

Unplugging

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Recap

“You must not misuse the name of the Lord your God. The Lord will not let you go unpunished if you misuse his name.” **Exodus 20:7**

“You shall not take the **name** of the Lord your God in **vain**, for the Lord will not hold him **guiltless** who takes his name in vain.”

“Is there such a thing as “**the worst sin**” — one sin that is worse than all others? In fact, there is.”
Dennis Prager



Recap

The Process of Hypocrisy

The Process of Authenticity

Self Glorification (Name)

Self Examination (Name)

Self Delusion (Vanity)

Self Sacrifice (Vanity)

Self Determination (Guiltless)

Self Service (Guiltless)

Hypocrites never ask if they are hypocrites



Recap

A good person produces good things from the treasury of a good heart, and an evil person produces evil things from the treasury of an evil heart. And I tell you this, you must give an account on judgment day for every idle word you speak. **The words you say will either acquit you or condemn you. Matthew 12:35-37**



5 Scientifically Proven Benefits To Unplugging From Technology, Marissa Higgins

Your Overall Quality Of Life May Improve

Unplugging After Work Helps You Recharge

You Might Sleep Better

It Might Make It Easier To Get Over Your Ex

Unplugging May Improve Your Interpersonal Communications



How busy are you?



Remember to observe the Sabbath day by keeping it holy. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest **dedicated to the Lord your God**. On that day no one in your household may do any work. This includes you, your **sons and daughters, your male and female servants, your livestock, and any foreigners living among you**. For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord **blessed** the Sabbath day and set it apart as holy. **Exodus 20:8-11**



Remember

The Sabbath commandment is the only one that begins with the word “remember.”
What are we being reminded?

On the seventh day God had finished his work of creation, so he rested from all his work. And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation. **Genesis 2:2-3**



Remember

The Hebrew word translated “remember” in our English Bibles is **zakar**. Essentially, it means to call to remembrance, to record or to mark. When God gave the Fourth Commandment, He basically said, Don’t forget this, mark this, specifically remember to remember this! **Erik Jones**

“But watch out! Be careful never to forget what you yourself have seen. Do not let these **memories escape from your mind as long as you live!** And be sure to pass them on to your children and grandchildren. Never forget the day when you stood before the Lord your God at Mount Sinai” **Deuteronomy 4:9-10**



Dedicated to the Lord

One of the misconceptions of the Sabbath principle was that it was seen as a day of rest, this is incorrect. It was a day focused on God, the rest was meant to displace all other distractions to that

The Sabbath gave the Israelites space to reflect on their salvation and the fact that God had accomplished their greatest need—deliverance from sin—all by himself. The Israelites did not make one single contribution to the Exodus **JD Greear**



Dedicated to the Lord

Yes, my soul, **find rest in God**;
my hope comes from him.

Truly he is my rock and my salvation;
he is my fortress, I will not be shaken.

My salvation and my honour depend on God;
he is my mighty rock, my refuge.

Trust in him at all times, you people;
pour out your hearts to him,

for God is our refuge. **Psalm 62:5-8 NIV**

The Psalmist starts with rest in God to discover God



Sabbath For Everyone

The Sabbath is one of Judaism's greatest **gifts to humanity**. People in the ancient Near East had nothing similar to the Jewish concept of a weekly sacred day of rest. Other cultures in the past knew of a seven-day week based on the phases of the moon, but the Israelite Sabbath is not connected to the movements of celestial bodies. **It stands apart.**
Rabbi Rifat Sonsino

Sabbath isn't a rule given, it is a principle
founded upon creation for creation



Sabbath For Everyone

According to this passage of Scripture, the purpose of the Sabbath is to give rest to those who must do work all other days of the week: oxen and asses, slaves and strangers. In the ancient world being a slave meant absolute subservience and unending work for one's master; **the Sabbath extricated the slave once a week from subservience to his master.** Thus the Sabbath essentially curbed and restricted the institution of slavery, from which we can understand its association with the exodus from Egypt. **Doron Danino**

Slaves were used for economic gain, to rest them meant you lost money



Sabbath For Everyone

The Sabbath was a **radical concept** of dignity and respect for every aspect of society that wasn't because of the kindness of people but because of the **graciousness of God**

On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your oxen and donkeys and other livestock, and any foreigners living among you. All your male and female servants must rest as you do. **Remember that you were once slaves in Egypt** **Deuteronomy 5:14-15**

Sabbath conferred **dignity** upon all of Creation



Set Aside

You have been **set apart** as holy to the Lord your God, and he has **chosen** you from all the nations of the earth to be his own special treasure. **Deuteronomy 14:2**

You can be sure of this: The Lord **set apart** the godly for himself. **Psalm 14:3**

But you are not like that, for you are a **chosen** people. You are royal priests, a holy nation, God's very own **possession**. **1 Peter 2:9**

The Sabbath infuses the Jewish concept of time through a distinction between **the sacred and the mundane**. **Nitza Davidovitch**



The Science of Sabbath

Tech Shabbat is a modern twist on an ancient religious practice, which is attracting the attention of **burned-out** millennials and others who are **exhausted** by trying to keep up in an increasingly connected and fast-paced world.

And there's some science to support the idea that practicing a day of rest — including time away from social media and digital devices — **benefits longevity and both mental and physical health.**

Research presented last year at the annual convention of the American Psychological Association suggests that constantly staring at screens may be making us more **“distracted, distant and drained.”** Other studies of social media use have linked it to everything from loneliness to disrupted sleep.



**The word Sabbath or Sabbaths is mentioned
172 times throughout the Bible; 60 of these
are found in the **New Testament**.**



Jesus and the Sabbath

One Sabbath day as Jesus was walking through some grainfields, his disciples began breaking off heads of grain to eat. But the Pharisees said to Jesus, “Look, why are they **breaking the law** by harvesting grain on the Sabbath?” **Mark 2:23-24**

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. So the Son of Man is Lord, even over the Sabbath!” **vs 27-28**



Jesus and the Sabbath

Then Jesus said to his critics, “I have a question for you. Does the law permit good deeds on the Sabbath, or is it a day for doing evil? **Is this a day to save life or to destroy it?**” **Matthew 12:9**

Jesus, however, pointed out the true purpose of the day intended from its inception: God created the day to be a blessing, a time for genuine rest from normal labors rather than an unmanageable, overly restrictive burden. **It was a time to be enjoyed, not endured.** Further, He said the Sabbath was created for all mankind, not just for the nation of Israel.

Sunset to Sunset: God's Sabbath Rest



Sabbath Practices

Now regarding your question about the money being collected for God's people in Jerusalem. You should follow the same procedure I gave to the churches in Galatia. **On the first day of each week**, you should each put aside a portion of the money you have earned. Don't wait until I get there and then try to collect it all at once. **1 Corinthians 16:1-2**



Sabbath Practices

On the Sabbath we went a little way outside the city to a riverbank, where we thought people would be meeting for prayer, and we sat down to speak with some women who had gathered there. **Acts 16:13**

As was Paul's custom, he went to the synagogues service, and for **three Sabbaths in a row** he used the Scriptures to reason with the people. **Acts 17:2**

Each Sabbath found Paul at the synagogues, trying to convince the **Jews and Greeks alike**. **Acts 18:4**

On the first day of the week, we gathered with the local believers to share in the Lord's Supper. [c] Paul was preaching to them, and since he was leaving the next day, he kept talking until midnight. **Acts 20:7**



Lessons From the Sabbath

Sabbath as spiritual focus

Sabbath as space creation

Sabbath as spiritual renewal

Sabbath as image imitation

Sabbath as generosity creation

Sabbath as community



Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it. Hebrews 4:1

