

## Law and Order: Decoding the Commandment Controversy Week 4: The Cure for Stress

### Series Recap:

Before God was a law-giver he was a \_\_\_\_\_.

Rules without relationship always equals  
\_\_\_\_\_.

The secret to the life you have always wanted is  
\_\_\_\_\_ and \_\_\_\_\_.

The thrust of the third commandment is don't  
\_\_\_\_\_ God's name with something that God  
is not associated with.

**Series Theme:** God's laws and rules are not a condition for  
relationship but a confirmation of a relationship that already  
exists.

Exodus 20:8-11

*"Remember the Sabbath day by keeping it holy. <sup>9</sup>Six days you shall labor and do all your work, <sup>10</sup>but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. <sup>11</sup>For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy."*

### I. Understanding the Sabbath

Fourth commandment: Take a day off.

#### A Sabbath is quite different from a siesta.

- The Sabbath is a \_\_\_\_\_ to us; we are not \_\_\_\_\_ to the Sabbath.

Mark 2:27-28

*Then he said to them, "The Sabbath was made for man, not man for the Sabbath. <sup>28</sup>So the Son of Man is Lord even of the Sabbath."*

- We observe the Sabbath when we fulfill what the Sabbath portrays: \_\_\_\_\_ and \_\_\_\_\_.
- Without Sabbath rest you will certainly experience \_\_\_\_\_.

### Three Lessons of the Sabbath

1. Admit you are \_\_\_\_\_.

Exodus 20:11 - *For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.*

2. Reflect on God's ability to \_\_\_\_\_ beyond your \_\_\_\_\_.

Deuteronomy 5:15 - *Remember that you were slaves in Egypt and that the LORD your God brought you out of there with a mighty hand and an outstretched arm. Therefore the LORD your God has commanded you to observe the Sabbath day.*

3. Rely on the \_\_\_\_\_.

Exodus 16:26-29; Matthew 11:28-30

*Keeping a  
personal Sabbath  
is God's personal  
stress  
management*

Hebrews 4:16

*Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.*

- Failing to practice a Sabbath will rob you of God's \_\_\_\_\_ and God's \_\_\_\_\_.

### II. Ultimate Sabbath Rest

Hebrews 4:1-2, 9-10

*Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it. <sup>2</sup>For we also have had the gospel preached to us, just as they did; but the message they heard was of no value to them, because those who heard did not combine it with faith.*

*<sup>9</sup>There remains, then, a Sabbath-rest for the people of God; <sup>10</sup>for anyone who enters God's rest also rests from his own work, just as God did from his.*

- Sabbath rest was instituted as a symbol of the \_\_\_\_\_ to come in Christ.
- Ultimate rest is found not merely in resting \_\_\_\_\_ something, but resting \_\_\_\_\_ something.
- \_\_\_\_\_ and \_\_\_\_\_ - \_\_\_\_\_ forfeit ultimate rest.
- God's perfect rest is a rest in free \_\_\_\_\_.