

Sleeping In Light



What is The Law?

The Law is the
Ten
Commandments

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Commandments?

Exodus 20:17

1st Commandment:

You shall have no other gods
before Me!

2nd Commandment:

You shall not make for
yourself a god nor bow
down to it!

3rd Commandment:

You shall not take the Name
of the Lord in vain!

4th Commandment:

Remember the Sabbath and
keep it holy!

5th Commandment:

Honor your father and your
mother!

6th Commandment:

You shall not murder!

7th Commandment:

You shall not commit
adultery!

8th Commandment:

You shall not steal!.

9th Commandment:

You shall not bear false
witness!

10th Commandment:

You shall not covet anything
of your neighbor's!

Because the Law is spiritual it does not matter whether or not you have physically broken the commandments. The moment that you have done it in your heart you are guilty.

1. How Did The Sabbath Come About

“God saw all that He had made, and behold, it was very good. And there was evening and there was morning, the sixth day. Thus the heavens and the earth were completed, and all their hosts.

By the seventh day God completed His work which He had done, and He rested on the seventh day from all His work which He had done. Then God blessed the seventh day and sanctified it He rested from all His work which God had created and made.” (Genesis 1:31 – Genesis 2:3 NASB)

The Commandment:

“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.”(NKJV Exodus 20:8-11)

“In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace.” (Ephesians 1:7 NKJV)

“If we confess our sins, He is faithful and just to forgive us our sins and cleanse us from all unrighteousness.” (1 John 1:9 NKJV)

Early Punishment:

“You shall keep the Sabbath, therefore, for it is holy to you. Everyone who profanes it shall surely be put to death, for whoever does any work on it, that person shall be cut off from among his people.

Work shall be done for six days, but the seventh is the Sabbath of rest, holy to the Lord. Whoever does any work on the Sabbath day, he shall surely be put to death.”(NKJV Exodus 31:14-15)

This is the same punishment as adultery. Not keeping the Sabbath is a form of idolatry.

Is the law still in effect?

“Do not think that I came to destroy the Law or the prophets. I did not come to destroy but to fulfill. For assuredly I say to you, til heaven and earth pass away, on jot or one tittle will by no means pass from the Law til all is fulfilled.

Whoever therefore breaks one of

the least of these commandments, and teaches men so shall be called least in the kingdom of heaven, but whoever does and teaches them, shall be called great in the kingdom of heaven. For I say to you, that unless your righteousness exceeds the righteousness of the Scribes and Pharisees, you will by no

means enter the kingdom of
heaven.”(NKJV Matthew 5:17-20)

2. What Is The Sabbath

The word “sabbath” comes from the Hebrew *shabbat*, meaning “to cease” or “desist.” The primary meaning is that of cessation from all work. The English *Sabbath*, like the Greek *sabbaton*, is a transliteration of the Hebrew *Shabbat*.

It was celebrated every seven days and became basic to the Jewish people. During Biblical times families would gather together in the evening to celebrate Shabbat in fellowship and praise of God. The daytime became a time for sacred assembly and worship.

After the construction of the second temple, the ruling body of the Jewish people, invented a whole bunch of new rules, thirty-nine tasks were banned, and these had even more subtasks that were banned. the Law Maker is the only one who can add to, take away from, or interpret the Law.

Since God is the One Who created
it, He is the only One Who can do
this.

Isn't Sunday, the Lord's day, the Sabbath. The answer is yes and no.

The no part is that they are two separate days with Sunday being the Sabbath and Sunday being the Lord's Day.

The change of the Sabbath as the day of worship from Saturday to Sunday happened in the year 321 A.D. The Roman Emperor Constantine issued a decree that all Christians were to begin observing Sunday as a day of rest.

The yes part is it is in the heart. If you are setting your heart on God and dedicating a day of rest to Him it does not matter what day the Sabbath is on. So if you work on Saturday and Sunday, pick a day. Remember that God is love and that He loves and wants to love. God a just, fair, and holy judge.

3. America & Israel



Except for the time of Moses,
Joshua, and David, Israel has had
trouble following God's laws.
God sent His prophets to Israel to
warn them to turn back to God,
obey His Commandments, and
honor His sabbaths. The people did
not listen. God judged them!

“But if you will not heed Me to hallow the Sabbath day, such as not carrying a burden when entering the gates of Jerusalem on the Sabbath day, then I will kindle a fire in its gates, and it shall not be quenched.” (NKJV Jeremiah 17:27)

“You have despised My holy things and profaned My Sabbaths.” (Ezekiel 22:8) “Moreover, they have done this to Me, they have defiled My sanctuary on the same day and profaned My Sabbaths.” (NKJV Ezekiel 23:38)

God brought in other nations to punish Israel and Judah. These other nations conquered them and carried the people off to other lands to live. After the appointed time, God allowed them to return. After all of this you would think the people would obey God. Nope.

“In those days I saw people in Judah treading winepresses on the Sabbath and bringing in grain and loading it on donkeys, together with wine, grapes, figs and all other kinds of loads. And they were bringing all this into Jerusalem on the Sabbath. Therefore I warned them against selling food on that

day. People from Tyre who lived in Jerusalem were bringing in fish and all kinds of merchandise and selling them in Jerusalem on the Sabbath to the people of Judah. I rebuked the nobles of Judah and said to them, “What is this wicked thing you are doing—desecrating the Sabbath day? Didn’t your

ancestors do the same things, so that our God brought all this calamity on us and on this city? Now you are stirring up more wrath against Israel by desecrating the Sabbath.” (NIV Nehemiah 13:15-18)

Keeping The Sabbath is the hardest for believers to keep, why?

- Greed
- Selfishness
- Covetness
- Other idols

It all comes back to our pride.

America & Israel

- America is a Christian nation
(Declaration of Independence and Constitution)
- Profane the Sabbath = More \$\$\$\$
- Worship idols = 1960's
- Selfishness = My time
- Covetness = They aren't doing it

4. What Can You Do On The Sabbath

2 Parts: Cease from work, honor God

Ask God.

Jesus came to this world to clarify it. Since He is the One Who made the Law, He is the only one Who can interpret it.

A. Jesus' Disciples are hungry and pick heads of grain.

“But if you had known what this means, “I desire mercy and not sacrifice”, you would not have condemned the guiltless. For the Son of Man is Lord even of the Sabbath.” (Matthew 12:7-8) “And

He said to them, The Sabbath was made for man, and not man for the Sabbath. Therefore, the Son of Man is also Lord of the Sabbath.” (NKJV Mark 2:27-28)

B. Man with a withered hand.

“Then He said to them, “What man is there among you who has one sheep, and if it falls into a pit on the Sabbath, will not lay hold of it, and lift it out? Of how much more value then is a man than a sheep?

Therefore it is lawful to do good on

the Sabbath.” (NKJV Matthew 12:11-12) “Then He said to them, “Is it lawful on the Sabbath to do good or to evil, to save life or to kill?” But they kept silent.” (NKJV Mark 3:4)

C. Jesus heals Simon Peter's mother in law. She then prepares and makes food for them. Later that day many people came to him and He healed them and cast out demons.

D. Bent over woman.

“The Lord then answered him and said, “Hypocrite! Does not each one of you on the Sabbath loose his ox or donkey from the stall, and lead it away to water it? So, ought not this woman, being a daughter of Abraham, whom Satan has

bound-think of it- for eighteen
years, be loosed from this bond on
the Sabbath?” (NKJV Luke 13:15-16)
of Abraham, whom Satan has
bound-think of it- for eighteen
years, be loosed from this bond on
the Sabbath?” (NKJV Luke 13:15-16)

E. Man with Dropsy

“And Jesus, answering spoke to the lawyers and Pharisees, saying, “Is it lawful to heal on the Sabbath?” But they kept silent. And He took him and healed him, and let him go. Then He answered them, saying,

“Which of you, having a donkey or an ox that has fallen into a pit, will not immediately pull him out on the Sabbath day?” (NKJV Luke 14:3-5)

F. Jesus taught on the Sabbath

G. Jesus and His disciples also traveled and performed work for the Kingdom on the Sabbath.

To Sum Up:

1. If in doubt ask God.
2. Healing
3. Eating
4. Resting
5. Do good
6. Help those around you
7. Teach
8. Kingdom work

To Sum Up

Love the Lord Your God with all of your heart, all of your mind and all of your strength.

Love your neighbor as yourself.

5. Why Should I Keep The Sabbath

A. There are blessings that come with it and not keeping it loses those blessings. Remember also that the Sabbath was created for man and not man for the Sabbath

“Thus says the LORD: “Keep justice, and do righteousness, for My salvation *is* about to come, and My righteousness to be revealed. Blessed *is* the man *who* does this, and the son of man *who* lays hold on it; who keeps from defiling the Sabbath, and keeps his hand from doing any evil.” Do not let the son

of the foreigner who has joined himself to the LORD speak, saying, “The LORD has utterly separated me from His people”; Nor let the eunuch say, “Here I am, a dry tree.” For thus says the LORD: “To the eunuchs who keep My Sabbaths, and choose what pleases Me, and hold fast My covenant,

even to them I will give in My house and within My walls a place and a name better than that of sons and daughters; I will give them an everlasting name that shall not be cut off. "Also the sons of the foreigner who join themselves to the LORD, to serve Him, And to love the Name of

the LORD, to be His servants—
everyone who keeps from defiling
the Sabbath, And holds fast My
covenant—even them I will bring to
My holy mountain, And make them
joyful in My house of prayer. Their
burnt offerings and their sacrifices
will be accepted on My altar;
For My house shall be called a

house of prayer for all nations.” The Lord GOD, who gathers the outcasts of Israel, says, “Yet I will gather to him.” (NKJV Isaiah 56:1-8) “If you turn away your foot from the Sabbath, 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.”(NKJV Isaiah 58:13-14)

B. As with breaking any of the other Commandments and committing sin, there are consequences that come from it.

“Whoever breaks one commandment is guilty of breaking them all.” (GNT James 2:10)

God will chasten/correct you

C. Longer and healthier life

Without that break we are taxing ourselves physically, mentally, emotionally, and spiritually. Believe it or not, we were made to take a break. Not taking a break is like never changing the oil in your car. How long will it last. When we are sick we Rest. Physical Breakdowns, Mental Breakdowns, Emotional Breakdowns, Spiritual Breakdowns.

D. Don't Tell God That You Are better than He Is.

Are we better than God? “But why do you call Me “Lord, Lord”, and not do the things which I say?” (NKJV Luke 6:46) God can do more in six days than we can in seven.

E. Keeping It Is A Witness To Those Around Us Of The Goodness Of God

God blesses us for keeping the Sabbath and it is that blessing as well as the peace and joy that we have that others can see because we take a holy day of rest.

Look at America.

F. It Is A Time To Catch Our Breath

Like God caught His breath on the seventh day, we need a day to catch our breath. Breath in God's wonder and majesty.

G. Restoration And Rejuvenating

- Physical through rest
- Mental through rest and God time
- Emotional through God time
- Spiritual through God time
- The more time you spend with God, the easier it is to resist the enemy
- Time for deep cleaning and unloading

“Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.” (NKJV Matthew 11:28-30)

What burdens are you still
carrying?

Why do you not want to rest?