

Remote Control

Part Four - Pause

God has given us a pause button called Sabbath.

Exodus 20:8 (NIV)

“Remember the Sabbath day by keeping it holy.”

Hebrews 4:9-11 (NIV)

There remains, then, a Sabbath rest for the people of God. 10 For whoever enters God’s rest also rests from his own work, just as God did from His. 11 Let us, therefore, make every effort to enter that rest, so that no one will fall by following the same pattern of disobedience.

The concept of Sabbath, not the particular day, is what is important.

Colossians 2:16-17 (NIV)

Therefore, let no one judge you by what you eat or drink, or with regard to a feast, a New Moon, or a Sabbath. 17 These are a shadow of the things to come, but the body that casts it belongs to Christ.

Mark 2:27 (NLT)

Then Jesus said to them, “The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath.”

Jesus hit the pause button.

Mark 6:31 (NLT)

Then Jesus said, “Let’s go off by ourselves to a quiet place and rest awhile.”

Matthew 11:28 (NLT)

Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.”

Exodus 34:21 (ESV)

“Six days you shall work, but on the seventh day you shall rest.”

Genesis 8:22 (NIV)

“As long as the earth endures, seedtime and harvest, cold and heat, summer and winter, day and night will never cease.”

Hitting the pause button demonstrates trust.

Psalms 46:10 (NIV)

He says, “Be still, and know that I am God...”

The Sabbath was also a day of congregational worship.

Leviticus 23:3 (NLT)

“You have six days each week for your ordinary work, but the seventh day is a Sabbath day of complete rest, an official day for holy assembly.”

Hebrews 10:25 (GWT)

We should not stop gathering together with other believers, as some of you are doing. Instead, we must continue to encourage each other even more as we see the day of the Lord coming.

Hebrews 12:28 (CEV)

We should be grateful we were given a kingdom that cannot be shaken. And in this kingdom, we please God by worshiping him and by showing him great honor and respect.