

P241 **GRACE NOTES RADIO PROGRAM**
TITLE: How to enjoy life - part 4
SONG: THE POTTERS HAND

INTRO: (phone rings)

Kev: Hello

Nat: Hi Kev, what's on your agenda today?

Kev: I don't know. I SHOULD go to church. It IS Sunday.

**Nat: So what? There's a computer show at the Civic Center - today & today only.
You know you've been wanting to get a good price on a computer.**

**Kev: Yeah, I know...there's a playoff game today, too - starting about the same
time the service ends. I hate to miss the beginning. Oh...and down the
street, they've got a giant, flea market, with a whole slew of baseball
card stands. You gotta get there EARLY to get the best deals.**

**Nat: Boy, you've got QUITE a decision to make...computer show, ball game,
baseball cards?**

Kev: ..And church.

Nat: That's no choice. God won't mind. He KNOWS you're busy. (music in)

Kev: That's for sure. I'm glad we don't live in Old Testament times.

(fade music out)

**Does God really care if we honor the Sabbath day? Today on Grace Notes
Barbara Sandbek will address this subject as she continues her series on
'How to enjoy life'.**

**Dale and I work for several days to create each of our radio programs. I pray,
study, write, rewrite, pray, critique, rewrite, then pray, sing, critique and re-
sing. Dale does similar things from the technical end of it. When we're finally
done, we sit back and enjoy listening to the finished product. I stop critiquing
and become a radio listener at that point. It motivates me for the next program.
If I didn't take that time to rest, it would be like never taking a vacation - and
we all know what that does to us.**

**Ever wonder why God rested on the seventh day? He wasn't tired, that's for
sure. I think He just wanted to step back and enjoy the things He'd created.
In fact, if you recount the Scripture, you'll note that He even paused, or
stepped back so to speak, at the completion of each day, and saw that what
He had made was good.**

God doesn't need us, and we know that, but yet He chooses to need us. Think about it this way. When we see a sunset or sunrise, and there's someone else nearby, what do we normally do? We call that person to come look at it with us so we can enjoy it together. We don't call our cat or dog – we call someone like ourselves who can appreciate it like we do. It's the same way with God. We're made in His image and likeness. He wants someone like Himself to take time to enjoy what He's done with Him.

In Exodus 20:8 God said...Remember the Sabbath day to keep it holy.

When Moses reiterated this command to the Israelites in Deuteronomy 5:14-15, he said that the Lord commanded them to keep the Sabbath day because they were to REMEMBER that they'd been servants in the land of Egypt, and that the Lord, their God, had brought them out, or freed them, through His mighty hand and outstretched arm. They were to set aside this time to REMEMBER and to WORSHIP the Lord God.

The people were not to do any kind of work, not even make a fire or have their animals labor. Breaking this command in Old Testament times was punishable by stoning, as was done to the man who was found gathering sticks in Numbers 15:36. This was obviously important to God.

As New Testament Believers, we don't live under the law - we live under grace, but Jesus didn't abolish the law, He fulfilled it. The reason we should still observe a day of rest, is to REMEMBER that WE were servants to sin, and that the Jesus brought us out of its bondage into freedom through His death, burial and resurrection. When we accept the gift of salvation we can claim the truth in Romans 6:14...

Sin shall not be your master, because you are not under law, but under grace.

After Pentecost, the day of worship was changed to the first day of the week, or Sunday, as we know it. We can get hung up on the legalism of how and when we observe the day, or we can look at it as God's way of saying - take time to enjoy me and what I've done for you. We need this time, too, to reflect, and to refresh and motivate ourselves so we can continue on.

But, how can we set aside a day in this fast paced society? Well, let's see just what it means to keep the Sabbath day holy.

The word 'holy' means 'sacred', 'set apart to the service or worship of God'. It also means 'hallowed'. We saw that word used when Jesus said we should hallow the Name of the Lord and not take it in vain, or profane it. Once again, 'to profane' means to use with irreverence or undue familiarity. In relating that to the keeping the Sabbath, that's like treating it like any other day of the week. We won't be stoned if we do, but in some ways we've gone the other direction and taken advantage of God's grace.

We should treat it with respect. We show respect to something or someone, when we stop what we're doing, or step back, quiet ourselves, and focus on the subject – like we'd do if a President or King were to enter the room.

Psalm 46:10a says...Be still and know that I am God. It goes on to read, I will be exalted among the heathen. I will be exalted in the earth.

I think we could make a slogan out of that...be still and SHOW the Lord is God. When we set aside a day to worship the Lord we show that we respect and exalt our God. This shows others, too, that the God we serve is worthy of respect.

How does keeping the Sabbath holy help us to enjoy life?

Let's recap...

It helps us appreciate God's goodness as we take time to reflect and rejoice in our Salvation and what God is doing in and for us

We know we please God when we're grateful

It helps us relax, and refresh our bodies so we can serve Him longer

It motivates us to keep on keeping on

It helps us testify to those around us that God is indeed the Lord of our lives and that He is greatly to be exalted.

When our boys were small, Dale and I were always looking for ways to get them to take a nap on Sunday afternoons. We heard that children grow only when they sleep, so we told them this, because after all - all kids want to grow.

I see the Sabbath day as the time when we can grow the most spiritually. The work of salvation was finished at the cross, but is still being completed in us. Philippians 1:6 says...

He who began a good work in you will carry it on the completion until the day of Christ Jesus.

God continually works His salvation IN us, through his grace, and even more so as we take a Sabbath day's REST from OUR labor. We can use the other six days to work OUT our salvation.

So, I say, take advantage of the day of rest. Set yourself apart and come into God's presence with a teachable, yielded heart and focused mind. Enjoy life while the Master Potter makes you into the beautiful person he wants you to be.

***** THE POTTERS HAND *****

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