

## "A New Way of Thinking"

### The Conflict Intensifies

Genesis 2:1-3 ESV - *Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.*

### Sabbath 101

1. Sabbath involves **STOPPING**.  
God finished the work of creation and *rested*.
2. Sabbath is a **GIFT**.  
God *blessed* the Sabbath.
3. Sabbath requires **TIME**.  
God established the Sabbath as a 24-hour *day*.
4. Sabbath should be **DISTINCT**.  
God blessed it and made it *holy*.
5. Sabbath was designed for **HUMANITY**.  
God established the Sabbath at *creation* - long before he called Abraham as the father of the Jews.
  - a. It was expounded in the **TEN COMMANDMENTS**.
  - b. It has been regularly practiced by the **CHURCH** through the ages.  
*This Sabbath is then kept holy unto the Lord, when men, after a due preparing of their hearts, and ordering of their common affairs beforehand, do not only observe a holy rest, all the day, from their own works, words, and thoughts about their worldly employments and recreations, but also are taken up, the whole time, in the public and private exercises of his worship, and in the duties of necessity and mercy.* (Westminster Confession, 1647)
  - c. It was modeled and taught by **JESUS**.

### A New Lens

1. The Sabbath was intended for **OUR** good (v. 1-5).  
Mark 2:27-28 ESV - *And he said to them, "The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath."*
2. The Sabbath was intended for the good of **OTHERS** (v. 6-11).

### Take-Aways

- We should be **THANKFUL** that God established the Sabbath for our good.
- We should remember that law is intended to help us **LOVE** God and to **LOVE** our neighbor.

- We must guard against stubborn **PRIDE** and callous **UNBELIEF**.
- The Sabbath is a great day to be **HEALED**.

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