

**Command 4: Find God’s Rhythm for Life (Deut. 5:12-15)**

If you keep the Sabbath holy,

the Sabbath will keep you holy.

the Sabbath will keep you.

When we are under God’s command, we are more than our work. Living then comes before making a living. Our identity is no longer based on our productivity.

If we lose our jobs, we lose neither our identity nor find ourselves in a tsunami of anxiety, anger and despair.

When the world works seven days a week, creation is exhausted. Nature thrives on the God-designed rhythms of work and rest. God was the first ever to take a Sabbath. He rested on the seventh day, but not because he was tired. He was setting a rhythm for all that he had created and when we catch this rhythm, life has holy wonder.

In *Small is Beautiful*, E F. Schumacher proposed that if we would all take a weekly Sabbath, then that one day of the cessation of pollution would be sufficient for the atmosphere to rest and recover from the work week.



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v. 12 Observe, keep, command. What in your weekly schedule is untouchable? Nothing makes you miss it? In every inner soul there is a “holy” mode.

v. 13 You have six days to get “all your work done.” Courageous faith means punching out from work trusting that God will provide. Shall we trust in our provision or in God’s? Remember the matter of the manna in the wilderness. Ex. 16:22 Can you do good on the Sabbath? Dr. Jesus held a clinic in the synagogue on the Sabbath! Matt. 12:9-13 When he healed that day, he was practicing *intelligent disobedience.* Who or what has COMMAND over your life?

The work is not done until the tools are put away …

AND YOU HAVE RESTED FROM THE WORK.

v. 14 But the 7th day is the Sabbath **of the LORD your God.** On it, there is no work for you, your son, daughter, workers male or female, nor your ox, donkey, cattle, nor your day worker refugees. That they may rest as well as you. When we don’t keep the Sabbath, the Globe gets sick. 2 Chron. 7:14, Hosea 2, 4 Rom. 8:21-23

v. 15 Beware onset of spiritual amnesia. Forgetting you have been forgiven is the fast way to become ineffective in life 2 Peter 1:8 Slaves have days off. God gives us days off & rescues us from slavery, addictions, syndromes. Six days will be enough in His hand if you put your days in his hands. Phil. 4:10-13

Enter God’s rest through the death of death in Christ’s death. Heb. 4:9-20, Gal 4:20, Col. 2:16

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