

Ten Commandments -- #4 God's Interruption

4	Remember to observe the Sabbath as a holy day.	Let God energize you through worship.
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Remember to observe the Sabbath day by keeping it holy. Six days a week are set apart for your daily duties and regular work, but the seventh day is a day of rest dedicated to the Lord your God. On that day no one in your household may do any kind of work For in six days the Lord made the heavens, the earth, the sea, and everything in them; then he rested on the seventh day. That is why the Lord blessed the Sabbath day and set it apart as holy. (Exodus 20:8-11 NLT)

We get tired when we try to live well on our own. We were created to live in relationship with God. We were created to do things the way God arranged them. One of God's basic plans for successful human living was times of rest. God invites us to stop what we are doing, from time to time and rest? Why would He do that?

We too easily fall into the trap of believing our efforts, our talents, our plans are what will give us security and provide for our needs. We forget that we were made by God with plans for our good and that it's His plan for us that will make our lives successful. Every talent we have, every opportunity that has come our way is a gift from God our creator. We get caught up in our own plans and we need to stop and remember that this is God's world and I am God's person and we need to honour God in who we are and what we do. We need to stop and remember who's actually in charge.

Keep the Sabbath day holy. Don't pursue your own interests on that day, but enjoy the Sabbath and speak of it with delight as the Lord's holy day. Honor the Lord in everything you do, and don't follow your own desires or talk idly. If you do this, the Lord will be your delight. (Isaiah 58:13 NLT)

God never intended that we go to church for an hour a week, have devotions for an hour each morning and then live the rest of our lives on our own. If we are living that way, we are breaking the fourth commandment. God's plan was that we were to honour Him in everything that we do. We are to continually give God the opportunity to show us what it is that He has for us, how it is that He wants us to use the time, talent, and treasure He has entrusted to us.

One of Satan's great tricks for individuals who have left behind lives of active addictions with things like drugs and alcohol is to give them a new obsession -- money and work. The method changes but the focus remains the same.

How much we work and the balance of our time for work and rest are new challenges we face as we seek to live God's way. A workaholic is just as sick as a drug addict and in just as much need of God's deliverance. *Unless the Lord*

builds a house, the work of the builders is useless. Unless the Lord protects a city, guarding it with sentries will do no good. It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones. (Psalm 127:1-2 NLT).

One of the first admissions we have to make as recovering addicts is that our lives are unmanageable without the loving care of God. Our powerlessness is not just confined to our inability to stop drinking, drugging, gambling, or being sexually immoral. Independent of God who gives us love and wisdom, our lives are unmanageable, period. That means, our own best ideas are not sufficient to achieve success. We are unable to live well on our own. We have to come to God for His plans, His power, and His protection. *There is a path before each person that seems right, but it ends in death.* (Proverbs 14:12 NLT) Taking time out to rest, taking a Sabbath, is the way we help ourselves remember this powerlessness and our humble dependence on the Living God. It's the way we break the devilish control of self-will that keeps pulling us back into "doing it my way."

So, we do well to put our work down for one day each week and find ways to remember God, to look around for His goodness in ways we might have been too busy to notice while we worked, and to learn more how to invite God's presence and power into our daily lives. However, our challenge is to expand that way of living into every day of the week. Our Sabbath is a time to refresh our memory about the priorities of God. Each day following the Sabbath we are to apply that new information and work for God in all that we do.

Whether we put a roof on a house or read the Bible, it is God's plan that we keep Him in mind and work for Him. *And whatever you do or say, let it be as a representative of the Lord Jesus, all the while giving thanks through him to God the Father.* (Colossians 3:17 NLT)

It is God's promise that if we pursue His interests instead of our own, relying on His goodness rather than just our own efforts, that *"I will give you great honor and give you your full share of the inheritance I promised."* (Isaiah 58:14). God owns everything. He made the stars and the planets and worlds beyond what we know. To be a child who inherits what He wants to pass on is an incredibly blessed privilege. The condition for receiving that inheritance is to *"Keep the Sabbath day holy."*

Questions for Reflection and Discussion

What needs to change in my life for me to honour this Sabbath day principle?