

Lesson 175: Walking with Jesus - Part 7 (Keep the Sabbath Holy)

Scripture: Genesis 2:1-3, **Exodus 16**, Hebrew 3-4

Verse: "Now we who have believed enter that rest." Hebrews 4:3

This week we're learning about the command to keep the sabbath holy... which means to remember your completeness in Christ. We do that through setting aside time so that we can be unhurried in our worship and rest. In today's story we have a group of people who have recently been shown the miraculous lengths God will go to take care of them, but instead of thinking about that, they focus on what they don't have and it robs them of rest.

Our story comes from Exodus chapter 16, the Israelites have recently escaped Pharaoh and slavery in Egypt. What are some miraculous ways that God orchestrated their escape?

...the birth of Moses, the upbringing of Moses, the burning bush, the plagues, the parting of the Red Sea, the annihilation of Pharaoh and his army...

In verse one, it says just one month after being in the wilderness. It was hot, dry, rocky and sandy, not a pleasant place to be in and the Israelites grumbled and moaned. They dreamed about the nice parts of being in Egypt... the meat to eat and the delicious bread. (They were focusing on what they didn't have.)

God heard their grumbling and made a plan to feed them, but also to help them learn more about him. God told Moses that each morning he would rain down food from heaven and they could go gather it to eat for the day. But on the sixth day, there would be twice as much as needed for that day, because on the seventh day they needed to take time to pause, remember who provided for them and worship God for all he has done for them.

God knew this would be difficult for the Israelites. He said it would be a test for them. Sure enough, the Israelites did things which showed that they didn't trust that God would take care of them. They collected extra mana on days when they didn't need to and God allowed the food to go bad!

Then when it came time for the seventh day, the day of rest, they got up and went looking for the mana, but it wasn't there! Instead of wondering about it and looking for it, they should have marveled and rejoiced that God provided extra the day before and worshiped God for his provision.

These are examples of what it means to forget the Sabbath and not keep it holy. When we **remember** the Sabbath, we are doing things that show we trust God. Worshipping him comes naturally from that action and it reminds us how incredible God is.

When we keep the Sabbath **holy**, we are intentionally doing things with our day that are different. Designating it for specific use, instead of a day to accomplish work that helps us get what we need or want. We remember that because of Jesus, we no longer need to cope with life (we are spiritually whole), no longer need to compensate for our imperfection (we are fully forgiven) and that Christ has paid and restored our relationship with the father (we lack nothing).