

**UPPER ROOM ADULT BIBLE CLASS**

Fall/Winter, 2018

Pastor Jim Otte

*“Foundational Truth for a Confused World: The Ten Commandments”*

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**Session Seven: The 3rd Commandment: Remember the Sabbath day to keep it holy. (Stay in touch with the Sabbath within!)**

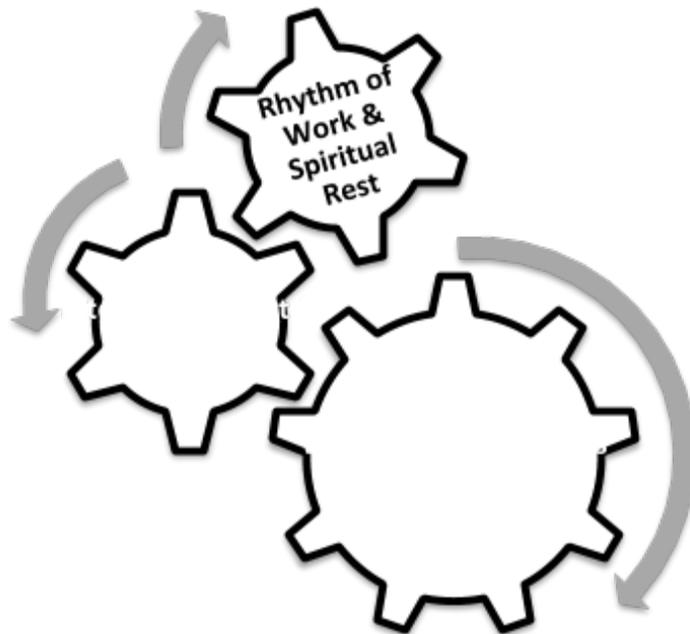
**1. From Last Session:**

- a. The careless/careful use of God’s name reveals our reverence for Him.
- b. The integrity of our heart-lips connection is the real challenge of the 2<sup>nd</sup> Commandment.
- c. Our words advertise our beliefs.

**2. Opening Discussion:**

- a. How many of you can remember the days of “Blue Laws?”
- b. What were the benefits of those restrictions placed on commerce?
- c. In what ways do you stay in touch with the Sabbath within?

- 3.** When the Commandments 1-3 are working in concert in our hearts, they feed **GRACE FUELED GRATITUDE**, which is the essential power needed in Commandments 4-10.



4. **Exodus 20:8-10.** “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 male or female servant, nor your animals, nor any foreigner residing in your towns.
- a. “remember the” – an intentional act of living in the blessings of the present, which came from God’s gracious acts in the past.
    - i. Ex. “Do this in remembrance of Me.”
    - ii. What was celebrated? God’s blessings of creation
    - iii. What blessings in the present? Daily work & rest
  - b. “keeping it holy” – ‘set apart’, sacred, unique from the rest of the week
  - c. “On it you shall not do any work” – Jewish teachers and the legalists of Jesus’ day argued with Jesus about the definition of “work,” i.e. what it consisted of. The Jewish Talmud listed 1,521 activities that a person could NOT do on the Sabbath. For example,
    - i. To dull the pain of a toothache, you could dip a brush in vinegar; but you couldn’t gargle in vinegar.
  - d. “neither you, nor your...” – the prohibition prevented employers or slave owners from requiring their workers to work, while they obeyed the commandment!
  - e. **Exodus 31:15.** *For six days work is to be done, but the seventh day is a day of sabbath rest, holy to the Lord. Whoever does any work on the Sabbath day is to be put to death.*
5. **Foundational Truth #13:** The real issue, at stake in the 3<sup>rd</sup> Commandment, is how you balance the rhythm of work, \_\_\_\_\_, and your relationship with God.
- a. **Genesis 2:16.** The LORD God took the man and put him in the Garden of Eden to work it and take care of it.
  - b. **Foundational Truth #14:** Work is built into our \_\_\_\_\_!
  - c. **2 Thessalonians 3:9-11** *We did this, not because we do not have the right to such help, but in order to offer ourselves as a model for you to imitate. <sup>10</sup> For even when we were with you, we gave you this rule: “The one who is unwilling to work shall not eat.” <sup>11</sup> We hear that some among you are idle and disruptive. They are not busy; they are busybodies.*
    - i. “The one who is unwilling...” – In Paul’s day, itinerant preachers roamed the area living off of the generosity of believers, while doing nothing to further the kingdom.
6. **Foundation Truth #15:** The rhythm presented in the 3<sup>rd</sup> Commandment is: your work as a vocation from God; and your \_\_\_\_\_ as a spiritual centering to keep your focus on serving God, not yourself!

7. **Matthew 12:1-14.** *At that time Jesus went through the grainfields on the Sabbath. His disciples were hungry and began to pick some heads of grain and eat them. <sup>2</sup> When the Pharisees saw this, they said to him, “Look! Your disciples are doing what is unlawful on the Sabbath.” <sup>3</sup> He answered, “Haven’t you read what David did when he and his companions were hungry? <sup>4</sup> He entered the house of God, and he and his companions ate the consecrated bread—which was not lawful for them to do, but only for the priests. <sup>5</sup> Or haven’t you read in the Law that the priests on Sabbath duty in the temple desecrate the Sabbath and yet are innocent? <sup>6</sup> I tell you that something greater than the temple is here. <sup>7</sup> If you had known what these words mean, ‘I desire mercy, not sacrifice,’<sup>[a]</sup> you would not have condemned the innocent. <sup>8</sup> For the Son of Man is Lord of the Sabbath.”*

<sup>9</sup> *Going on from that place, he went into their synagogue, <sup>10</sup> and a man with a shriveled hand was there. Looking for a reason to bring charges against Jesus, they asked him, “Is it lawful to heal on the Sabbath?” <sup>11</sup> He said to them, “If any of you has a sheep and it falls into a pit on the Sabbath, will you not take hold of it and lift it out? <sup>12</sup> How much more valuable is a person than a sheep! Therefore it is lawful to do good on the Sabbath.” <sup>13</sup> Then he said to the man, “Stretch out your hand.” So he stretched it out and it was completely restored, just as sound as the other. <sup>14</sup> But the Pharisees went out and plotted how they might kill Jesus.*

- a. **Foundational Truth #16:** It is easy to turn a blessing, i.e. “the Sabbath”, into a source of \_\_\_\_\_ and shame.
- b. **“something greater than the temple is here.”** – over time, the religious leaders had lost sight of the spiritual purpose of the Sabbath. Obedience to Sabbath rituals had become their idol.
- c. **“mercy, not sacrifice...you would not have condemned the innocent.”** – **Foundational Truth #17:** When GRACE FUELED GRATITUDE is no longer what motivates you, then \_\_\_\_\_ is replaced with “look how much I’ve done for God.”
- d. **“the Pharisees went out and plotted...”** – so depleted was their gratitude bucket, that they could not even celebrate the fact that Jesus had done good on the Sabbath – by healing a man!