

# Sermon Reflections

---

*Exodus 20:8-11 - The Fourth Commandment: Work Hard to Rest*

**Summary:** Work hard to find abiding-rest for your soul in Jesus Christ and His cross-work.  
How to be a faith-filled messenger...

## 1. The Sabbath teaches us to trust (v. 8)

- The main command was to “remember” ...what were the Children of Israel to remember? They were to remember the Sabbath day! They were also to keep it holy, to “set it apart.” It was not to be treated like any other day - it was different.
- Exodus 16 describes how there would only be manna for six days...

In what ways was the Sabbath a test of faith for the children of Israel? Can aspects of this “testing” of their faith, help us as believers to trust in God’s care for us? If so, in what ways?

Read James 1:2-4. How can various trials and tests of faith produce a more abiding trust in God and His provision for our lives? How does looking back at God’s past faithfulness help us to remember to trust Him as we walk forward in life?

## 2. The Sabbath teaches us to rest (vv. 9-10)

- The Sabbath was to the Lord your God a day of rest - no work, all activity was to cease!
- It was a sign/pointer that God’s children were different. It was an outward show of their faith, that they belonged to God and anyone that profaned it would be put to death.

What about you? Does your life reflect the aspects of the Sabbath relating to *resting in*, and *thinking/reflecting on* who we are in Christ and what God has done for us through the Cross?

How can the “busyness” of life be a potential distraction to this endeavor? If so, does something need to change regarding your priorities?

## 3. The Sabbath teaches us to hope (v. 11)

- The seven-day week was instituted by God as a picture of His rest through the Children of Israel as a picture of the six days of Creation culminating in a day of rest.
- This “rest” points to the enduring, Greater Rest of Hebrews 4:9-11 and the striving to enter that Rest. We need Someone else to give us this rest: Christ, the Lord of the Sabbath! This should be the driving motivation of our hope.

As we reflect on our hope in the Greater Rest, do we find that at times we are hoping in the wrong things - earthly things? Read Luke 12:13-20. What was the rich fool hoping, resting, and trusting in? Is it possible that we too can be deceived by placing too much hope in the treasures of this world and not the kingdom of God?

How can a *regular* time of personal devotion and discipleship assist in redirecting our hope from earthly things to spiritual things? Remember and take heart... the Greater Rest is coming! Set your hope on this amazing truth!