



A Culture of Rest & Honor

Exodus 20:8-12

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Exodus 20:8-12

8 “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 male or female servant, nor your animals, nor any foreigner residing in your towns. 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.

12 “Honor your father and your mother, so that you may live long in the land the Lord your God is giving you.”

1. A Culture of Rest

How does rest make us holy?

“There is a realm of time where the goal is not to have, but to be, not to own, but to give, not to control, but to share, not to subdue but to be in accord. Life goes wrong when the control of space, the acquisition of things of space, becomes our sole concern.”

- Abraham Joshua Heschel, *The Sabbath*

“Remember the sabbath day...”

Exodus 31:17b

“...for in six days the Lord made the heavens and the earth, and on the seventh day he rested and was refreshed.”

2. A Culture of Honor

“In the ancient civilizations of world history, the first evidence of a hierarchical structure began in the home with the husband and wife in the family. The family structure laid the foundation for all other forms of authority and obedience within culture. But it is only within the biblical faith that the authority of parents was founded on a divine sanction.”

- Mark F. Rooker, *The Ten Commandments: Ethics for the Twenty-First Century*

Honor:

- Starts with obedience
- Develops with respect
- And always requires grace and forgiveness

Hebrews 5:8b-9

“...he learned obedience from what he suffered and, once made perfect, he became the source of eternal salvation for all who obey him...”