

## The Third Commandment: "Remember the Sabbath Day, To Keep It Holy."

A Sermon by Rev. Derek Elphick

**1. Introduction** - only commandment to invite us to consider the days of the week...

- *"Teach us to number our days, that we may gain a heart of wisdom."* (Psalm 90:12)
- The quality of our Sabbath Day is *directly proportional* to how things go during the six days of labor leading up to it. Sunday an empty ritual or a day of immense gratitude?

**2. "Remembering"** - it's really difficult. Why? Every day we live on a spiritual battlefield. We are combating evil forces that are trying to *separate* us from the Lord, heaven, spiritual values of right and wrong. Remember who gives us "rest" (safety from hell).

**3. Keep It Holy** - how do we make the Sabbath holy? Not work (STOP). Israelite law - don't gather sticks or kindle a fire - punishable by death. Punishment fit the crime?

- Represents not letting our ego/self "work" on the Sabbath (or any other day)
- ego/selfishness kills marriages, friendships, work relationships - when we act selfishly, without any consideration of others (hell's work to separate us from God and each other)

**4. Six days** - *"the six days of labor mean battling the flesh and its cravings and also against the evils and falsities that are in us from hell..."* (TC 302). Has to be a shift in focus.

- *"Those who are in a life of love or charity, make the Sabbath holy, for nothing is sweeter to them than to worship the Lord, **and to give Him the glory every day.**"* (AC 1798:3)
- Bring the Lord into your work week - He will shift your focus, "lighten" your burden.

**5. The Sabbath** - rest. On the deepest level, this commandment refers to *"being joined to the Lord and having peace as a result, **because we are then safe from hell.**"* (TC 303).

- Peace is being *separated* from hell. Possible? We get glimpses, states of peace...
- Thy Kingdom Come...growth, change, progress, peace, happiness, usefulness, contentment - none of these can happen w/out the Lord.

**6. Conclusion** - physical and mental rest is a relatively easy thing to obtain but a holy day of rest requires a different mindset and a different skill set.

- 1st - STOP working - don't allow the "fire" of self-love to burn up your relationships.
- 2nd - Pay attention to your work week (your 6 days of labor). *"Come to Me all you who labor and are heavy burdened...and I will give you rest."* (Matthew 11:28). Give the Lord the glory, the power, your gratitude, this amazing world, the gift of life, friendship...

**AMEN.**

**Lessons:** Exodus 20:8-11, Matthew 12:1-14, True Christianity 301-304, Arcana Coelestia 1798