



“Set Apart to Rest”  
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CHRISTCHURCHVA.ORG/SERMONS

## Sabbath

God placed the sabbath in the rhythm of our lives so that we can

\_\_\_\_\_ and \_\_\_\_\_

the redemptive work of Christ.

*“By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.”*

Genesis 2:2-3 (NIV)

*“Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. Six days you shall labor and do all your work, 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 ox, your donkey or any of your animals, nor any foreigner residing in your towns, so that your male and female servants may rest, as you do...”*

Deuteronomy 5:12-14 (NIV)

*“Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the Sabbath day.”*

Deuteronomy 5:15 (NIV)

## Remember the mighty hand and an outstretched arm of God!

*One Sabbath Jesus was going through the grainfields, and as his disciples walked along, they began to pick some heads of grain. The Pharisees said to him, “Look, why are they doing what is unlawful on the Sabbath?” He answered, “Have you never read what David did when he and his companions were hungry and in need? In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his companions. Then he said to them, “The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath.”*

Mark 2:23-28 (NIV)

*On a Sabbath Jesus was teaching in one of the synagogues, and a woman was there who had been crippled by a spirit for eighteen years. She was bent over and could not straighten up at all. When Jesus saw her, he called her forward and said to her, "Woman, you are set free from your infirmity." Then he put his hands on her, and immediately she straightened up and praised God. Indignant because Jesus had healed on the Sabbath, the synagogue leader said to the people, "There are six days for work. So come and be healed on those days, not on the Sabbath." The Lord answered him, "You hypocrites! Doesn't each of you on the Sabbath untie your ox or donkey from the stall and lead it out to give it water? Then should not this woman, a daughter of Abraham, whom Satan has kept bound for eighteen long years, be set free on the Sabbath day from what bound her? When he said this, all his opponents were humiliated, but the people were delighted with all the wonderful things he was doing.*

Luke 13:10-17 (NIV)

**Sabbath points to \_\_\_\_\_.**

**ANSWER KEY:**

God placed the sabbath in the rhythm of our lives so that we can **REST** and **REMEMBER** the redemptive work of Christ.

Sabbath points to **JESUS**.