

Few weeks ago, God led us to study 10 Commandments, and how APPLY!

1st Commandment in [Exodus 20:3](#), “*You will have no other gods before Me.*” Means God first, not other things first... 2nd commandment [Exodus. 20:4](#) “*You shall not make for yourselves any idol.*” Remember “idol” worship is ignoring God, loving other things first. Both 1st and 2nd Commandment talk about idolatry. What to do?

(1) Recognize/admit our sin and repent of it. (2) Return to God/Worship Him.

Past 2 weeks 3rd commandment – [Exodus 20:7](#) “*You must not use the name of the LORD your God thoughtlessly; the LORD will punish anyone who misuses his name.*” His name holy, powerful, no swearing, take advantage

Now ready for 4th commandment - Read [Ex. 20:8-11](#) ⁸ “*Remember to keep the Sabbath holy.* ⁹ *Work and get everything done during 6 days each week,* ¹⁰ *but 7th day is a day of rest to honor the Lord your God. On that day no one may do any work: not you, your son or daughter...none!* ¹¹ *The reias that in 6 days the Lord made everything—the sky, the earth, the sea, and everything in them. On 7th day He rested. So the Lord blessed the Sabbath day and made it holy.*

****Sabbath?** Hebrew word *Sabbath* means "rest"; from verb "to cease." Reason? God wants His people to rest/cease from normal work. Jesus says God started Sabbath for people’s benefit (Mark 2:27). God’s example by "resting" 7th day (Gen. 2:2, 3).

****Jewish Sabbath** from Fri evening to Sat evening. ****Church can’t demand you holy.** Also no restrictions must follow Sabbath. But right for church to call us relationship with Him!

****Understand Bible time had problems about Sabbath?** Religious group “Pharisees” added rule - no “load” can be carried on Sabbath – little things like stick or dry fig. If baby cries, you can pick up but check baby’s hands!

****Today if you go Israel hotels between Fri eve/Sat eve, have special elevator for orthodox jews -- all buttons on/stops at every floor – push is work! Still!**

Jesus tried often change wrong thinking of Pharisees and Jewish leaders. Sabbath was created for man. God is a God of life and spirit, not religion of man-made laws.

In America – tend 2 groups - bored or toooo busy. Busy – God’s love says one day a week, stop - focus on Me, My Word, and your soul/spirit have rest/renewal/peace. Remembering His love, mercy, blessing, gifts, kindness, etc. [Video song “Breathe”](#)

So all people stop - have one day each week to rest and focus on Him. Doesn’t have to be on Saturday or Sunday - take another day to rest. Time for thanksgiving and self-examination, confess sins, personal communion. Now in world facing pandemic of coronavirus. In American other disease - EPIDEMIC of thinking that I must be doing all the time, producing, creating, working 7 days a week. I still struggle – I was raised brainwash do do do. Friend gave me book by Robert Morris “Take the Day Off”...

“4th commandment most misunderstood; and only commandment that most Christians think it is ok to break...”

American Psychological Association did study that said 43% of adults in American have bad health – why? Stress.

Other study of doctor office visits - 75 to 90% sicknesses from? Stress.

Challenge you and challenge me - What does your Sabbath look like?

Are you tooooooo busy? Or are you bored??