

- Sermon Title:** Why Sabbath? (Ps Lynette Sathiasingam, 6 Oct 2019)
- Sermon Texts:** Ex 20:11, Ex 31:17, Deut 5:14-15
- Big Idea:** Sabbath reminds us that God is Creator of the world and Deliverer of us his people. It is because of these realities that we can be at rest.

Why Sabbath:

- It is God’s rest in the completion of the work as Creator (Ex 20:11, 31:17)
- It is Israel’s rest in God’s deliverance from Egyptian slavery (Deut 5:14-15)
- Hence, Sabbath becomes a marker : to remember covenant, to remember relationship (Ezek 20:5-22)
 - Sabbath is not a set of rules to be followed.
 - Sabbath is a gift/marker from God to remind us of the greater gifts we take for granted – gifts of common grace, gift of work.
 - Sabbath is a tool to help us remember. Just like how we use memory aids, bookmarks, contact lists, calendars as tools to help us against our lousy memories.
- When Sabbath is tied in with Holy Communion, it becomes a regular act of remembering and participating in God’s work in history and his ongoing work in our lives.

For Reflection, Discussion And Application:

- What do you think of when you hear “Sabbath”? What habits or practices could you inculcate to help remember God as Creator and Deliverer? Can technology help? Can you practice it together with your family?
- What does it mean for your daily life that God is Creator?
- What is the significance that God’s rest was already mentioned right from the beginning? What does this mean about the applicability of Sabbath today?
- In what ways have you seen God’s deliverance? How can you better remember those moments in times of stress and difficulty?
- How would you reconcile God’s seventh-day rest with the fact that He is all-knowing and all-powerful?