



## Outer Growth - The Sabbath 2

**And he said unto them, The sabbath was made for man, and not man for the sabbath:**

*Mark 2:27*

**Saints** - Romans 12:13

**Adulation** - John 4:24

**Break** - Isaiah 14:7

**Blessing** - Proverbs 10:22

**Awake** - Luke 21:36, Romans 13:11

**Ten Commandments** - Exodus 20:8

**Hallowed** - Exodus 20:11, Matthew 6:9

The Sabbath is to be a blessing for humans, instituted by God. On this day, we are to refrain from our daily work. Instead, we must worship God and seek fellowship with Him to keep ourselves refreshed, both physically healthy and spiritually strong. Those who ignore the principle of the Sabbath do so to their own ruin.

The Old Testament Sabbath was the seventh day of the week. To keep that day holy meant setting it apart as different from other days, ceasing one's labor to rest, serve God, and concentrate on the things concerning eternity, spiritual life, and God's honor.

Jesus, the Lord of the Sabbath, the seventh day of the week, set apart by the Law of Moses as a day from ceasing from normal work, and for giving oneself to rest and to worship the Lord. There are strong reasons to believe that the principles of the Sabbath have permanent validity for believers or Christians, and that we should still set aside one day in seven as a day of rest and worship.

The Sabbath is for the saints: The saints are the holy ones who keep the Sabbath day. How do they do that? Jesus, Lord of the Sabbath, gives the example with His disciples going through the corn field, in Mark two, verse twenty-three. The Son of God fellowships with them while the Pharisees nearby, questioning Him about plucking the ears of corn on the Sabbath day.

Jesus shows the importance of being together with the saints by showing hospitality, courtesy, and helping others, such as the disciples with their needs. The Lord Jesus gathers together with His people on the Sabbath day: Even with those onlookers watching, they see Jesus with His disciples, together.

There is a hymnal song called "When the saints go marching in." The first thought, for many who know the song or who serve the Lord, would refer to heaven. Yes indeed, because the entire song is about the preparation of going to meet the Father of all those who believe and accept Jesus Christ as Lord and Saviour, and obey and live by His Holy Word, and in communion with Him in prayer in Spirit and in truth, will meet Him soon to escort them to the kingdom of God. The first part of the song that is commonly sung and known by many begins like this:

O, when the saints go marching in,  
O, when the saints go marching in.  
Lord, I want to be in that number  
when the saints go marching in.

The song may also refer to the saints assembling on the Sabbath day: the people are the church, which is the body of Christ. Jesus was with His disciples, and the Pharisees were also present, watching Him. Today, visitors, spectators, or watchers come to church with believers or Christians on the Sabbath day. There will still be church-goers who attend, but not for righteous reasons. And unfortunately, some or more will be left behind "when the saints go marching in" into the kingdom of heaven. Here is the rest of the hymnal song:

O when the sun refused to shine,  
O when the sun refused to shine,  
Lord, I want to be in that number  
When the sun refused to shine.

O when they gather 'round the throne,  
O when they gather 'round the throne,  
Lord, I want to be in that number  
when they gather 'round the throne.

O when they crown Him Lord of all,  
O when they crown Him Lord of all,  
Lord, I want to be in that number  
when they crown Him Lord of all.

And on that hallelujah day,  
And on that hallelujah day,  
Lord, I want to be in that number  
on that hallelujah day.

"When the saints go marching in" refers to heaven or the church. However, with the development of technology, saints now choose to watch online instead of physically attending church. "Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching," as in Hebrews ten, verse twenty-five. For leaders and godly assemblies that are Word-of-God based, there is something about the presence of God in the sanctuary as opposed to online service. Yes, through the minister or pastor, God's presence can be present, but in God's house, where the Spirit of the Lord is, there is more freedom for the Spirit of God to manifest. The Sabbath day is a day of worshipping God. The Lord of all creation, who gave His saints salvation through the Son of God, Jesus Christ, is worthy of worship due unto Him because He is the truth; to live in union with Christ requires speaking the truth. To claim to have fellowship with Christ and to possess salvation, yet not to live and speak according to the truth, it is to be deceived, as in First John one, verse six, "If we say that we have fellowship with him, and walk in darkness, we lie, and do not the truth:" To "walk in darkness" means to live in sin and immoral pleasure. Those who have no truth in them show the real condition of their hearts; without the truth, they remain in deception and darkness, and

therefore, are outside the kingdom of heaven. The Sabbath day will also indicate how believers embrace the seventh day in their approach because actions speak louder than words. Either the carnal things come forth, or the spiritual will be present the moment we awake and move about and see what comes to the heart and what we do first. What we do, say, and think will dictate how we treat God's holy day: the Sabbath.

The Sabbath day is a day of rest. The basic meaning of rest is to cease: To refrain from what we normally do during the week, giving relaxation, for both physical and spiritual reasons. God did not rest on the seventh day of creation for His own sake (as if He were tired) but for our sake (as an example to be followed). God Himself modeled the Sabbath rest principle because of its superb importance for our spiritual, physical, mental, and emotional well-being. If we violate the Sabbath rest principle, we suffer weariness spiritually and physically.

Sabbath rest is a pattern or cycle of renewal that our Creator has provided for us. Rest renews our minds, our souls, our bodies. If we do not rest, not only do our bodies become tired, but we lose the edge of mental keenness and creative energy, and our lives become less productive generally. Jesus never abrogated the principle of rest, only the misuse of it by others. Nowhere does the Word of God indicate that this principle is done away with. The spiritual purpose of the Sabbath rest benefits Christians. In the Old Testament, it was used as a day of rest from work and to dedicate oneself to God: a special time to get to know God, to worship, and to concentrate in private and in public on the things of God. Today, it provides us an opportunity to reaffirm that our trust and delight are in the Lord, and not in the world, our own selfish ways, our material goods, or our pleasure. We can use this day to renew our initial commitment to Christ and our oneness with other believers and to acknowledge that our entire lives, not just one-seventh, belong to God.

The Sabbath day is a blessing. The day believers can look forward to focusing on God, the peace that passes all understanding, fellowship with the saints in Christ, and hearing God's Word from the servant of God.

This seventh day of blessing is a time to worship and praise the Lord in His presence, give tithes and offerings, and an opportunity for the Holy Spirit to minister in the church through the yielded servant of God. The Sabbath is also the day to receive spiritual fulfillment through God's Word and holy presence. This is how a believer demonstrates reverence toward the Sabbath: The Lord's blessing is His presence and favor. The Sabbath is to be spiritually awake. Followers of Christ will be embracing the seventh day to honor Him, watch against sin, and pray that their love for Christ will not diminish, that they might receive strength to persevere in faith and righteousness in Jesus Christ. Only by such perseverance will believers be able to "escape" all the terrible things that are coming upon the world in the last days. However, those who enjoy a prayerful life understand the significance of keeping the Sabbath. The day is more for internal renewal than it is for the outer. The Sabbath is a part of the Ten Commandments. All of the commandments are listed in Exodus twenty, verses three to four, seven through eight, and twelve to seventeen of the Old Testament. The Sabbath is the fourth commandment, verse eight, "Remember the sabbath day, to keep it holy." However, in verses nine to eleven, explain the reason. "Six days shalt thou labour, and do all thy work: But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it." Eight of the Ten Commandments are negative because sin comes naturally, while goodness does not. The two positive ones remaining are "the Sabbath," of course, and "Honour thy Father and Mother," which is the Fifth Commandment in verse twelve. The Sabbath in Exodus meant setting apart, different from other days to rest, serve God, and concentrate on the things concerning eternity, spiritual life, and God's honor. The Israelites were expected to model their conduct after God's work in

creation. The Sabbath was a sign that they belonged to God, and it reminded them of their deliverance from slavery in Egypt. The Sabbath is to be hallowed, which means to be holy. Why is the sabbath to be observed? God rested on the seventh day, and by His resting sanctified the day. To be hallowed is to separate it from the rest of the days, and from all common employments, and consecrate it to His own holy service, and man's holy use. Remember, shows that it was not first given, but was known by the people before. One day in seven is to be kept holy. Six days are allotted to worldly business, but not to neglect the service of God, and the care of our souls. On those days, we must do all our work, and leave none to be done on the sabbath day. Christ allowed works of necessity, charity, and piety; for the sabbath was made for man, and not man for the sabbath. All works of luxury, vanity, or self-indulgence in any form are forbidden. Trading, paying wages, settling accounts, writing letters of business, worldly studies, trifling visits, journeys, or light conversation, are not keeping this day holy to the Lord. The day is blessed; men are blessed by it, and in it. The blessing and direction to keep holy are not limited to the seventh day, but are spoken of the sabbath day. The sabbath is a sacred and Divine institution; a privilege and benefit, not a task and drudgery. God never designed it to be a burden to us. Therefore, we must not make it so for ourselves. The sabbath was instituted for the good of mankind, as living in society, having many wants and troubles, preparing for a state of happiness or misery. Man was not made for the sabbath, as if his keeping it could be of service to God, nor was he commanded to keep it outward observances to his real hurt. Every observance respecting it is to be interpreted by the rule of mercy.