

## Stop! In The Name of Love

### *The Third Commandment*

*Remember the Sabbath day by keeping it holy.*

*What does this mean?*

*We should fear and love God so that we do not despise preaching and His Word, but hold it sacred and gladly hear and learn it.*

The story of creation in Genesis 1 is filled with the rhythm of evening and morning and concludes with rest, and so we are advised to include rest in the rhythm of our life. But Moses reminds the people of Israel, 40 years after first hearing the third commandment that they are people redeemed from slavery, a life with monotonous drudgery.

What does slavery have to do with the Sabbath in the 21<sup>st</sup> century? Our society runs on a 24/7 clock. We rush slave-like to meet the demands of others and we in turn demand instant service for our gratification. Both slave and master have the shadow of idolatry, either being another's idol or serving another as our idol. So, this third commandment follows the first and second. Martin Luther directs us to a cure for the 24/7, the regular rhythm of attention to God and His Word. Like the classic IT advice "turn it off and reboot" the Sabbath steers us away from the slave system of idolatry and turns our eyes toward God's redemption.



### Daily Reading

Quiet your mind with some silence and then meditate on one of these texts per day with the freedom to bounce back to a text later in the week as you feel inclined.

Deuteronomy 5:12-15

Psalms 104:19-23

Mark 2:23-28

Acts 2:42

Hebrews 10:25

Colossians 3:16

### Daily Thought Directions

Let your thoughts follow the direction of one of the thought guides. Jot down your thoughts day to day so you can see the journey God is guiding. Make note of needs for praise, thanks, confession and calls for help - then have that prayer conversation.

- What habits, interests, or demands on your time interfere with you giving God's Word focused time in your life in a rhythmic way? Consider the physical and spiritual impact on you and your family.
- How could attention to God and his Word in a daily and weekly way bring a cadence of praise to your life? Make a list or write a paragraph.
- Of the routine options you've listed, chose one and describe how you would like to put it in place. List who you will tell about your goal and how they can be involved.
- What attitude about God's Word would you like to seek through the power of the Holy Spirit? Name that attitude 5 different ways.
- Explain how this change in routine and attitude will affect your kids, spouse, community of faith, co-workers.
- What might \_\_\_\_\_ (a family member or a person you know who does not know Jesus) understand about God when they see you live this way?

Points to talk to God about... thanks, praise, confess, ask for help.