



- 5. However - The Moral Elements:
  - Of The Fourth Commandment:
    - Remain - And Include:
      - *A* Day - As Well As:
        - A Restful Delight:
          - That Is A Foretaste Of The Rest That Is To Come:
            - For Believers In Christ!
  - This Day:
    - Is A Day Of Rest:
      - That Follows The Pattern:
        - Of God's Day Of Rest:
          - After He Created The World:
            - In Six Days!
    - One Day In Seven:
      - Ought To Be Reserved:
        - As A Day Of Rest!
          - Physical, Mental & Spiritual Rest!
    - Of Course - Most Christians:
      - Follow The Pattern Established By The Apostles & The Early Church:
        - And Use The *First* Day Of The Week:
          - Sunday - As The Primary Day Of Rest & Worship & Fellowship:
            - Which - Very Early On - Became Known As "*The Lord's Day!*"
  - But - That Day:
    - Is Still Meant To Be:
      - A Day Of Rest & Refreshment:
        - For The Whole Man!
          - Body & Soul & Spirit!
    - Since - Jesus Himself Taught:
      - In Mark 2:27 - That - "The sabbath was made for man, and not man for the sabbath!"
- 6. And Yet - How Many Christians:
  - Remember To Use The Lord's Day:
    - Or Any Day Of Their Week, For That Matter:
      - In The Special Way:
        - That The Lord Intended?
  - It Is On This Account:
    - That We Can See This Commandment:
      - Like All Of The Others:
        - Is Profitable Also For "Reproof!"
    - It Reveals How Christians Have:
      - Neglected The Moral Elements Of This Law:
        - To Their Own Detriment!
  - And So - Tonight:
    - I Want Us To See 3 Ways:
      - We Fail To "Remember The Sabbath!"
        - If Not The Day Itself:
          - The Divine Rest That It Represents!

\* First - We Forget The Sabbath - When:

**1. *We Are Overwhelmed With Work!***

- Are You A Workaholic? Or Do You Know Someone Who Is?
  - This Is One Area Of Life:
    - That May Or May Not:
      - Be An Issue For Some People!
  - But - One Of The Moral Truths That We Can Glean From The Fourth Commandment:
    - Is That - Even Though God Created Man To Work:
      - He Did Not Create Man:
        - To Work *All The Time!*
  - This Is Why In Exodus 20:9-10 - The Lord Said:

- “Six days shalt thou labour, and do all thy work: / But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work!”
- You See - Work & Labor:
  - Was Not A Part Of The Curse!
  - When God Created Adam:
    - We Are Told In Genesis 2:15 That - “The LORD God took the man, and put him into the garden of Eden to dress it and to keep it!” - And Later - In Genesis 2:19 - God Gave Adam The Responsibility To Name The Animals As Well!
    - So - God Created Adam:
      - To Work!
      - Work Is A Good & A Noble Thing!
  - It Wasn’t Until After Adam & Eve Sinned:
    - That Their Work Became Toil!
      - When - In Genesis 3:19 - God Said - “In the sweat of thy face shalt thou eat bread, till thou return unto the ground; for out of it wast thou taken: for dust thou art, and unto dust shalt thou return!”
- So - Ever Since The Beginning Of Time:
  - God Gave You Six Days:
    - In Which To Work:
      - And To Meet The Physical, Financial, And Material Needs Of Yourself & Your Family!
    - But - God Also Gave You:
      - Another Day - **One Day In Seven:**
        - In Which To Rest:
          - And Recharge:
            - And Be Refreshed!
  - And This Kind Of Sabbath Rest:
    - Was Encouraged By The Lord:
      - When He Was On Earth!
    - In Mark 6:
      - Jesus & His Disciples:
        - Were Weary!
      - They Were Physically Exhausted:
        - Because They Had Just Returned:
          - From Going All Throughout The Land Of Israel - “Two By Two” - To Share The Gospel!
          - According To Mark 6:12-13 - “They went out, and preached that men should repent. / And they cast out many devils, and anointed with oil many that were sick, and healed them!”
          - They Were Weary From:
            - Their Work!
        - They Were Also Emotionally Exhausted:
          - Because - During That Same Time:
            - They Heard That Their Good Friend, John The Baptist:
              - Had Been Arrested, Imprisoned, And Unjustly Executed By Herod The Great!
            - Perhaps They Wondered:
              - Who Would Be Next!
              - And So:
          - They Were Also Spiritually Exhausted!
            - They Could Probably Say - What The Apostle Paul Would Later Say - To Describe His Service:
              - “I Will Very Gladly Spend And Be Spent For You!” (2 Corinthians 12:15)
      - The Disciples Of Jesus Were Spent!
        - And - What Did Jesus Say To Them?
          - Mark 6:30-31 - “And the apostles gathered themselves together unto Jesus, and told him all things, both what they had done, and what they had taught. / And he said unto them, Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat!”
      - When You Are Overwhelmed With Work:
        - You Will Become Restless - And:
        - You Will Not:

- “Remember The Sabbath Rest” That God:
  - Not Only Intended For You:
  - But Provided For You!
- But - When You - Use The Lord’s Day:
  - As Christians Have Done Now:
    - For Two Thousand Years:
      - As A Day To Cease From The Ordinary Work And Labor Of The Week:
        - You Can Experience A Taste Of The Eternal Sabbath Rest That Is Yet To Come!
- So - When You Are Overwhelmed With Work:
  - Remember The Taste:
    - The Sabbath Rest:
      - Offered To You By God!

\* Second - Though - We Also Forget The Sabbath - When:

2. ***We Are Overwhelmed With Worry!***

- Are You A Worrier? Or Do You Know Someone Who Is?
  - According To One Source, An Average Person’s Anxiety Is Focused On:
    - 40% Of Things That Will Never Happen!
    - 30% Of Things About The Past That Can’t Be Changed!
    - 12% Of Things About Criticism By Others, Mostly Untrue!
    - 10% About Health, Which Only Gets Worse With Stress!
    - Only 8% About Real Problems That Will Be Faced!
  - So Why Do We Worry?
    - We Worry Because We Fear:
      - And - Because We - Even As Christians:
        - Doubt!
  - We Doubt God’s Care:
    - About Our Circumstances!
      - We May Say / Sing That God Cares For Us:
        - But When We Worry, It Is Because We Don’t Believe It:
          - And We Become Restless!
          - Other Times:
  - We Doubt God’s Control:
    - Over Our Circumstances!
      - We Have Personal Needs & See Public Needs:
        - And Wonder & Even Worry About Them!
        - And We Become Even More Restless!
        - Still Other Times:
  - We Doubt God’s Comprehension:
    - About Our Circumstances!
      - Does God Even Know What We Are Going Through?
        - And We Remain Restless And Listless:
          - In Our Souls!
  - The Apostle Paul Addressed:
    - This Kind Of Worried & Restless Spirit:
      - When He Wrote Philippians 4:6-7:
        - “Be ***careful*** (Anxious / Restless) for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. / And the ***peace*** of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus!”
  - When You Are Overwhelmed With Worry:
    - You Will Become Restless - And:
      - You Will Not:
        - “Remember The Sabbath Rest” That God:
          - Not Only Intended For You:
          - But Provided For You!
  - Now - Even Though We Shouldn’t Worry:

- On Any Day - Yet - The Lord's Day:
  - Is A Good Day:
    - For God's People To Remember And Rest In The Facts About God:
      - And Our Circumstances!
- Are You Worried About God's Care?
  - Remember & Rest In These Words From Jesus:
    - Luke 12:6-7 - "Are not five sparrows sold for two farthings, and not one of them is forgotten before God? / But even the very hairs of your head are all numbered. Fear not therefore: ye are of more value than many sparrows!"
- Are You Worried About God's Control?
  - Remember & Rest - Even As David Did:
    - That "My Times Are In Thy Hand!" (Psalm 31:25)
- And - Are You Worried About God's Comprehension?
  - Then - As Jesus Tells Us In Matthew 6:31-32:
    - "Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? / (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things!"
- So - When You Are Overwhelmed With Worry:
  - Remember The Trust:
    - That The Sabbath Rest:
      - Teaches You About:
        - The Care, The Control, And The Comprehension Of The Lord!

\* But Then - Third - All Too Often - We Forget The Sabbath - When:

### 3. ***We Are Overwhelmed With Wandering!***

- Life Is Very Distracting, Isn't It?
  - Sometimes Its Hard:
    - To Keep "The Main Things" The Main Things!
      - Isn't This What We Find In The Life:
        - Of Mary & Martha?
  - In Luke 10 - The Lord Jesus:
    - Took A Deliberate Journey:
      - To Meet Up With His Friends:
        - Mary & Martha & Lazarus!
  - And - He Used This Trip:
    - To Teach Them & Us:
      - An Important Lesson:
        - That - "One Thing Is Needful!" (10:42)
  - A Lot Of Good Things Happened:
    - When Jesus Arrived:
      - But - There Was Only One Thing:
        - That Was Absolutely Necessary At That Point In Time!
  - Because - When Jesus Came:
    - There Was An:
      - Enthusiastic Welcome!
  - Luke 10:38 - "And A Certain Woman Named Martha Received Him Into Her House."
    - It May Have Been A ***Surprise Visit*** - Or:
      - It May Have Been An ***Anticipated Visit***:
        - We Don't Know For Sure:
          - But Martha Readily "***Received Him Into Her House!***"
            - With Open Arms!
    - It Would Have Been A Pleasing Welcome!
      - What Great Joy It Must Have Brought Her To See Jesus & Invite Him Into Her House!
    - It Would Have Been A Proper Welcome!
      - It Was Only Proper & Fitting For Martha To Welcome Jesus The Christ In The Best Possible Way!
    - It Would Have Been A Practical Welcome!
      - After His Arrival, Martha Immediately Sought To Serve - Probably Arranging:

- Where Jesus Would Sleep!
- What Jesus Would Eat!
- She Wanted To Be Able To Meet Any Of The Practical Needs He Might Have!
- And - It Would Have Been A Polite Welcome!
  - Martha Was The Perfect Hostess!
- But - Was This:
  - What Was Truly Needful?
    - We Also See - When Jesus Came:
      - There Was:
- Energetic Service!
  - Luke 12:40 - "But Martha was cumbered about much serving."
    - Martha Was Busy!
    - Martha Became Distracted!
    - And - Martha Even Became Upset With Her Sister:
      - When She "Came To [Jesus], And Said, Lord, Dost Thou Not Care That My Sister Hath Left Me To Serve Alone? Bid Her Therefore That She Help Me!" (12:40)
  - You See - At That Point:
    - Martha Thought Her Service Was Most Important!
      - But In Reality, She Was Distracted From What Was Most Important!
        - She Was "Cumbered!"
  - At That Point:
    - Martha Thought She Was Caring For Her Lord's Needs!
      - But In Reality, She Was Focused On Her Own Interests!
        - She Was "Careful" & Anxious & Worried!
  - Martha Thought She Was Putting Things In Order!
    - When In Reality, She Was "Troubled" - And:
      - Restless!
  - And That Is Why:
    - Jesus Pointed Out That:
- Eager Listening:
  - To Him & His Word:
    - Was The Most Needful Thing:
      - At That Time!
  - Even As Mary:
    - Luke 12:39 - "Which Also Sat At Jesus' Feet, And Heard His Word!"
  - So Jesus Commends Mary:
    - And Says - Luke 10:42 - "But one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her!"
- It Is So Easy To Be Distracted:
  - From The Most Needful Things:
    - In Life!
      - By Trivial Things - Or:
        - Even By Good Things!
  - And That Is Why The Lord's Day:
    - Is, Perhaps, The Best Day:
      - For God's People To Re-Prioritize:
        - Their Life In The Light:
          - Of God And His Rest!
  - So - When You Are Overwhelmed With Wandering:
    - Take Time To Remember The Truth:
      - That The Sabbath Rest:
        - Teaches You About What Is Most Needful:
          - In Your Life!
    - Use The Lord's Day:
      - To Rest & To Be Refreshed:
        - Not Just Physically!
        - Not Just Mentally!
        - But - Most Importantly:

- Spiritually!

- As Jesus Tells Us:

- In Matthew 6:33 - "But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you!"

**Conclusion:**

1. Do You Remember The Sabbath Rest:

- That Was Created By God:

- And Provided To You?

- **Not** The Sabbath **Day**:

- And Its Rigid Duties:

- As Was Followed In The Old Testament:

- And Ultimately Fulfilled By Jesus Christ!

- **But** The Sabbath **Rest**:

- And Its Restful Delight:

- Which Is Offered To You:

- By Faith In Jesus Christ - Who Said:

- Matthew 11:28 - "Come unto me, all ye that labour and are heavy laden, and I will give you rest!"

2. So - For Now - The Lord's Day:

- Is The Best Day:

- To Set Aside - In Each Week Possible:

- To "Come Apart" & "Rest Awhile!"

- Rest From:

- Work!

- Rest From:

- Worry!

- And - Rest From:

- Wandering & Distraction!

3. And Find Your Refreshment:

- In The Place & Times Of:

- Public Worship Of The Lord:

- And Fellowship:

- With His People!

\* What Are You Overwhelmed By?

\* Do You Remember The Rest That God Provided For You?

\* Is The Lord's Day A Different & A Special Day For You To Be Refreshed, Physically, Mentally, Emotionally, And Spiritually?

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