

10 FOOLISH THINGS

PEOPLE DO TO
MESS UP THEIR LIVES

Exodus 20:8-11

Commandment #1

“Thou shalt have no other
gods before me.”

(Exodus 20:3)

Commandment #2

“Thou shalt not make unto thee any graven image.”

(Exodus 20:4)

Commandment #3

**“Thou shalt not take the name
of the Lord thy God in vain.”**

(Exodus 20:7)

FOOLISH THING #4

Failing to Honor God's
Day

Sunday is not just a second Saturday.

- **Our great grandfathers called Sunday the “Holy Sabbath.”**
- **Our grandfathers called it the “Sabbath.”**
- **Our fathers called it “Sunday.”**
- **We call it the “weekend.”**



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- The background is a solid orange color with a fine, dotted texture. Overlaid on this are several thin, white, wavy lines that flow from the left and right edges towards the center, creating a sense of movement and depth.
- 1. EXPOSITION – What does it mean?**
 - 2. APPLICATION – How does it apply to us?**
 - 3. PURPOSE – How should I respond?**

The background is an abstract composition of orange and black textures. The left side is dominated by a bright, warm orange, which transitions into a dark, almost black, area on the right. The transition is marked by diagonal, brush-like strokes and a fine, grainy texture that resembles splattered paint or a microscopic view of a material. The overall effect is dynamic and visually striking.

EXPOSITION

What does it mean?

Five Key Statements:

1. God says: Don't forget the "rest" day - "remember the sabbath day" (vs. 8)

***"sabbath"* - rest**
to cease from labor
stop what you are doing

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2. "Keep it holy" means: Set this "rest" day aside from all other days as special (*vv. 8, 10*)

God-centered rest

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3. God says: This holy rest day should occur systematically (one out of every seven) (vs. 9)

Main idea – could they trust God?

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2. "Keep it holy" means: Set this "rest" day aside from all other days as special (*vv. 8, 10*)
3. God says: This holy rest day should occur systematically (one out of every seven) (*vs. 9*)
4. Don't think you can skirt the issue by having others work for you (*vs. 10*)
5. God says: The basis for this commandment is found in God's example & declaration of rest after creation (*vs. 11*)

APPLICATION

How does it apply to us?

Three Conclusions

1. A New Testament Christian is not under the sabbath commandment.

Q: Why are we studying the 10 Commandments?

A: They are a concise expression of God's guidelines for life.

Three Conclusions

1. A New Testament Christian is not under the sabbath commandment.
2. The New Testament teaches that Jesus is the fulfillment of the Sabbath rest principle.
3. From the foundation of the world, God has established a sabbath principle.



PURPOSE

How should we respond?

Two Important Words

Blessed & Hallowed

“When God blesses a man, the man becomes rich with blessings. When he blesses a land, the land becomes rich with blessings. So when he blesses a day, that day becomes rich with blessings.”

John Piper



“blessed” & “hallowed”

When you honor God by hallowing this day and focus your attention on Him – you receive more blessing than if you keep on busying yourself seven days a week with your own plans.

**God's intention was that
this rest day would be a
blessing not a burden!**



If thou turn away thy foot from the sabbath, from doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the LORD, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: Then shalt thou delight thyself in the LORD; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the LORD hath spoken it.

Isaiah 58:13-14

Why do we see this day as a burden not a blessing?

- 1. We have too much leisure - we don't really have a need for more rest.**
- 2. We are trapped by materialism.**
- 3. We don't trust God to supply (bless) if we obey in faith.**
- 4. We don't truly value & treasure the Father.**

**Why do we see this day as a
burden not a blessing?**

**“If your heart is set more on the
pleasures of the world than on the
enjoyment of God you will feel the
sabbath principle as a burden and
not a blessing.”**

Commandment #4

“Remember the sabbath day, to keep it holy.”

- Are my Sundays focused on rest, worship, and ministry to others?
- Do I schedule church around my weekend plans rather than scheduling my weekend plans around church?
- Do I see my worship and rest time as a burden or a blessing in my life? Is my heart set more on the distractions and pleasures of this life or on the enjoyment of my relationship with God?