

November 7, 2021

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“A Sabbath for Man”

Exodus 16:22-36

Memory Verse: Matthew 11:28

Introduction

- A. 1 Peter 2:9-10
- B. Second London Confession (1689)—chapter 22, “Worship and the Sabbath Day,” paragraphs 5-8
- C. Big Idea: God has redeemed us so that we can worship him rightly, reverently, and regularly.

I. God Commands Us to Rest Physically and Be Restored Spiritually (16:22-30)

- A. Life in the wilderness requires God’s regulations to bless us.
- B. With God’s provisions come God’s instructions.
- C. What are we to do with the Sabbath?
- D. Genesis 2:1-3
- E. The Sabbath is a divine gift for his people.
- F. Ezekiel 20:10-13a
- G. Mark 2:27-28
- H. John 6:31-33, 35
- I. Psalm 23:1-3a
- J. Psalm 19:7a

II. God Commands Us to Remember His Gracious Provision (16:31-36)

- A. The Sabbath is to be a day of remembrance.
- B. God wanted his people to know how well he cared for them in the wilderness.

Conclusion

- A. Matthew 11:28
- B. Hebrews 4:9-11a
- C. Have you entered into God’s rest?
- D. The Gospel Definition