

## REST IN THE STORM OF COVID-19 TEN KEYS TO A SUCCESSFUL LIFE: THE TEN COMMANDMENTS SERIES

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July 26, 2020

**TEXT: Exodus 20:8 “Remember the sabbath day, to keep it holy. 9 Six days you shall labor and do all your work, 10 but the seventh day is a sabbath of the LORD your God; in it you shall not do any work, you or your son or your daughter, your male or your female servant or your cattle or your sojourner who stays with you. 11 For in six days the LORD made the heavens and the earth, the sea and all that is in them, and rested on the seventh day; therefore, the LORD blessed the sabbath day and made it holy.”**

**INTRO:** In this season of COVID-19, we have had more “rest” because of the lockdown, and yet anxiety and stress levels are off the charts. I want to share the principles of the Sabbath and share how to do life from a position of rest. I define rest as **“the absence of strife and anxiety and the presence of His peace, contentment and security.”**

### **I. UNIQUENESS OF THE FOURTH COMMANDMENT**

#### **A. THE SABBATH BEGINS WITH THE CREATION NARRATIVE:**

**Exodus 20:11 “For in six days the LORD made the heavens and the earth, the sea and all that is in them, and rested on the seventh day; therefore, the LORD blessed the sabbath day and made it holy.”**

1. The Sabbath and the tithe were two institutions that existed before the Law and were incorporated into the Law.

#### **B. THE SABBATH IS A BLESSING FOR ALL PEOPLE**

1. Because the Sabbath is part of the creation narrative, it is important for all people.
2. **Dennis Prager said, “The world would be a better place, and people of every background would enjoy a higher quality of life, if the Shabbat were widely observed.”**
3. How is this a blessing to all? E.g. How many of you who are married would like it if your spouse worked seven days a week? Conversely, how many of you would love if your spouse devoted a whole day to you and your family? How many people are burned out because they are workaholics who work seven days a week?

#### **C. SLAVES, ANIMALS AND STRANGERS MUST ALSO HAVE A SABBATH**

1. **Exodus 20:10b “you shall not do any work, you or your son or your daughter, your male or your female servant or your cattle or your sojourner who stays with you.”**
2. Slaves: The Ten Commandments became the first legal code to grant slaves a weekly day of rest. While the Bible did not universally abolish slavery, the Sabbath commandment was one of the numerous commandments that greatly humanized that terrible institution and eventually helped make slavery untenable to any society that venerated the Bible. By definition, slave owners were under no obligation to allow a slave to rest one day a week. By asserting that a slave has fundamental human rights, the Bible begins the arduous task of teaching that slaves, too, are human beings made in the image of God. Keep in mind that most of the slaves were indentured slaves. They sold themselves to another person to

pay off a debt. It was a temporary agreement. But God mandates that these slaves would have a day off.

3. Animal rights: The Ten Commandments were thousands of years ahead of their time.
4. Strangers, foreigners (illegal immigrants today): They, too, have basic human rights and they, too, need to be refreshed.

#### **D. THE PROMISED LAND IS A METAPHOR FOR REST**

1. **Deuteronomy 12:10** “When you cross the Jordan and live in the land which the LORD your God is giving you to inherit, and He gives you rest from all your enemies around you so that you live in security.”
2. **Joshua 1:13** “Remember the word which Moses the servant of the LORD commanded you, saying, ‘The LORD your God gives you rest and will give you this land.’”
3. The people of Israel entered into rest when they entered the Promised Land. We are going to look at how the New Testament uses this metaphor.
4. Rest does not mean the absence of hard work, but it means partnering with a supernatural God to help you to cross the Jordan River and bring down your Jerichos in life.

## **II. THE NEW TESTAMENT UNDERSTANDING OF THE SABBATH**

### **A. JESUS IS OUR SABBATH**

1. **Hebrews 4:3** For we who have believed enter that rest... **4** For He has said somewhere concerning the seventh day: “AND GOD RESTED ON THE SEVENTH DAY FROM ALL HIS WORKS”; **5** and again in this passage, “THEY SHALL NOT ENTER MY REST.” **6** Therefore, since it remains for some to enter it, and those who formerly had good news preached to them failed to enter because of disobedience... **9** So there remains a Sabbath rest for the people of God. **10** For the one who has entered His rest has himself also rested from his works, as God did from His. **11** Therefore let us be diligent to enter that rest, so that no one will fall, through following the same example of disobedience.
2. **Matthew 11:28** “Are you weary, carrying a heavy burden? Then come to me. I will refresh your life, for I am your oasis. **29** Simply join your life with mine. Learn my ways and you’ll discover that I’m gentle, humble, easy to please. You will find refreshment and rest in me.” (TPT)
3. My testimony of striving to be successful. Because of the prophetic word to come to LA for a great harvest, I tried everything I could to make it happen. We knocked on every door in Pasadena, albeit it was done with Every Home for Christ, but we did it. It was tied to my Korean performance orientation and trying to please men.

## **III. HOW TO DO LIFE FROM A POSITION OF REST?**

### **A. HONOR THE LORD WITH A DAILY SABBATH, A WEEKLY SABBATH, AND A YEARLY SABBATH (VACATION)**

1. **Daily Time in God’s Word.** This is your spiritual food.
  - **Matthew 7:24** “Therefore everyone who hears these words of Mine and acts on them, may be compared to a wise man who built his house on the rock. **25** And the rain fell, and the floods came, and the winds blew and slammed against that house; and yet it did not fall, for it had been founded on the rock.”

2. **Daily Time to Pray.** Martin Luther: “I have so much to do that I shall spend the first three hours in prayer.”
  - **Philippians 4:6 Don’t worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. 7 Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. (NLT)**
  - Joy comes when we see our prayers answered.
3. **Weekly Day Off.** Use your Sabbath to be refreshed and spiritually revived. The purpose of the Sabbath is to draw closer to God (James 4:8), and to worship God corporately. It is also a time with family, friends, and yes, even a time to nap!
4. **Annual Vacation.** We take an annual family vacation to be refreshed and enjoy quality time together.

**CONCLUSION:** Give your heart to Jesus. Jesus is our Sabbath rest. Not by striving for salvation. **Hebrews 4:3 For we who have believed enter that rest...**