



Temple Made of Time

From the beginning of time people have needed to worship. Even before the first sin required confession God made provision for man to worship. Throughout history man has made temple after temple as a place to worship. Some were as simple as a shrine under a green tree with an Asherah pole. Others were magnificent marble buildings which took thousands of man-hours to complete. Yet war and wind have slowly destroyed most of these places of worship showing that man-made worship simply doesn't last. But God has made a sort of temple that neither the fiercest tyrant nor the most severe of elements have been able to destroy. Those who have opposed it through the centuries are gone while God's temple stands strong. I'm speaking of a temple made of time—the Sabbath.

Genesis 2:1-3—God created us for love. He knew that we needed some special time with Him so He made a weekly appointment for spiritual rest with us! A whole day, sundown Friday evening to sundown Saturday evening, not just an hour for church.

Why Was the Sabbath Given?

Psalms 121:4—Clearly, this Sabbath rest does not simply refer to napping. God certainly wasn't tired—He never sleeps. And Adam and Eve had only lived part of one day by that time so I'm sure that, in their perfect bodies, they would not be tired yet. This Sabbath rest meant spiritual rejuvenation and reconnection with the Creator.

Exodus 20:8-11—the 4th commandment is one of only two that give a reason for its observance. Sabbath is a holy reminder of creation and the Creator.

Deuteronomy 5:12-15—In his retelling of the commandments to Israel, Moses gave another reason for the Sabbath—God had brought them out of slavery.

Ezekiel 20:12, 20—The Sabbath helps us to remember that the Lord is our righteousness—He makes us holy.

History of the Sabbath

We've already seen that God instituted the Sabbath at creation before the first sin was committed. We've also seen that God placed it in the heart of His Ten Commandments and told us to remember it. But throughout history people have repeatedly forgotten this temple in time and either abandoned God altogether or thought they could remake Him according to their will and whims; worshiping man made gods in man-made temples.

The prophets sought to bring God's people back to the Sabbath:

Isaiah 56:1-8—Isaiah called God's people back to the Sabbath. He even said that the Sabbath was for foreigners and that eunuchs could find greater blessing in the Sabbath than in having families.

Isaiah 58:13, 14—We will be tremendously blessed when we call the Sabbath a delight.

Jeremiah 17:21-27—Desecration of the Sabbath was one of the causes of God's decision to send Israel into their 70 year exile in Babylon. Keeping the Sabbath would have made them prosperous.

Amos 8:4, 5—The prohibition to buy and sell on the Sabbath was, to some not a blessing but a limit on what they could do, a challenge to be overcome.

Nehemiah 13:15-22—Nehemiah finally brought revival and with spiritual revival comes a revival of the Sabbath. Nehemiah stood strong against the desecration of the Sabbath forbidding the people to work and barring roadside peddlers from selling to the believers.

Jesus and the Sabbath

Luke 4:16—Jesus, the Creator who instituted the Sabbath, kept it while on earth.

Matthew 12:9-13—The Jews had turned the Sabbath into a hardship instead of a rest and when Jesus tried to set them straight about it, they became angry with Him. (See also Matt 12:1-8, Matt 24:20, Mark 1:29-34, Mark 2:23-28, Mark 3:1-6, Luke 4:31-36, Luke 6:1-11, Luke 13:10-17, Luke 14:1-6, John 5:1-18, John 7:21-24 and John 9).

Luke 23:53-24:9—Even in His death Jesus kept the Sabbath. On Friday He completed His work of sacrifice, He rested in the tomb on Sabbath and on Sunday he resumed His work—this time a work of mediation.

Sabbath in Heaven

Isaiah 66:22-23—In the New Earth Sabbath observance will finally be fully restored.

How Do We Make the Sabbath A Delight?

1 Corinthians 2:14—Connect with God. If you haven't let God into your life the Sabbath will not be very enjoyable to you. Sabbath is a spiritual thing and spiritual things are spiritually discerned.

Preparation: Friday is called the "Preparation" day in the Bible (Matt 27:62. Mark 15:42, Luke 23:54, John 19:31, 42). If we want to have a delightful Sabbath it starts with preparing a head of time. "Remember the Sabbath day" all week not just on Sabbath.

Celebration: **Deuteronomy 5:12 KJV**—"Keep the Sabbath day to sanctify it." To "sanctify" is to set aside for a holy use. Sabbath should be set apart, we do different things on this day. Some people have a special meal, others light candles, still others have toys and games that are reserved for Sabbath only.

Leviticus 23:3—Sabbath is a day to attend church and fellowship with fellow believers.

Psalms 119:11—Memorize Scripture

Luke 4:31—Teaching and learning about God. This can be done with interesting, Christ centered, story books, videos, music, object lessons, or Bible study.

Romans 1:20—Nature Activities. We can learn a lot about God outdoors where we come in contact with His creation. (See also Psalm 19)

Isaiah 58:6-10—Acts of service, showing mercy to the needy or visiting the homebound, ill, or discouraged.

Psalms 92—Music is a great way to worship God on Sabbath.

Lets enjoy God's temple made of time!