD made the heavens, the earth, the sea, and everything in them; then he rested on the seventh day. That is why the LORD blessed the Sabbath day and set it apart as holy. Exodus 20:8-11 (NLT)

Definition of Sabbath: to rest, to cease.

1. The sabbath is my declaration of _____ on God.

Gather the food for six days, but the seventh day is a Sabbath. There will be no food on the ground for you on that day." Some of the people went out anyway to gather food, even though it was the Sabbath day. But there was none to be found. "How long will these people refuse to obey my commands and instructions?" the LORD asked Moses. "Do they not realize that I have given them the seventh day, the Sabbath, as a day of rest? That is why I give you twice as much food on the sixth day, so there will be enough for two days. On the Sabbath day you must stay in your places. Do not pick up food from the ground on that day." So the people rested on the seventh day. Exodus 16:26-30

2. The sabbath allows me to experience _____ and _____.

"Work for six days, and rest on the seventh. This will give your ox and your donkey a chance to rest. It will also allow the people of your household, including your slaves and visitors, to be refreshed. Exodus 23:12 (NLT)

3. The sabbath makes _____ for relationship with God and others.

You may work for six days each week, but on the seventh day all work must come to a complete stop. It is the LORD's Sabbath day of complete rest, a holy day to assemble for worship. It must be observed wherever you live. Leviticus 23:3 (NLT)

4. The sabbath is God's _____ to me.

Then Jesus said to them, "The Sabbath was made to benefit people, and not people to benefit the Sabbath. Mark 2:27 (NLT)

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Definition of Sabbath: to rest, to cease.

1. The sabbath is my declaration of DEPENDENCE on God.

Gather the food for six days, but the seventh day is a Sabbath. There will be no food on the ground for you on that day." Some of the people went out anyway to gather food, even though it was the Sabbath day. But there was none to be found. "How long will these people refuse to obey my commands and instructions?" the LORD asked Moses. "Do they not realize that I have given them the seventh day, the Sabbath, as a day of rest? That is why I give you twice as much food on the sixth day, so there will be enough for two days. On the Sabbath day you must stay in your places. Do not pick up food from the ground on that day." So the people rested on the seventh day. Exodus 16:26-30

2. The sabbath allows me to experience REST and PEACE.

"Work for six days, and rest on the seventh. This will give your ox and your donkey a chance to rest. It will also allow the people of your household, including your slaves and visitors, to be refreshed. Exodus 23:12 (NLT)

3. The sabbath makes SPACE for relationship with God and others.

You may work for six days each week, but on the seventh day all work must come to a complete stop. It is the LORD's Sabbath day of complete rest, a holy day to assemble for worship. It must be observed wherever you live. Leviticus 23:3 (NLT)

4. The sabbath is God's GIFT to me.

Then Jesus said to them, "The Sabbath was made to benefit people, and not people to benefit the Sabbath. Mark 2:27 (NLT)



[CONNECT]

What are 2 things that you consistently make time for in your week?

[ENGAGE]

What impacted you the most personally from the message?

[GROW]

Read Exodus 20:8-11. Why is the sabbath so important to God?

What does God desire to give to us through time to renew, rest, and restore?

One of the statements from the message is that the sabbath is about trusting God enough to rest. How does trust in God play into our willingness to engage in the sabbath and rest?

Read Mark 2:27. What is Jesus saying? Do you have any legalistic tendencies towards the sabbath that you learned growing up? How does Jesus want to bring something life-giving to you through the Sabbath?

[LEAD (YOURSELF)]

Will you take a sabbath for the next couple of weeks. Set a day aside to be renewed and recharged and see what God can do. Let's see what we become when we truly trust in Him and His goodness.