



LESSON 11: LORD OF YOUR TIME

How would you like to be more productive in the workplace, have a more satisfying family life and a 50% better chance that your kids will reject illicit drugs? You can, by doing what 100 million people in America do every week - attend church regularly. These are the findings of a recent survey * which shows that regular worshippers not only benefit their communities, (churches and synagogues lead the list of the top 24 organisations regarded as improving urban life) but they help themselves to a better life.

This better life includes the best stress-reducer known to humanity - taking a day off, every week, from the pressures of living and working in a fast-track society. Again, God knows what people need to function at their peak and He provided for it when He created the world.

***Associated Press Article, The Press Enterprise, (Riverside, California.) April 21, 1990**

GOD CREATED REST

What did God do at the end of six days of creation? Genesis 2:3

God created rest! He deliberately established the seventh day for rest. The principle of working six days and resting one, is so important that He made it part of the Ten Commandments. What does He say people should do in six days of the week? What are they to do on the seventh? Exodus 20:8-10

What blessings does God promise if you rest on the Sabbath? Isaiah 58:13-14

Here is God's blessing for people who follow his work/rest principle. Thousands of years after He made these promises, statistics prove that the people who live by His plan reap great results!

GOD IS THE CREATOR

Why is it important to follow God's work/rest principle? Exodus 20:11

When you follow God's plan of work and rest, you are following His own example at creation and you are also verifying that you believe He is the creator of the world.

Who is this Creator-God? Hebrews 1:2

Your Saviour and Lord, Jesus Christ, is the Creator-God of this earth! It's because He made the world, that He cares enough to save the world.

GOD IS THE SAVIOUR

What does God call the Sabbath and why does He call it this? Exodus 31:13; Ezekiel 20:12-20

When you rest on the Sabbath, what is it a sign of? Hebrews 4:9-10

By resting on the seventh day of the week you show that you believe you cannot be saved by works but only by resting or trusting in God.

How are you saved from sin? Ephesians 2:8-9

The Sabbath is just one more sign God has given you to remind you that you cannot save yourself.

What relationship did Jesus say He had to the Sabbath? Mark 2:28

Since Jesus is the Lord of the Sabbath and Lord of your life, He has given instructions on how to "remember His day to keep it holy."

WHAT SHOULD YOU DO ON THE SABBATH?

Leviticus 23:3; Exodus 20:8-11

Nehemiah 13:15-19

Isaiah 58:13

Luke 4:16; Hebrews 10:25

Matthew 12:11-13

“The Sabbath is not intended to be a period of useless activity. The law forbids secular labour on the rest day of the Lord; the toil that gains a livelihood must

cease: no labour for worldly pleasure or profit is lawful upon that day; but as God ceased His labour of creating, and rested upon the Sabbath and blessed it, so man is to leave the occupations of his daily life, and devote these sacred hours to healthful rest, to worship, and to holy deeds.” (Ellen white, *The Desire of Ages*, Mountain View, CA: Pacific Press Publishing Assos. P 207)

When does the Sabbath begin and end? Leviticus 23:32, last part; Mark 1:32

The seventh-day Sabbath begins at sundown, Friday and ends at sundown, Saturday. This is God’s way of measuring days. Notice Genesis 1:5,8,13,19,23,31

In order for the Sabbath to be a time devoted completely to communion with your Lord, the Bible teaches that all secular work and plans be laid aside. To be sure you’ll be ready for your weekly appointment with Him, God suggests a preparation day for the Sabbath. Which day is this? Exodus 16:23-30; Mark 15:42

Throughout history, God’s people have kept the Sabbath as a sign of His creating and saving power. Did Jesus keep the Sabbath? Luke 4:16

Did the disciples keep it? Luke 23:54-56

Did Paul keep it? Acts 17:2

You will keep it, too, if you've asked Jesus, who is Lord of the Sabbath, to be Lord of your life.

Even in the New Earth, you will remember His day. What will you do? Isaiah 66:22-23

From the creation of the world to the re-creation of the New World, the Sabbath is in effect as a reminder of three things:

- a. Your body, mind and emotions need regular rest.
- b. Your Lord is the Creator and you express your belief in Him as the Creator by resting on His designated day.
- c. Your Lord is the Saviour from sin. You can't "work" your way to heaven. You must "rest" in Him to save you. So you rest on His Sabbath as an expression of your belief in Him as your Saviour.

ASK YOURSELF

Since Sabbath rest is good for me physically, mentally and spiritually shouldn't I begin keeping the seventh-day holy?

What do I need to do so that I can begin enjoying the seventh-day Sabbath rest every week?
