For the next two weeks we are spending our time in the Ten Commandments.
Today we are looking at the forth commandment.

Ex 20:8-11

Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the LORD your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it.

Why would God have to tell the children of Israel to take a day off?
Before this time, the children of Israel were slaves in Egypt and worked 7 days a week, never taking time off. It wasn't that they didn't want to, but as slaves they didn't have a say so in the matter. But when God released them from slavery, they not only got away from Egypt and the ways of the Egyptians, they also were blessed with a day off.

I remember a time when I was working 10-14 hours a day, 7 days a week. I never took time off for three months straight. The money was good, but I had no life at all. It was work, eat and sleep. God wants us to enjoy life to the fullest.
Do you remember the reason why we have to work in the first place?

> ✞ **Gen 3:17 *Then to Adam He said, "Because you have heeded the voice of your wife, and have eaten from the tree of which I commanded you, saying, 'You shall not eat of it': "Cursed is the ground for your sake; In toil you shall eat of it All the days of your life.***

But here in the USA we are spoiled because we take two days off. We think that we are being treated wrongly or unfair if we have to work on Saturday. *How dare our employers want us to work six days in a row; Even if they do pay us overtime for working the sixth day.*

If your boss asks you to work that sixth day, rejoice because God is providing for you and He backs it up 100%.

But we must all take a day off. What if you are unable to take Sunday off? Are you in sin now? Is God mad at you for breaking His commandment? If you think about it, the real sixth day is Saturday not Sunday. So even if you do work Saturday and take Sunday off you are not following God's commandment.

I know someone who works Thursday thru Monday. So, this person takes Wednesday as their day of rest.

This is what Paul says about the Sabbath day.

✛ **Romans 14:4-5 (NLT)** *Who are you to condemn God's servants? They are responsible to the Lord, so let him tell them whether they are right or wrong. The Lord's power will help them do as they should. In the same way, some think one day is more holy than another day, while others think every day is alike. Each person should have a personal conviction about this matter.*

So why do we as Christians celebrate Sunday instead of Saturday as the Sabbath?

✛ **Mark 16:9** *Now when He rose early on the first day of the week, He appeared first to Mary Magdalene, out of whom He had cast seven demons.*

We celebrate it on Sunday because it's the day our Lord and Savior Jesus Christ rose from the dead.

So take a day off. Whatever is going on at work, it will not shutdown the company if you take a day off. And if it does, it's not in your hands, because you are being obedient to the Lord. Take Sunday off if you can so that you can spend it with other Christians. And if you can't take Sunday off, then take another day off and spend it with the Lord.

But then we should be spending everyday with the Lord!