

**The Ten Commandments**  
**Lesson 11: Keeping the Sabbath (Part 3)**  
**Following God's Pattern for Work, Rest, And Worship**

### 1. For Me to Follow God

Observance of the Sabbath does not mean that we are to “sit still and behave.” Instead, making the Sabbath holy should guide us in a wholehearted focus on the Lord in all of life, every day of the workweek as well as on the Sabbath. The New Testament points out that every day is under the Lordship of Jesus Christ, and every moment is a time for worship in spirit and truth.

All is to be done in the name of the Lord Jesus with an attitude of thanks to the Lord. The Sabbath of the Old Testament was meant to be a weekly reminder of the radical relationship to which the people of God were called, unlike any other nation in history. We have entered a “Sabbath rest” in Christ in which we, too, walk in a radical relationship unlike any other on earth, so radical that each of us is called a new creation when we enter it.

- a. The first creation had a Sabbath set aside for rest, and the new creation (the Christian) is a Sabbath rest twenty-four hours per day, seven days per week. At the same time, we should honor the “Sabbath principle,” the work six, rest one pattern that has been in place since creation.
- b. It is not a matter of “either-or” or applying only one, either a “Sabbath rest” or the “Sabbath principle,” but of applying both. So how are we to apply these truths daily?

#### Application.

Below are seven actions that God desires to see in each of His children, and in a few moments, we will discuss them at length. They are characteristic of a life of Sabbath rest. Each is a facet of our relationship with the Lord, like a diamond seen from different angles—yet each angle has the Lord at its center. Prayerfully considering each of the seven provides an opportunity for evaluation of where we are in our relationship with God, specifically in our worship and in our work. Are we living, working, and worshiping in the Sabbath rest to which God has called us? If so, each of the seven actions is already part of our lives in some measure.

Note: For many of us, however, some of these actions do not seem possible because of unconfessed sin in our lives. Some of us will see that the Lord is really not our focus, and our own wants and desires are the focus instead. If so, we must confess our sins and receive the cleansing that the Lord wants to give. He wants us walking in the clarity of a cloudless day, with unclouded hearts.

Remember, we have been given life in Christ; we *“have been made complete in Him,”* and we are called now to *“walk in Him”* and the rest He gives (John 20:31; 1 John 5:11-12; Colossians 2:6, 10; Matthew 11:28-30).

#### Use the four checkpoints as you consider each of the seven actions of a Christian:

- ⇒ **Encounter the Lord**—Read and meditate on each truth and each Scripture verse.
- ⇒ **Evaluate** where you are as you read His Word and listen to His Spirit.
- ⇒ **Express** your heart to the Lord. Confess. Thank. Praise. Talk.
- ⇒ **Expect** Him to speak to you and move you to the next level of knowing Him.

**Seven Actions of a Christian:**

1. Worship God (Read John 4:24)—Are you worshiping Him dependent upon and following the Spirit in your worship. Are you worshiping Him with an honest, transparent heart in line with truth of His Word?
2. Love Him (Read Mark 13:29-30)—Are you loving God in every dimension of your life, in all the actions, attitudes, and facets of your daily walk (with all your heart, soul, mind, and strength)?
3. Know Him and His Call (Read Philippians 3:8-10, 13-14; Jeremiah 9:23-24)—What is your goal in life? More riches, more abilities/power, more knowledge or is it to know Him more fully? Are you forgetting the failures and the successes of the past (“what lies behind”) and pressing forward for all God wants for you in Christ now and in eternity (“the prize of the upward call of God in Christ Jesus”)?
4. Trust Him. Have Faith in Him (Read Romans 14:23; Hebrews 11:6; 2 Corinthians 5:6-7)—Whatever is not connected to practical trust in God and His Word is sin. Are you walking trusting what God has said or only by what you or others can tangibly see (by God-enabled faith or by earthly sight)?
5. Please Him (Read 2 Corinthians 5:8-9; Matthew 25:14-23)—What is your ambition? Do you want to be a delight to the Lord? Do you want to hear Him say to you, “Well done, good and faithful servant”?
6. Follow Him (Read Numbers 14:24; Matthew 4:19)—Are you following fully, giving all of yourself to Him and His will as Caleb did? Are you daily submitting yourself to God and His Word?
7. Glorify Him (Read 1 Corinthians 6:19-20; 10:31)—Are you living “to the glory of God”? Do others have a better opinion of God because of you? Do others come to know Jesus because of your life—words, witness, deeds, and attitude?

**APPLY R.E.S.T.**—The Sabbath rest is a principle to be applied, not a rigid law to be enforced, as we have seen in Romans 14. The principal of resting one day out of the week is of great benefit. Using the acrostic **R.E.S.T**, evaluate where you are in each area of your life and see what adjustments need to be made, whether in your schedule or in your attitude.

**R.E.S.T.**—each letter focuses on some application of the Sabbath rest and the Sabbath principle:

The Ten Commandments, Following God Christian Living Series, Author Rick Shepherd, AMG Publishers

**R—Relationship** reverence—Life is about relationships. Only God, God’s Word, and people are eternal; nothing else matters in the big scheme of life. How is my relationship with God? Is it marked by reverence? How are my relationships with others? Am I walking in love, His way? Do I spend time developing my relationship with God and others?

My evaluation:

**E—Eternity**—Life is about a journey into eternity. Eternal matters must be consciously and purposefully considered. Eternity and time must be balanced correctly. That means living in the light of eternity and pausing each week to evaluate my purpose, my priorities, my plans, and my placement in life. Am I fitting where God wants me to be? Am I functioning as God wants me to function? Am I fulfilling what God wants me to do?

My evaluation:

**S—Salvation**—True life only comes in a saving relationship with Jesus Christ. That life includes (1) an ongoing sanctification, growing in the image of Jesus Christ, and (2) a daily satisfaction in who He is and what He is providing. Am I content, even joyful, in His ways, His will, and the work He has given me to do? Does the way I order my day and my week show my satisfaction In Him?

My evaluation:

**T—Time**—Life takes time. Living means time for work and time for rest, time for relationships, time to invest in eternity, and time to grow in knowing and sharing the salvation Jesus has given. The Sabbath principle focuses on time set aside –one day out of seven: time for a more intense focus on God; time to reflect on the past six days and the next six; time to reject what is unnecessary; time to receive refreshment physically, mentally, emotionally, and spiritually; time to receive what God has to say and what God has to give. We need to surrender all of our time to the Lord—all seven days. We are to live the Sabbath rest in Christ twenty-four hours per day, seven days per week, as we practice the Sabbath principle, setting aside time for rest in every area.

My evaluation:

### **Benefits of The Sabbath Principle**

The Sabbath Principle of resting one day out of the week has several benefits. It is for enhancing relationships with God, with others, and for intensifying reverence for God and His Word. It aids focused reflection on our relationship with God, on the meaning and application of His Word. It gives us time to evaluate and gain

The Ten Commandments, Following God Christian Living Series, Author Rick Shepherd, AMG Publishers

perspective on the past “six days” as well as think through the next “six days.” It is for genuine rest. We need a break physically, a pause from the workweek. It is for refreshment spiritually, physically, mentally, and emotionally. Where we have erred from God’s plans and priorities, it provides a time to return to those, to adjust our attitudes and our actions, and to attune our schedules and our lifestyles with what He wants.

*A prayer about the Sabbath,*

Lord, thank You for the Sabbath and all that it means—for the rest You give in Your Son, the Lord Jesus. Thank You, Lord Jesus, that You give a rest to the soul that lasts forever. Father, I also thank You for providing for a time of rest and refreshment—physically, mentally, emotionally, and spiritually. Your order in creation is awesome; it includes the natural rest that you give to plants and animals, and the opportunity for people to sleep. I also praise You for the pattern of work and rest You gave at Creation by working diligently for six days and then resting for one. I praise You for the way You lead us to focus on You, to center our attention on You and Your ways, to worship You as we walk with You. May I live in the reality of the Sabbath rest You have given through Jesus Christ and walk in the pattern of rest, the Sabbath principle, that You have given in creation. May my life be a testimony of resting in Your work and working in Your rest. In Jesus’ name, amen.

**Homework:** Finish evaluating the seven actions discussed in this week’s lesson.

**Lesson Topics:** Honoring Parents—Commandment 5, Recognizing and Valuing Father and Mother.