

Work and Rest, work and rest

Exodus 20:8-11

Outline

A Labor Day weekend sermon?

- Work looks very different for different people
- What if we don't work & rest well?
- Let's take both work and rest seriously
 - And even more so Work and Rest—which are God's activities

The well-known Sabbath Commandment (Exodus 20:8-11)

- About rest: take a day off
 - Why?
 - Because God Rested, too
- And other reasons:
- About work: work six days
 - Why?
 - Because God Worked, too.
- And other reasons:

What about Sundays today?

- We still need a day of rest & worship! Some things haven't changed...

- But how'd the day of rest & worship move from the last day of the week to the first day?
 - That takes us to Work and Rest, which is all about Jesus
 - Resurrection! It's the Lord's Day. (Rev 1:10; see also Acts 20:7, 1 Cor 16:2)
 - Jesus fulfilled the Work week (John 5:17, 19:30) and Rest (Col 2:16-17; Luke 23:55-56)
 - And Jesus rested from his Work, the perfect Work we couldn't do. That's salvation for us!
 - “Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.” (Matt 11:28-29)

Sundays today: do not underestimate!

Questions for Reflection and Application:

1. Take stock of yourself: Are you more likely not to work six days or not worship & rest one day? Why is this?
2. Why does it matter that God (in Christ) Worked and Rested? (John 19:30; Col 2:16-17; Matt 11:28-29)
3. Imagine you didn't worship and rest on Sunday for the next ten years. How would this affect you? What kind of person would you be?
 - a. What kind of commitment should you make going forward?