

*THIS WEEKS SERMON*  
**THE TEN COMMANDMENTS**  
*"TAKE TIME OFF"*

1

Exodus 20:8-11

"Remember the Sabbath day by keeping it **Holy**. 9 Six days you shall labor and do **all** your work, 10 but the **seventh day** is a sabbath to the **Lord** your God. On it you shall **not do any work**, neither you, nor your son or daughter, nor your manservant

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or maidservant, nor your animals, nor the alien within your gates. 11 For in six days the **Lord** made the heavens and the earth, the sea, and **all** that is in them, but he **rested** on the seventh day. Therefore the **Lord** blessed the Sabbath day and made it **Holy**."

3

Colossians 2:13-17 (NIV)

"When you were **dead in your sins** and in the uncircumcision of your **sinful nature**, God made you alive with Christ. He forgave us **all our sins**, 14 having **canceled** the **written code** with it's **regulations**, that was

4

**against us** and that **stood opposed** to us; he **took** it **away**, nailing it to the cross. 15 And having disarmed the powers and authorities, he made a public spectacle of them, **triumphing over them** by the **cross**. 16 Therefore **do not** let anyone **judge**

5

**you** by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a **Sabbath day**. 17 These are a **shadow** of the things that were to come; **the reality**, however, is **found in Christ**."

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### 1 John 5:3 (NIV)

"This is love for God: to **obey** his **commands**. And his **commands** are not burdensome."

8

## 1. The "**Value**" of "**Work**".

9

### Genesis 3:17b-19a (NIV)

"Cursed is the ground **because of you**; through painful **toil** you will eat food from it **all** the days of your life! 18 It will produce thorns and thistles for you, and you will eat the plants of the field.19 By the **sweat of your brow** you will eat your food until you **return** to the ground,

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### John 5:17 (NIV)

17 "Jesus said to them, 'My Father is **always at his work** to this very day, and I **too**, am working.'"

12

### The "VALUE" of "WORK".

- A. It enables us to "Achieve".

13

### The "VALUE" of "WORK".

- A. It enables us to "Achieve".  
B. It "Provides" for our families.

14

### 1 Timothy 5:8(NIV)

8 "If **anyone** does not provide for **his relatives**, and especially for **his immediate family**, he has **denied the faith** and is worse than an **unbeliever**."

15

### Ephesians 4:28b (NIV)

28 Christians must work, doing something **useful** with their **own hands**, that he may have something to **share** with those in need."

16

### 2 Thessalonians 3:10b (NIV)

"If a man will not work, he shall not eat!"

17

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B. It "Provides" for our families.  
C. It gives people a "Sense of well-being".

18

## The "VALUE" of "WORK".

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- C. It gives people a "***Sense of well-being***".
- D. It "***Occupies idle time***". (Helps us resist temptation)

19

## The "VALUE" of "WORK".

- A. It enables us to "***Achieve***".
- B. It "***Provides***" for our families.
- C. It gives people a "***Sense of well-being***".
- D. It "***Occupies idle time***". (Helps us resist temptation)
- E. It "***Enhances your Christian testimony***".

20

1. The "***Value***" of "***Work***".
2. The "***Necessity***" of "***Rest***".

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## Mark 2:27 (NIV)

27 "Then he said to them, '***The Sabbath*** was ***made*** for ***man, not man*** for the ***Sabbath.***'"

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1. The "***Value***" of "***Work***".
2. The "***Necessity***" of "***Rest***".
3. The "***Importance***" of "***Worship***".

24

**Colossians 2:13b-14 (NIV)**

He ***forgave*** us ***all*** our sins,<sup>14</sup> having ***canceled*** the ***written code***, with its ***regulations***, that was ***against us*** and that ***stood opposed to us***; He ***took it away***, nailing it to the ***cross***!"

25

**Colossians 2:16-17 (NIV)**

"Therefore do not let anyone ***judge you*** by what you ***eat*** or ***drink***, or with regard to a ***religious festival***,

26

a ***new moon celebration***, or a ***Sabbath day***.<sup>17</sup> These are a ***shadow*** of the ***things*** that were to ***come***; the ***reality***, however, is ***found*** in ***Christ***."

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**Acts 2:1 (NIV)**

"When the ***day of Pentecost*** came, they were ***all together*** in one place."

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**Acts 20:7a (NIV)**

"On the ***first day*** of the week we came together to ***break bread***.

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**1 Corinthians 16:2a (NIV)**

"On the ***first day*** of every week, each one of ***you*** should set aside a ***sum of money*** in keeping with his ***income.. for collection***."

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**Revelation 1:10a (NIV)**

"I was in ***The Spirit*** on ***The Lord's day...***"

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**Matthew 12:1-2 (NIV)**

1 "At that time ***Jesus went through the grain fields*** on the ***Sabbath***. His disciples were ***hungry*** and began to ***pick***

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some heads of grain and ***eat them***. 2 When the Pharisees ***saw this***, they said to him, "***look!*** Your disciples are ***doing*** what is ***unlawful*** on the ***Sabbath***."

33

**Matthew 12:8-14 (NIV)**

"the ***Son Of Man*** is ***Lord*** of the ***Sabbath***." 9 Going on from that place, he ***went into*** their synagogue, 10 and a man with a ***shriveled hand*** was there. Looking for a ***reason*** to ***accuse Jesus***, they asked him, "Is it ***lawful*** to ***heal*** on

34

the ***Sabbath***?" 11 He said to them, "If any of ***you*** has a ***sheep*** and it ***falls into a pit*** on the ***Sabbath***, will you not ***take hold of it*** and ***lift it out***? 12 How much ***more valuable*** is a ***man*** than a sheep! Therefore it ***is lawful*** to do ***good*** on the ***Sabbath***."

35

13 Then he said to the man, "***Stretch out your hand***." So he ***stretched it out*** and it was ***completely restored***, just as ***sound*** as the ***other***. 14 But the Pharisees went out and ***plotted*** how they might ***kill Jesus!***"

36