

REST WITH GOD

EXODUS 20:8-11

Usually shopping for diamonds is a very deliberate and time-consuming task. Diamonds are expensive, and most folks are careful to make the right purchase.

That's why the man in the jewelry store, looking for a diamond bracelet, was so noticeable. He was hurried and impatient. He rushed around from display case to display case scanning for a bracelet. Rather than browse, the harried shopper was all business. The man acted like price was no object - and the design and details of the bracelet were unimportant... just as long as the curator snapped to it, and sped up the transaction. The frantic fellow wanted a diamond bracelet... *fast*.

Though the jeweler was happy to oblige, he was curious about the man's shopping habits. He asked the frenzied fellow why he was in such a big rush to buy a diamond bracelet. But it all made perfect sense when the man answered, "I forgot my anniversary today... and my wife thinks I'm taking out the trash."

Hey, as all married people know, wedding anniversaries are the occasion that couples set aside to celebrate their love for each other. It's a time to be together - to have fun together – to enjoy each other. An anniversary is an opportunity for busy married people to set aside daily pursuits and relish their relationship.

That's why forgetting an anniversary is such a serious infraction. I won't ask for a show of hands, but I wonder how many of you have ever forgotten your wedding anniversary? *Forgetting an anniversary is not the unpardonable sin, but its close.*

Your anniversary is one of the most important dates on your calendar. Forget it and you send a wrong message. Your honey assumes you don't care about your marriage – you've prioritized other things above her. Neglecting an anniversary sends a serious chill over a relationship. It'll definitely dims the marriage fires.

And this is what the fourth commandment is all about - *God establishes a weekly anniversary with His bride*. God wants us to set aside one day in seven to spend time with Him... have fun with Him... enjoy our fellowship with Him.

The Sabbath is more than a day of rest – it's *a day to rest with God*. In a sense it's a wedding anniversary – a celebration of His love for me, and my love for Him.

And to break the fourth commandment is a severe violation...

It sends the wrong message to God. It calls into question God's place on our pecking order. It indicates we've prioritized certain things, and made them more important to us than God. Let me go so far as to say, when you break the fourth commandment you break the heart of the God who loves you and died for you.

The first commandment says, **only one God**.

The second teaches us how to approach God with **right worship**.

The third commandment instructs us to **take God seriously**.

Now the fourth of God's Top Ten, commands us to stop - and relax - and learn to **rest with God**. God knew that the rigors and demands of work would consume much of our time - so He commanded us to set apart one day in seven to retreat from work, spend time with Him, and remind ourselves what life is all about.

God wants us in a weekly rhythm. It's a healthy rhythm that causes life to go smoother. *For six days we make a living – on the seventh we rediscover life*.

This morning I want to read our text – and then I'll make six comments about the fourth commandment... The Sabbath is **God's design**. It was a **Jewish sign**. It's **today's lifeline**. It's the **believer's guideline**. It's **faith's bottom line**. And a **spiritual gold mine**. *I've got six comments about the Sabbath, and then I'll rest...*

In Exodus 20:8 God instructs the Hebrews...

Remember the Sabbath day, to keep it holy.

Six days you shall labor and do all your work, 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 cattle, nor your stranger who is within your gates.

For in six days the LORD made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it.

Verse 11 makes it clear that the Sabbath was **God's design**.

It's interesting that most of the ways we divide time are based on astronomical phenomena – months, years, and days are all tied to celestial movements. But the seven day week - though universal, is still arbitrary. Why do we structure time in weeks of seven days? The only explanation - it was God's design at creation.

God worked six days, and then rested on the seventh.

When we read that God **"rested the seventh day"**, don't think God rested because He was *tired out* from His work, or *burned out* from His creativity. God didn't stretch His hands over His head, and sigh, *"I'm exhausted. I need a nap."*

At the end of Day Six don't think God ran out of effort or ideas. Not hardly.

Isaiah 40:28 asks the question, **"Have you not known? Have you not heard? The everlasting God, the LORD, the Creator of the ends of the earth, neither faints nor is weary. His understanding is unsearchable."** God didn't create the universe, and then sigh, **"TMIF"...** **"Thank Me its Friday."** God never needs a day off...

Remember what God created at the end of the sixth day? He created the man and woman. And when God saw His crowning achievement - in essence, He said, *"That's enough."* All God's creation was leading up to and was designed to support man's life

and livelihood on the earth. But when the man was created God stopped His creative work - all that was left for God, was to enjoy the humans He made.

So God rested – not because He was tired, but because He desired to hang out with the man and woman. He loved us and wanted to spend time with us.

Adam's first full day on earth was a Sabbath – a day to rest with God.

Even though it was God's plan that Adam work - from the beginning God never intended for Adam to find his life in his work. His fulfillment and satisfaction were found in God. His joy and purpose were realized while he rested with God.

It's interesting that *God worked, then rested* – but *man rested, then worked*.

Adam's work was suppose to be an expression of his love for God, and his service to God – but it was never intended to replace spending time with God.

For many reasons God wants us to rest one day in seven. Unlike God, we are not omnipotent or omniscient. We will *burn out* and *wear out* if not rejuvenated.

This is why part of the commandment is to “do no work”, but that's only a byproduct of this commandment. The main point is for us to *rest with God*.

God spent six days getting this world ready for us, but when man was created God didn't miss the point - God stop creating, and He enjoyed His creation.

And likewise, we spend six days working for God in whatever places He puts us, *but let's not miss the point either...* our labor is just a means to accentuate our worship, and bring God glory. God also wants us to enjoy Him and rest with Him.

The Sabbath is God's design, but it was also a **Jewish sign**.

In Exodus 31:16 God says to Moses, "Therefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations as a perpetual covenant. It is a sign between Me and the children of Israel forever; for in six days the LORD made the heavens and the earth, and on the seventh day He rested and was refreshed." The Sabbath was a sign of God's relationship with the Jews. It was a reminder of the covenant that God made with Moses.

Whenever God made a covenant with His people He confirmed it with a sign...

God's covenant with *Noah* came with a rainbow in the sky. His covenant with *Abraham* was sealed with a surgical procedure - circumcision. God's covenant with *David* came with the promise of a virgin who would give birth to a son. And God's covenant with *those who believe in Jesus* is sealed with the Holy Spirit. But for the Jews who followed Moses, the sign of God's covenant was the Sabbath.

Of all the ancient cultures the Jews alone set aside a day for rest and worship. It was a sign of their special relationship with God. It became part of their national and racial identity. This is why the Jews were so zealous at keeping the Sabbath.

Numbers 15 tells the story of a man who was collecting sticks on the Sabbath.

The man was arrested, and brought to Moses to be sentenced. The Lord spoke to Moses, "The man must surely be put to death; all the congregation shall stone him with stones outside the camp." Obviously, God meant for the Jews to take the Sabbath seriously. It was their solemn duty to remember the day and keep it holy.

But as usual the Jews went overboard. The instructions in Exodus 20 are broad and generic... "remember the Sabbath day"... "keep it holy"... "do no work"... But from those general statements the Jews

drew thousands of specific stipulations.

In the Mishnah, which was a commentary on the Jewish Law, the rabbis listed 39 potential Sabbath violations – then they added 39 ways to break each of those 39 violations. That’s a total of 1,521 different ways you could break the Sabbath.

You couldn’t carry a burden on the Sabbath – that would be work.

But that meant you couldn’t carry an overcoat - it might get hot, and you might take off the coat, and carry it over your arm... Thus you’d be carrying a burden.

Tying a knot was considered work... Thus, you were prohibited from tying a rope to a bucket and drawing water from a well. But for some reason a woman could tie a knot on her girdle. So Jews would tie the rope to the girdle – and then tie the girdle to the rope, and thus be able to draw a bucket of water.

According to the rabbis you couldn’t kill a flea on the Sabbath.

You couldn’t look in a mirror. You might see a gray hair, and be tempted to pluck it out. That would be work and a violation of the Sabbath stipulations.

There was no bathing on the Sabbath.

You couldn’t spit on the dirt on the Sabbath. If you did your heel might scuff the spit and stir up the dirt – thus, you would be plowing on the Sabbath Day. The only way you could spit on the Sabbath day was to make sure you spit on a rock.

These were all examples of what the Jews did to the Sabbath Day.

Jesus corrected the Jews in Mark 2:27. When they criticized Him for ignoring their stipulations, He said, “**The Sabbath was made for man, and not man for the Sabbath.**” The Sabbath was a blessing of God. The Jews turned it into a burden. The Sabbath was a weekly reminder we were made to fellowship with God.

One day in seven God wanted His people to rest with Him. But

sadly, the burdensome way the Jews applied the Sabbath created more *stress* than *rest*.

And that's why after 1500 years of Sabbath-keeping, Hebrews 4:9 tells us, "**There remains therefore a rest for the people of God.**" All the Jews stringent law-keeping couldn't earn God's rest. It was the cross of Jesus that earned a Sabbath rest. Through Jesus we can fellowship with God and discover what life is really all about. Ultimately, the Sabbath was intended to point people to the Lord Jesus.

This is why the New Testament tells us we're no longer under the obligation of making one day more special than another. Two verses hammer home this point...

Colossians 2:16-17 tell us, "**So let no one judge you in food or in drink, or regarding a festival or a new moon or sabbaths, which are a shadow of things to come, but the substance is of Christ.**" Now that the reality has come don't worry about the ritual. Don't fall in love with the symbol and neglect the Savior.

Here's another verse, Romans 14:5, "**One person esteems one day above another; another esteems every day alike. Let each be fully convinced in his own mind.**" Some men set aside one day for worship. Other people make every day a day of worship. The vital point is that we worship God as the Spirit leads us.

Guys don't let anyone lay a heavy burden on you. Don't believe it when the legalist or cultist says you ought to worship on Saturday, and if you don't you're going to hell. *The Sabbath was a Jewish sign - not a Christian requirement.*

Our Sabbath rest is not a day of the week – it's our relationship with Jesus.

But the Sabbath is also today's **lifeline**.

Even though we're not under the burden or obligation of the Sabbath, it would be foolish for us to ignore its wisdom. In the beginning God created a rhythm for life – work six days and rest on

the seventh. Work and rest. Work and worship.

We go out into the workplace and labor by the sweat of our brow. We toil and scratch out a living for ourselves, and our families. We battle the thorns and the thistles, and literally work ourselves to death. *But then one day in seven we stop to remember why it is we work in the first place, and Who it is we work to glorify.*

The Sabbath is a lifeline that God is throwing to a tired, weary, and worn out world drowning in a sea of stress, and busyness, and deadlines, and despair.

The Sabbath principle is the rhythm of a healthy, balanced, manageable life.

The story is told of two men clearing trees. Their contract called for each man to be paid per tree. Bill needed the money. Bill spent the day grunting, sweating, and swinging his ax relentlessly. Ed on the other hand seemed to be working half as fast. In fact, Ed took frequent breaks. Bill refused to take a break.

What a surprise, when at the end of the day, laid-back Ed was paid more money than aggressive Bill. Ed had chopped down more trees and wasn't nearly as sore and tired as his counterpart. Bill wanted to know his secret. *"How did you do it?"* Ed smiled. *"Didn't you notice I was sharpening my ax while I rested."*

This is what you do when you break one day a week – you sharpen your ax. You rejuvenate and invigorate. You allow yourself to relax and be revived.

God created us, and He designed us to function *best* by taking a day of *rest*.

Any archer knows, *"The bow that is always bent ceases to shoot straight."* You need to loosen the string, and relax the tension on the bow - or else it will warp and crack. The same is true with us. If we're constantly under the gun our perspective will warp – our psyche will crack – even our health will fail.

Guys, it's true, *"Take a break or life will break you."* We need time

off to unwind and kick back - to renew our strength, and get the creative juices percolating again. This is why the Sabbath is God's gift to us. It's a mini-vacation God has imbedded into every week of the year... But it's up to you to take it, and keep it.

Understand when these words were first uttered the fourth commandment didn't sound like a commandment at all. It was received as a luxurious benefit.

Remember, the Hebrews standing at the base of Mount Sinai, hearing God speak these words, had not had a day off for 400 years. The Egyptians were cruel taskmasters who'd required round the clock labor. Their slaves worked seven days a week – every day of the year. In Egypt there was no such thing as 40 hour work weeks, and two weeks vacation, and comp time, and paid leave, and weekends.

For 400 years the Hebrews went to work every single day.

Now God delivers them from slavery – from harsh bondage. He becomes their new Master, and instantly they realize God is a benevolent boss. Serving God will not be anything like serving the Pharaoh. Before God even tells them what to do, He tells them to take one day off every seven days. *This is music to their ears!*

It's amazing to me that we don't have the same reaction...

When most of us read the fourth commandment we start thinking of what we might have to stop doing - or give up - to comply. We live in a 24/7 world.

Someone might say, *"My competitors don't stop working, and neither can I."* "Sunday is a profitable day. I can't afford to lose the sales." *"Hey, Sunday is my only day to get some things done around the house."* We all have our excuse.

When Bill Gates was asked why he didn't believe in God, his answer was far more utilitarian than philosophical. He said, *"Just in terms of allocation of time resources, religion is not very efficient. There's a lot more I could be doing on a Sunday morning."*

Some of us have fought with the same feelings...

Type-A personalities, go-getters, trend-setters, highly driven and motivated people are often breakers of the fourth commandment – *until they get broken.*

It's interesting, but as far back as the Romans the fourth commandment was mocked. The Romans noticed the Jewish practice of a Sabbath rest, and called the Jews lazy and slothful for wanting to work only six days, rather than seven.

The engineers of the French Revolution wanted to create a secular society and one of the changes they made was to instill a seven day work week. They didn't think a day of rest was needed. They considered it an archaic rule of religion. This was also the attitude of the architects of communism. They too tried a seven day work week. But in both cases the move backfired – the workers became inefficient.

Some of the most tragic accidents in recent years – the Exxon Valdez - Three Mile Island - the Chernobyl nuclear disaster - the navigational error that led to the shooting down of Korean Airlines flight 007 – even the crash of the Challenger space shuttle – was the direct result of overworked, exhausted, stress-fatigued employees trying to make decisions without the benefit of their full faculties.

Today's efficiency experts now agree with God's fourth commandment. When people take vacations, and weekly breaks, and even breaks in the day to reflect and relax – *productivity goes up, concentration increases, there's higher morale.*

There is wisdom behind the fourth command we ignore at our own peril. Here is God's answer to the workaholic – “Remember the Sabbath day, to keep it holy.”

The fourth commandment is a *lifeline*, but it's also the believer's **guideline**.

Verses 8-11 give us practical pointers for applying a day of rest and worship to our busy, modern lives. As we mentioned earlier whether you rest and worship on Saturday or Sunday or Monday or Tuesday – it doesn't matter to God, as long as you take one day in seven to unwind, relax, and to undergo some re-creation.

The word “**Sabbath**” means simply “*to cease, or stop, or rest*”.

The word “**holy**” means to “*set apart or make different*”. To keep the Sabbath holy is to cease your regular routine, and do something you don't normally do.

If you sit at a desk six days a week, then getting outside and jogging, or riding a bike, or playing basketball might be a good way to spend some of your Sabbath. If you work a job that requires some manual labor then a good way to celebrate your Sabbath might be to take a nap. Break with the routine. Make the day special.

Every Christian's week should consist of three activities... Work, leisure, and spiritual growth... In essence, *we work, we pray, and we play*. But if you're like most folks, from Day One to Day Six work consumes the most of your time.

That means on your special day, the day you want to keep holy to the Lord – you need to stop working - and doing the activity you do the other six days – and spend that day with God - both playing and praying. The Sabbath is a diversion.

In his book, “*Confessions of a Former Sabbath Breaker*”, Eugene Peterson writes, “*Keeping a Sabbath is simple and easy: we pray and we play, two things we were pretty good at as children, and can always pick up again with a little encouragement and if we can only find the time. But we don't have to find the time, it is given to us. A day a week. A Sabbath. A day to pray and play. God's gift.*”

Here's the first half of the guideline – you keep the Sabbath holy when you change up the routine. Rather than work – spend time on what you enjoy.

The Sabbath is *a day of rest* – but that's not all, it's *a day to rest with God*.

Make sure that what you do, you do with God. If you go jogging or boating take along a walkman with some Christian music, or a Bible teaching tape - spend that time with God. The Sabbath is a day of worship. It's not just a day to *play* – it's a day to *play and pray*. If you walk off and leave God behind what's the point.

Here's the error we often make. We mistake *recreation* for *re-creation*.

The Sabbath is not just a day for *recreation* – for fun and relaxing activities. That can be part of the day, but there also needs to be some *re-creation*.

God sent Adam to work and tend the garden – but God wanted Adam to return to Him one day in seven to spend time with His Creator, and to remember why He was created. When God created Adam, He breathed into his nostrils the breath of life. Every seventh day God wanted Adam to catch his breath - and return to the source of life – to be spiritually refreshed. It was *re-creation*, not just *recreation*.

Years ago Pennsylvania minors used mules to haul coal. Many of the animals lived their whole lives underground. They never saw daylight, and before long they became blind. The minors discovered the key to saving their eyesight was to bring them above ground one day in seven. The mules were brought up each Sunday.

That's why you and I need to come above ground on Sundays. Leave behind the darkness of the office - the daily grind - the oppressive world – and get up into the light. Bask in the light of God's Word, enjoy the fresh air of worship, rediscover heaven's viewpoint. *You need it... God commands it... at least one day in seven.*

The Puritan preacher, Thomas Watson, used to say of the

Sabbath, “This day a Christian is in the altitudes. He walks with God, and takes as it were a turn with Him in heaven. The heart, which all the week was frozen, on the Sabbath melts with the Word.” This is the goal of any anniversary – to renew the relationship.

And this is God’s desire for you... This is why the Sabbath celebrations in the Old Testament all involved the coming together of fellow believers. Leviticus 23:3 refers to the Sabbath as “a holy convocation” – or a gathering of God’s people.

This was the practice followed by the early church. They met together once a week to *celebrate together* their wedding anniversary – they were the bride of Christ. Not “*brides*” plural – but “*bride*” singular. Together they were wedded to Christ – so it was only appropriate they came together to celebrate God’s love.

And no longer did they meet on Saturday... The Jewish Sabbath was on Saturday – actually from sundown Friday to sundown Saturday.

But because Jesus rose from the dead on the first day of the week, the early Christians met on Sunday, not Saturday. Every Sunday was a mini-Easter.

Three times in the New Testament a reference is made to the Church coming together on Sunday – *Acts 20:7, 1 Corinthians 16:2, and Revelation 1:10*. In fact in Revelation 1:10, Sunday is referred to for the very first time as “the Lord’s day”.

Again, you don’t have to set aside Sunday as your day of worship – *but why not*. It’s the day we meet to study the Bible, worship, and encourage each other.

Guys, I don’t believe you can make a day - the special, holy day that God desires - without including a meeting with God’s people. Simply put, a big part of keeping the Sabbath day holy is to come to church with other believers.

Hebrews 11:24-25 is a familiar passage, “And let us consider one another in order to stir up love and good works, not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching.” Meeting together to study God’s Word, and pray, and worship is part of the re-creation that occurs on the Sabbath.

Remember from our previous studies on the Ten Commandments, I’ve referred to them as *non-negotiables*. The Ten Commandments God thundered from Mount Sinai are ten convictions God wants each of His kids to possess. God’s Top Ten are guideposts that will steer us through life. Here are ten decisions we need to make beforehand – in advance - ten non-negotiables that are not for sale.

I’m going to guard my heart, and reserve my devotion for one God.

I’ll worship the right God, the right way – the way He wants to be worshipped.

I’m going to take God seriously – and I’m going to start with what comes out of my mouth - with how I speak God’s name.

And today, I’m going to set aside one day in seven – hopefully Sunday – to meet with God’s people - to rest with God - to seek His re-creation in my life.

Let me warn you, if you want to keep your Sabbath Day holy you have to make it a non-negotiable. You’ve got to decide in advance that church on Sundays is going to be your family’s priority. You’re not going to compromise except for emergencies or special situations. *You have to make this decision up front.*

I realize there are circumstances that come up that are beyond our control – an emergency at work – a sickness - a rainout – maybe an occasional tournament.

Each person has to be guided by the Holy Spirit in these areas.

But if I agree to a job where I know I’m going to miss every single Sunday – or if I sign my kids up on a team where I know they’re

going to miss church on more Sundays than they can attend – how can I really say this is a non-negotiable? I’m fooling myself to think that I’m really committed to giving God one day in seven.

This is why you have to decide in advance, and stick by your decision.

Trust me, if you wait until Saturday night to decide if you’re going to come to church on Sunday most of the time you won’t attend. Something will pop up.

If you take the attitude - well, I’ll go to church if there’s nothing better to do. Or I’ll try to make it every other week, or a few times a month. Hey, you’ll probably not make it at all. God wants one day in seven to be spent with Him – to rest with Him.

And if you’re going to obey this command it’s got to be a non-negotiable.

Well, there’re two more points I want to make about the fourth commandment. They’ll both be brief. The fifth truth... this commandment is faith’s **bottom line**.

This is where the rubber meets the road. It’s easy to talk about my love for God, and devotion to God, *but what does it say if I consistently miss my anniversary?*

How many of you have small kids at home? How many of you know what I mean by the phrase “*bedtime battle*”? It’s time for little Johnny to go to bed, and get his rest, but little Johnny wants to stay up and watch the World Series.

That’s the teenage version – the smaller child version happens around 8:00.

You march your little one to bed - pray and read a Bible verse - tuck the little tot under his sheets, and leave for your room – *but is that the end of the story?*

Absolutely not. “Mommy, I need to brush my teeth.” “Mommy, I’m scared. Can I sleep in your room.” “Mommy, I’m hungry. I’m thirsty.

Can I get a glass of water?"

Did you hear about the little boy who asked for a glass of water for the tenth time... His dad fired back, "If you ask me for a glass of water again I'm going to spank your bottom." A few minutes later a feeble little voice muttered, "Daddy, when you come in here to spank me will you bring me a drink of water."

When you put a child to bed it's an act of love. You know if they don't get the proper amount of rest they'll be ornery and grumpy the next day. You put them to bed for their own good - yet they'll still buck – they'll claim not to need that rest.

I wonder if this is how God sees the excuses we muster when we opt to ignore the fourth commandment – when we refuse to stay in bed and get the rest God knows we need. Breaking the Sabbath is really just an adult bedtime battle.

Guys, here's the bottom line – the fourth commandment tests our faith. Keeping the Sabbath holy is like tithing my money. They're both a test of faith.

How can I say I trust God with my finances if I don't believe He'll do more with 90%, than I can do with 100%? Giving God 10% of my income is my way of saying God owns all I have. It takes my hands off my finances, and puts God in charge.

And what is the Sabbath but a tithe of my time? Of course, time is more valuable than money, and that's why God wants a seventh of my time.

But it's the same principle... All time is a gift from God, and God wants me to thank Him for that gift - by giving Him back a portion. Hey, God wants me to trust Him with my time – every bit as much as He wants me to trust Him with my money.

Robert Rayburn tells a story of a man who approached a beggar on the street.

The kind fellow decided to help this homeless person out, so he

reached into his pocket and pulled out all the money he had at the time - seven \$1 bills.

He figured he would need bus fare home so he held on to one of the bills, and gave the beggar the other six. The homeless man grabbed the six dollars - then slapped the man across the face – grabbing the seventh bill and running off.

Guys, when you hear that story, what do you think of the homeless fellow?

He's a dirty scoundrel. But are we much different when we take all seven days of the week for ourselves? God could've asked for three or even four days a week, but God gave you six full days a week... All He asks from us is just one day.

Are we any less of scoundrel by grabbing that day for ourselves, as well?

Here's my sixth point, and then I'll rest. This fourth command is a **gold mine**.

I've inferred this all along, but here is the key that unlocks incredible blessings. When I take one day in seven to *rest with God* miracles happen in my life. I live with supernatural power. I have boundless energy. I have no shortage of ideas and creative solutions. My thoughts are permeated with the wisdom of God.

Some of us have been ignoring and neglecting this commandment, and we wonder why God isn't restoring us and reviving us like He promised. How can He when we get out of sync with the divine rhythm He's established for us?

Notice verse 8 opens, "**Remember the Sabbath day...**" To the Hebrews at Mount Sinai this referred to an experience in their not-to-distant past. Just a few weeks earlier, in Exodus 16, God sent manna to feed the 3,000,000 Hebrews.

Manna was miracle food. The psalmist calls it "**angel's food**". It was the original angel's food cake. I'm sure it was good, and it was especially good for them.

And God promised enough manna to feed the multitudes six days a week. Each day they went out and gather that day's portion - except for on the sixth day. Since the seventh day was a day of rest – the Sabbath Day - God promised to provide a double portion on the sixth day – enough to last for two days.

But there were a few Type-A people in the crowd that didn't take heed to the Sabbath rest. They didn't need a rest. They were go-getters - real entrepreneurs. Any chance to get ahead - and they were ready to pounce on it - even if it meant violating the fourth commandment. Exodus 16:27 tells us, *"Now it happened that some of the people went out on the seventh day to gather, but they found none."*

In the long run, that's what you'll get for violating the fourth commandment.

Right now you may be getting a few things done, but when you don't rest with God on a regular basis eventually your life will dry up. The pursuits that are exciting you now will become boring, and unfulfilling, and unsatisfying.

Without God's rest and re-creation the earthly pursuits you're so immersed in right now will one day turn into a dead end. You'll discover it was nothing at all.

In contrast let me read you Isaiah 58:13. God says to His people, *"If you turn away your foot from the Sabbath (in other words if you stop running around and working on My day of rest), from doing your pleasure on My holy day, and call the Sabbath a delight, the holy day of the LORD honorable, and shall honor Him, not doing your own ways, nor finding your own pleasure, nor speaking your own words, then you shall delight yourself in the LORD; and I will cause you to ride on the high hills of the earth, and feed you with the heritage of Jacob your father."*

The mouth of the LORD has spoken."

Hey, God promises high hills and a lush heritage – in other words,

He promises to promote and to provide for the person who rests with Him one day in seven.

That's why I say, the fourth commandment is *a spiritual gold mine*.

Here's a non-negotiable... **"Remember the Sabbath day, to keep it holy"**

Please, whatever you do, don't forget your anniversary!