

Lesson 3 for July 20, 2019



SABBATH:
A DAY OF
FREEDOM



One of the commandments of "the law of liberty" (James 2:12) is to keep the Sabbath.

Sabbath set us free from work, loneliness, stress... It allows for having a free relationship with our Creator and Liberator.

It also teaches us to trust God, to practice equality and to care for the sick and the needy.

- How should we keep the Sabbath?
- Why should we keep the Sabbath?
- Who should keep the Sabbath?
- What is lawful to do on the Sabbath?
- Does the land keep the Sabbath?

HOW SHOULD WE KEEP THE SABBATH?

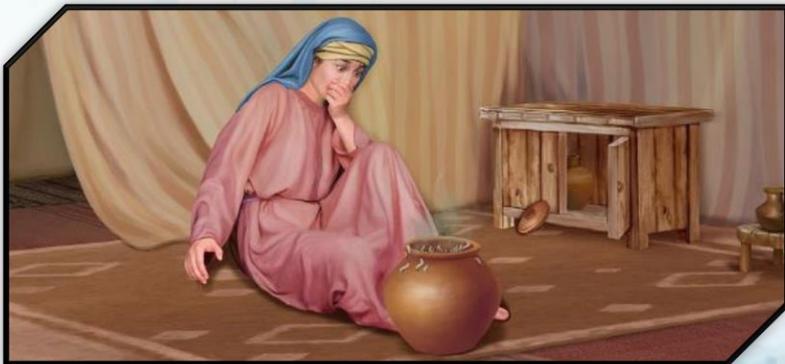
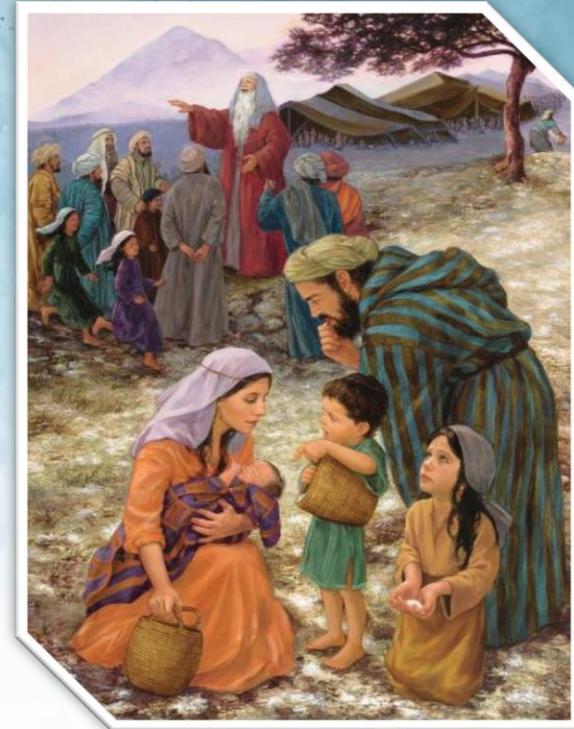
“And it shall be on the sixth day that they shall prepare what they bring in, and it shall be twice as much as they gather daily.” (Exodus 16:5)



The Israelites didn't keep the Sabbath while they were living as slaves in Egypt.

God wanted to remind them of the Sabbath in a practical way (Exodus 16):

1. He supplied by sending "bread from heaven" (v. 4).
2. He encouraged them to trust Him by gathering up only their daily portion (v. 4).
3. He made a miracle every week to teach them to keep the seventh day. They didn't have to work for their needs on the Sabbath (v. 6, 23).



The manna that the disobedient kept was ruined by maggots.

The double portion of manna which didn't get maggots taught them to enjoy the Sabbath with God.

WHY SHOULD WE KEEP THE SABBATH?

“For your Maker is your husband, the Lord of hosts is His name; and your Redeemer is the Holy One of Israel; He is called the God of the whole earth.” (Isaiah 54:5)



Exodus 20:8-11 encourages us to remember the creative power of God, and to rest on the Sabbath as He did (Genesis 2:2)



Deuteronomy 5:15-15 encourages us to remember the redeeming power of God. He delivered Israel and He also delivers us from sin

Sabbath is a moment when we can pause from the frenzy of our lives, and come together to grow spiritually with our Creator and Redeemer.

God has established the Sabbath as a distinctive mark of those who want to worship Him in the way He wants to be worshipped (Ezekiel 20:12).

WHO SHOULD KEEP THE SABBATH?

“but the seventh day is the Sabbath of the Lord your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your ox, nor your donkey, nor any of your cattle, nor your stranger who is within your gates, that your male servant and your female servant may rest as well as you.” (Deuteronomy 5:14)

The benefit of Sabbath rest includes everyone. No matter the age, gender or social status. Even animals should rest on the Sabbath.

We should invite those who are staying at our home to enjoy the Sabbath too.

Keeping the Sabbath removes every social barrier, making everyone equal. This is a reminder of Redemption (Galatians 3:28).



The Sabbath encourages us to stop thinking about ourselves and to begin caring about others, especially those in need.

WHAT IS LAWFUL TO DO ON THE SABBATH?

"Then Jesus said to them, 'I will ask you one thing: Is it lawful on the Sabbath to do good or to do evil, to save life or to destroy?'"
(Luke 6:9)

The answer to Jesus' question is obvious: "It is lawful to do good on the Sabbath." (Matthew 12:12).

The Pharisees had overloaded the Sabbath with rules so strict that they couldn't heal a sick person on the Sabbath (Luke 13:14).

The example of Jesus is clear; helping the heartbroken and doing works of mercy and benevolence on the Sabbath is lawful. There are seven healing examples on the Sabbath registered in the Gospels.



The man with a withered hand (Mt. 12:9)



The demon-possessed man (Mr. 1:21-28)



Peter's mother-in-law (Lk. 4:38-39)



The crippled woman (Lk. 13:10-17)



The man with dropsy (Lk. 14:1-6)



The paralytic man at Bethesda (Jn. 5:1-18)



The man born blind (Jn. 9)

“The necessities of life must be attended to, the sick must be cared for, the wants of the needy must be supplied. God does not desire His creatures to suffer an hour’s pain that may be relieved on the Sabbath or any other day.

Heaven’s work never ceases, and we should never rest from doing good. Our own work the law forbids us to do on the rest day of the Lord. The toil for a livelihood must cease; no labor for worldly pleasure or profit is lawful upon that day. But the Sabbath is not to be spent in useless inactivity. ... [God] bids us lay aside our daily occupations, and devote those sacred hours to healthful rest, to worship, and to holy deeds.”

E.G.W. (The Story of Jesus, cp. 11, p. 74)

DOES THE LAND KEEP THE SABBATH?

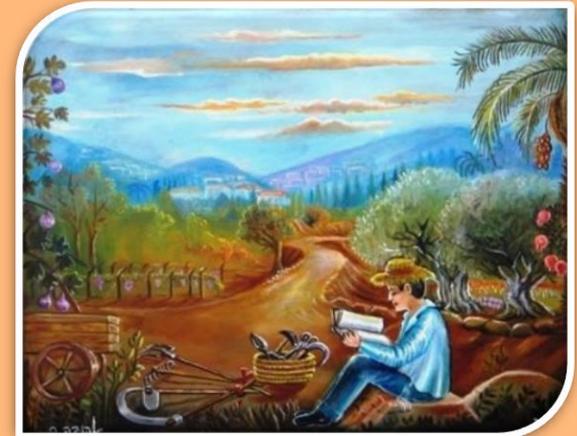
“Speak to the children of Israel, and say to them: ‘When you come into the land which I give you, then the land shall keep a sabbath to the Lord.’” (Leviticus 25:2)

The land was left fallow, without sowing or harvesting, every seven years—the Sabbatical year—and one year every seven years—Jubilee. (Leviticus 25)

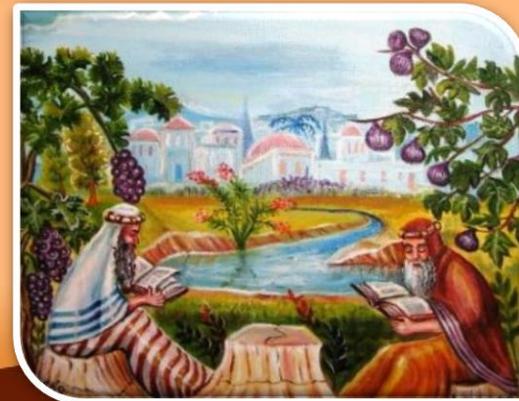


The people of Israel had to have confidence that God would bless them in a special way during the sixth year as He did with the manna (v. 21).

During this Sabbath of the land, they were called to share with those in need. They couldn't harvest or store the product of the fields.



The Sabbath encourages us to stop over-caring about ourselves, and to “seek first the kingdom of God and His righteousness.” (Matthew 6:33)



“God is merciful. His requirements are reasonable, in accordance with the goodness and benevolence of His character. The object of the Sabbath was that all mankind might be benefited. Man was not made to fit the Sabbath; for the Sabbath was made after the creation of man, to meet his necessities. After God had made the world in six days, He rested and sanctified and blessed the day upon which He rested from all His work which He had created and made. He set apart that special day for man to rest from his labor, that, as he should look upon the earth beneath and the heavens above, he might reflect that God made all these in six days and rested upon the seventh; and that, as he should behold the tangible proofs of God’s infinite wisdom, his heart might be filled with love and reverence for his Maker.”