



“God’s Sabbaths”

*Rest & Refreshment
Exodus 31:12-18*

The Sabbaths are about:

I. Perspective – “my sabbaths ye shall keep” (vs. 12-15)

God’s sabbaths are:

- A. Relational** - “for it is a sign between me and you”
- B. Recognition** – “I am the Lord that doth sanctify you”
- C. Restful** – “the seventh is the sabbath of rest”

II. Posterity – “throughout their generations” (vs. 15-17)

God said it is:

- A. For Israel** - “Israel shall keep the sabbath”
- B. For a Sign** – “It is a sign between me and ...Israel”
- C. For Ever** - “a perpetual covenant”

III. Provision - “And He gave unto Moses” (vs. 17-18)

God provides the:

- A. Pattern** – “six days the Lord made heaven and earth”
- B. Precepts** – “communing with him upon mount Sinai”
- C. Proof** – “tables of stone, written with the finger of God”

Sentence Sermon:

“But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.” Isaiah 40:31

Additional Verses

- **Exodus 16:22-36**
- **Hebrews 4:3-6**
- **Genesis 2:1-4; 8:1, 22**
- **Exodus 16:28-29; 20:8-11; 31:13-17; 35:3**
- **Numbers 15:32-36**
- **Ezekiel 20:12, 19-20**
- **Nehemiah 9:13-14**
- **Leviticus 26:42**
- **Exodus 2:24; 13:3**
- **Hebrews 3-4**
- **Psalms 95:11**
- **Mark 2:27-28**
- **Matthew 11:28**

Questions to Ponder:

1. What are the key words or phrases in this passage?
2. Who is the central character of the passage?
3. What was necessary for Israel to observe the sabbath?
4. What are some “signs” that the sabbath is to Israel?
5. Why does creation get brought up in this passage?
6. What requirement of the sabbath do seventh day Adventists violate? Exodus 16:29
7. How hard is it to rest for a whole day? Why?
8. What are some practical benefits of observing the sabbath?
9. What are some pitfalls of not taking time away from work?