

“Blindsided”

Presentation Handout

Blindsided!

- He was blindsided! He didn't see it coming!
- It was November 18, 1985, during a Monday Night Football game between the New York Giants and the Washington Redskins.
- Joe Theismann was at the height of his football career as Washington's quarterback. He had led them to a Super Bowl victory in the 1982 season and had a MVP season in 1983 with 3,714 yards and 29 touchdowns, a lot for those days.
- Now his career was over! In that one unexpected blindside sack his career ended.
- Theismann's lower right leg bones (both the tibia and fibula) were completely broken midway between his knee and his ankle. Later his injury was voted the NFL's "Most Shocking Moment in History" by fans.
- His injury is one of the big reasons left tackles, on average, are the highest paid linemen in the NFL because they protect the blindside of their quarterbacks, who are generally righthanded.

Take-Away: Anyone of us can be blindsided by life—unexpected health issues, accidents, etc. Spiritually, I (presenter - David) believe many are blindsided that the Sabbath is still God's day of worship, not Friday, Sunday, or whatever day one choses. Let's unpack God's Word to see what it says about the Lord's Sabbath day.

Which Day is the Sabbath?

- Over the years countless individuals have tried to prove from calendars and history which day the Sabbath is. That's fine, but..., I (presenter - David) want to discover what day the Sabbath is from the Bible because calendars can change, history can be conflicting, and personal perceptions iffy at best.
- In the Gospels' resurrection stories {*Matthew 27:57-28:7; Mark 15:42-16:7; Luke 23:50-24:3; John 19:31, 40-20:1*} we discover clearly which day the Sabbath is.
 - Jesus died on the day before the Sabbath—the Preparation Day, what we call Friday/Good Friday now.
 - Jesus rested in the tomb on the Sabbath, like He did at creation.
 - Jesus rose from the tomb on the first day of the week—Sunday/Easter Sunday now.
 - Thus, God's Sabbath is the day between when Jesus died (Friday) and when He rose from the grave (Sunday).
 - Our present-day Saturday, the seventh-day of the week, is the biblical Sabbath.
 - If it's not, than we can't be sure what day Jesus died on or what day He rose on, meaning our salvation would be non-existent or our faith useless {*1 Corinthians 15:12-19*}.

- Seventh day of creation vs. Sabbath day: is the seventh day of creation week the same as the Sabbath of the 10 Commandments?
 - Biblical references that answer this question: *Exodus 20:8-11; Deuteronomy 5:12-15; Exodus 31:16-17; Leviticus 23:3*.
 - “...The seventh day is the Sabbath of the Lord your God” {*Exodus 20:10; Deuteronomy 5:14*}.
 - The seventh day of creation {*Genesis 2:1-3*} is the Sabbath of the 10 Commandments—the seventh-day Sabbath.

A Jewish Sabbath, Right? Hasn't It Been Changed?

- In a quick, simple answer—no! Here's why?
- God rested at the end of creation week on the seventh day—the Sabbath (see above)—before there was a Jew or Mt Sinai with the public giving of the Law to the Israelites {*Genesis 2:1-3*}.
- When God provided manna to the Israelites during their 40-year wandering in the wilderness, it would stink and become magot-filled if the people kept it from one day to another, except on the seventh-day Sabbath { *Exodus 16:4-5, 22-30*}.
 - *Exodus 16* makes it clear that the Sabbath existed before the giving of God's Law on Mt Sinai in *Exodus 19 & 20*. The Sabbath didn't begin at Mt Sinai, nor is it a Jewish day of worship only. It's for **all** humanity!
- The seventh-day Sabbath is not the same or part of the Israelite feast/festival days, meaning it isn't a ceremonial “sabbath” that was “nailed” to the Cross {*Leviticus 23:3, 37-38; Colossians 2:11-14*}.
- Based on Jesus' word, God's people would still be keeping the Sabbath 39 years after His resurrection when the city of Jerusalem was destroyed in 70 AD {*Matthew 24:20*}.
- Jesus' disciples kept the seventh-day Sabbath as a day of worship and taught the Gentiles the same after His resurrection in the New Testament Church times {*Acts 13:14, 27, 42-48; 16:11-13; 18:1-6*}. Again, it's not a Jewish day of worship only. It's for all human beings.
- The Lord's Day mentioned by John the Apostle/Revelator in *Revelation 1:10* is not commanded as a day of worship, nor is it confirmed as Sunday. It was simply the “day” he received his prophetic vision—the book of Revelation—from the Holy Spirit.

Why Keep the Sabbath as God's Holy Day of Worship?

- God kept the Sabbath {*Genesis 2:1-3; Mark 1:21; Luke 4:31*}.
 - Jesus' custom, regular practice, was to keep holy and worshipped on the seventh-day Sabbath {*Mark 1:21; Luke 4:31*}, setting the example for every human being.
 - As God rested on the Sabbath at the end of creation week, He marked it as a memorial of creation and more importantly, Him as the Creator God who has the power to help with any needs we may have, who personally cares for humanity, and is willing to provide for His creation's needs.
 - When God rested on the Sabbath, He uniquely blessed and sanctified it, indicating:
 - It's a special day He determined, not humans, calendars, science, etc.

- The **only** day we receive God’s special rest, blessing, and sanctifying.
- The **only** day He set aside/sanctified as His holy day of worship.
- Rest with/in God {*Genesis 2:1-3; Hebrews 4:4-10*}.
 - The writer of the book of Hebrews paints a beautiful picture of how keeping and worshipping with God on the Sabbath is an invitation to rest in Him, meaning:
 - *Physical rest* – rest from the “treadmill” of finding our worth in achieving, instead of God—being human “beings,” not human “doings”
 - *Emotional rest* – rest from finding our worth in what others think instead of God, producing healthy friendships that aren’t desperate and/or controlling.
 - *Mental rest* – rest our minds from our taxing jobs, schooling, life in general, etc. so they can be renewed as we focus on God and His Word
 - *Spiritual rest* – rest from the stressful, taxing attempt to appease God through our own human achieving/obedience.
 - ❖ The pressure is off of us in regard to our salvation and the assurance of our salvation because they’re only in Jesus through a faith relationship with Him, not something we can achieve/earn on our own.
 - ❖ We stop trying to produce a godly life (obedience/works of righteousness) in our own power. It’s only the creative, sanctifying power of Jesus that can change/transform us, not our unaided human effort {*Psalms 51:7-12 (10)*}.
 - ❖ When God’s creative-recreative power is working in our lives our obedience becomes the fruit/outgrowth of our salvation, not a way we earn it.
 - God didn’t rest because He was tired, He wasn’t {*Isaiah 40:28*}, but rather because He cherishes community/communion with human beings, you and me!
 - Thus, Sabbath provides time and space for holiness and communion/ community with God and others, something we all desperately need!
- Worship and service {*Exodus 20:10; Deuteronomy 5:14; Isaiah 56:1-2*}.
 - Interestingly, in both of the Sabbath commands of *Exodus* and *Deuteronomy* there is an idea of service, in regard to providing others the gift of resting as we do.
 - In *Isaiah*, this idea of service is more an emphasis of social justice.
 - We can rigidly keep God’s seventh-day Sabbath, outwardly—no work or school, or business, etc.—but actually be breaking it through our critical/negative attitudes or prejudice/racist attitudes toward others, harboring hard feelings toward others politically different from us, etc.
 - So with this idea of service in the Sabbath, God’s rest is more than “lay activities”—taking a nap (physical rest is not bad per se), but it’s more than this. It’s a day to serve as well, ministering to others in ways that maybe we’re not able to do with our six days busy schedules.

Take-Away: As God invites us into the beauty of keeping and worshipping on the seventh-day Sabbath, He graciously gives us principles that guard it so we can experience the fullness of what He intended.

It’s like wearing seat belts when four-wheeling, helmets while riding bikes, using a recipe when baking, or wearing a mask and/or gloves when using strong cleaners.

God's Sabbath-keeping Guidelines/Principles

- Is God a narcissistic, killjoy who is trying to make our Sabbaths miserable with a list of legalistic Sabbath-keeping do's and don'ts?
 - Actually, it's the opposite. The following Sabbath-keeping principles enhance, guard, and/or protect the beauty, blessing, and fun of His Sabbath and our Sabbath experience with God and others!
- #1 – No everyday work/issues {*Exodus 20:8-10a; Deuteronomy 5:12-14a; Nehemiah 10:31; 13:15-22; Isaiah 58:13-14; Jeremiah 17:21-27*} .
 - God gives us permission, invites us, to leave behind the “treadmill” of our everyday life pressures/responsibilities for a 24-hour period of time.
 - This 24-hour oasis of freedom is different than how we keep time in our world today. It's from sunset Friday night until sunset Saturday night instead {*Leviticus 23:32; Mark 1:21, 32; Luke 4:31, 40*}, because, biblically this is how days are recognized—sunset to sunset, not midnight to midnight {*Genesis 1:5b, 8b, 13, 19, 23, 31b*}.
 - What are some of the everyday work/issues God wants us to avoid to preserve our Sabbath time with Him?
 - Our everyday job or schoolwork, business transactions—buying and selling, shopping, taking care of our regular needs, jobs around the house, graduation ceremonies, regular wedding happenings, etc.
 - Doing these above activities on Sabbath is like spending time with someone special yet being preoccupied checking texts or emails on our phones or doing work while we're supposed to be celebrating someone's birthday or on vacation.
 - ❖ More than likely the person/people we are with could feel offended, not special, or that we really don't want to be with them based on these activities that preoccupy us. How does God feel when we do our everyday activities (see above) on His Sabbath? I would imagine He feels we don't value Him or His Sabbath special enough to be “all-present” with Him on it!
 - The prophet Isaiah connects doing these six-day/everyday activities as doing our own pleasure. Meaning we selfishly care more about ourselves than we do God {*Isaiah 58:13-14*}!
 - Doing our own pleasure on God's holy Sabbath is like putting our foot on something valuable and crushing it or dirtying it as of no value.
 - However when we “remove” our foot from the Sabbath and honor it as God's holy day, we:
 - ❖ Honor God as special and valuable enough to spend undivided time with Him, which helps us delight in God Himself too.
 - ❖ Makes God's Sabbath a delight—something very special, valuable, like fine China, a special anniversary, birthday, Christmas gift, etc.
 - ❖ The only way to delight in the Sabbath is to be delighting in God. And when we truly delight in the Sabbath it helps us delight in God!
- #2 – Prepare ahead before the Sabbath {*Exodus 16:4-5, 22-30*} .
 - God gave the Israelites fresh manna on days one through six. If they kept leftovers until the next day from the day before, it stunk and became maggot filled. They were to only collect what they needed for that particular day.

- However, on the sixth day the Israelites were to collect for two days—the sixth and seventh day—because God didn't provide any manna on the seventh day Sabbath.
- The seventh day was a day the people were to rest because it was the Sabbath. So, God miraculously prevented the manna from spoiling for that day.
- Their none collecting on the seventh-day Sabbath was a test of their faith, trusting God's love and provision for them as they worshipped Him on the Sabbath.
- Human beings are invited to rest from their everyday work responsibilities on the seventh-day Sabbath because it is holy unto the Lord {*Exodus 34:21; 35:2; Leviticus 23:3*}.
- We should prepare ahead what we can on the sixth-day, Friday/Preparation Day, before the Sabbath arrives at sunset on Friday.
- As we rest/keep the Sabbath, we're trusting God to provide for our human needs.
- #3 – Extend the gift of rest to others {*Exodus 20:10; Deuteronomy 5:14*}.
 - The Sabbath is a day of liberation/freedom from our everyday work or activities on days one through six with rest on Sabbath.
 - But also, the Sabbath is a day we pass on God's gift of rest to others by not employing them to do our work or business.
 - In a world that cries for justice, freedom, equality, respect for others (all important ideas), God answers with the Sabbath that is a day that symbolizes these ideas of liberation.
 - And if we believe in these ideas, we wouldn't be eating out unless it's an emergency thus employing others to work on the Sabbath, attend venues where others have to work for us to play, sports, shopping, etc.
 - Our Sabbath rest involves giving others the option to rest too, like we do.
- #4 – A day to relieve suffering, help with emergency needs, and/or spiritual ministry {*Matthew 12:1-14; Mark 2:23-28; 3:1-6; Luke 6:1-11*}.
 - Some examples:
 - Taking care of basic needs like eating (not necessarily dining out – see #3 above), etc.
 - Performing spiritual ministry like preaching, teaching, feeding the homeless, etc.
 - Helping others in emergency situations, relieving suffering—like emergency medical needs, getting a prescription or over-the-counter medicine for someone who became sick over Sabbath, getting heat or air conditioning fixed, taking care of animals' basic needs, etc.
 - Since Jesus is Lord of the Sabbath, not humans, it should be a blessing not a burden!

First Day (Sunday) Passages

- Many people believe that the New Testament, particularly, teaches we should now worship on the first day of the week—Sunday—instead of the seventh-day Sabbath. Is this true? Does God want us to now worship on Sunday? We should let God answer with what the Bible says, not what human beings think, perceive, or tradition!
- The following passages are used to support Sunday worship:

- *Matthew 28:1-3; Mark 16:1-2; Luke 24:1-3; John 20:1*
 - These Gospel passages only refer to Jesus' resurrection and the events surrounding it.
 - Nowhere does it command us to worship on the first day/Sunday.
 - On the contrary, the Sabbath is mentioned as the day the disciples and followers of Jesus kept as their day of worship.
- *John 20:19*
 - Again, no mention of or command for the first day/Sunday now as the day of worship.
 - Jesus' disciples were hiding in the Upper Room for "fear of the Jews" because if they killed Jesus it would only be a matter of time that the religious leaders would try to kill them too.
- *Acts 20:7-12*
 - Nowhere is the first day/Sunday mentioned or now commanded as the new day of worship.
 - "Breaking bread" doesn't necessarily mean communion or a Sunday worship service. Communion can happen on other days as well: Maundy Thursday, Good Friday, etc.
 - ❖ Breaking bread in the book of Acts seems to indicate eating a meal together, not communion {*v. 11; 2:42, 46; 27:35* -> *Luke 22:14-23; 1 Corinthians 10:16; 11:20-34*} .
 - The purpose of this gathering was to say farewell to Paul before he left Troas the next day.
 - This service seemed to begin in the evening (many lamps - *v. 8*) continued through the night (midnight) until daybreak when Paul departed.
 - ❖ Based on biblical reckoning for a day it could be what we now call Saturday night or if it were Sunday and the breaking of bread is communion it seems it happened on Monday after midnight based on Roman time reckoning.
- *1 Corinthians 16:1-4*
 - Paul was appealing to the Corinth Christians to give an offering to help their fellow Christian brother and sisters in Jerusalem who were suffering from a famine {*Galatians 2:10; Acts 20:1; Romans 15:26-27*}.
 - Some believe this was a Sunday worship-church service because offerings were collected.
 - ❖ However, the passage doesn't say the believers brought their offerings to church, but they stored them away, privately at home, until Paul came to collect them to take to Jerusalem.
 - Again, there is no direct reference to Sunday as the new day of worship or a command to keep this new day, just an appeal by Paul for the Gentile believers to set aside additional offerings to help suffering brothers and sisters when they did their bills.

LIVING CHOICE: Will you by God's grace keep His seventh-day Sabbath on Saturday—a day to worship our God and serve others for Him?