Sunday, November 15, 2026

The Commandments

Exodus 20

- *This past week, Fletcher was dealing with some sickness so I spent a couple of nights with him throughout the entire night*
  - *And Wednesday morning I was encouraged because he was settled all through the night and he didn't have any fever*
  - *It was about 7 in the morning, he was still sleeping, so I slipped out of the bed—with my shoulder and neck killing me of course (because being 35 and sleeping in your kids bed is the worst) and I went a sat on the couch while I waited for everyone else to get up*
- *Then a few minutes later, I hear Fletcher stomping out of bed, and he marched right over to me on the couch with this annoyed look on his face, got under the blanket with me, buried his head into my chest and said, "Dad, I turned over, and you weren't with me…"*
- *I said, "I know buddy, I was ready to get up, and I just came right out here to the couch." And you could tell that didn't do much for him…but then I said, "You're with me now" and he chuckled and said, "Ohhhhh yea!" As he burrowed into me.*
- You see, when I get to this portion of the Exodus accounts, I realize that it was never enough for God to just be near His people…He wanted to be with His people.
- In Exodus 19 God says to the people of Israel, ***"You yourselves have seen what I did to the Egyptians, and how I bore you on eagles' wings and brought you to Myself." -Exodus 19:4 (ESV)***
  - God didn't just get the people out of Egypt, He brought the people to Himself
  - He wanted His people with Him, in proximity and relationally

- This whole book is less about what God has done for the people of Israel and more about His relationship with the people of Israel
  - That is what He is wanting to establish… because like a Father to His children, He just wants to be with them
- *I remember when we brought Fletcher home from the hospital…which is the most terrifying moment of any first time parent*
  - *You get no instruction manual, no coaching… you just get handed this little human and told "Ok, keep him alive!"*
  - *I remember the first two nights, when we would lay him in the bassinet, I would just sit up watching him like a hawk, I just had to be with him and watching him all the time!*
  - *Because I want him to be safe, I want him to be protected, I want him to be healthy, and have the best life possible!*
  - *And as he gets older, I also realize— if he is going to have the best life possible—he does not get to be the one who sets the rules*
- You see, the nation of Israel once being freed from Egypt is a lot like a newborn. They are brought into this brand new life—they can't lead themselves, feed themselves, defend themselves—God takes care of all of it
  - But they are growing up—and they can't be the ones to set the rules. The Father sets the rules, for the benefit and betterment of the child
- And God being the Good Father that He is—His rules are always rooted in relationship
  - I think a lot of times we'll read about God and His rules, and we read them as if He is an angry Father—saying "You better obey, or else!"
  - When we need to realize that His tone actually is "You need to obey—because it's what's best for you."

  - That's why John will go on to say that His commandments are not burdensome—they are for our benefit, they are for our betterment
  - And when we disobey His rules, it fractures the relationship—and it's not Him the one doing that… its us
  - When we disregard His will and His ways—it's not Him rejecting us, it's us rejecting Him
- He's the One who wants us with Him, He's the One that wants the best for us when we don't know what's best for ourselves
- That's why again, in chapter 19 He says, ***"You yourselves have seen what I did to the Egyptians, and how I bore you on eagles' wings and brought you to Myself. Now therefore, if you will indeed obey My voice and keep My covenant, you shall be My treasured possession among all peoples…" -Exodus 19:4-5 (ESV)***
- When He calls them His treasured possession, it gives the word picture of someone putting their valuables into a safe
  - He's saying I need you to obey My voice, and Keep My Covenants—because I value you and treasure you so much and I want to keep you safe
  - But if you don't — you will be rejecting what is best for you and you will not be safe
- And God spends chapter 19 establishing His relationship with the people—reminding them of all of the good that He has done for them, how close He is, and how much He cares
- <u>And because He cares—He is going to establish the rules</u>
- So towards the end of chapter 19—the Lord's presence comes down into Mt Sinai in dramatic fashion, Moses goes up to meet with Him
- And Chapter 20 begins by saying: ***"And God spoke all these words, saying, "I am the***

Lord your God, who brought you out of the land of Egypt, out of the house of slavery. “You shall have no other gods before Me. “You shall not make for yourself a carved image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth. You shall not bow down to them or serve them, for I the Lord your God am a jealous God, visiting the iniquity of the fathers on the children to the third and fourth generation of those who hate Me, but showing steadfast love to thousands of those who love Me and keep My commandments. “You shall not take the name of the Lord your God in vain, for the Lord will not hold him guiltless who takes His name in vain. “Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner 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 on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy. “Honor your father and your mother, that your days may be long in the land that the Lord your God is giving you. “You shall not murder. “You shall not commit adultery. “You shall not steal. “You shall not bear false witness against your neighbor. “You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or his male servant, or his female servant, or his ox, or his donkey, or anything that is your neighbor’s.” Now when all the people saw the thunder and the flashes of lightning and the sound of the trumpet and the mountain smoking, the people were afraid and trembled, and they stood far off and said to

Moses, "You speak to us, and we will listen; but do not let God speak to us, lest we die." Moses said to the people, "Do not fear, for God has come to test you, that the fear of Him may be before you, that you may not sin." -Exodus 20:1-20 (ESV)

- PRAY
- So, as we have covered—now that God has established His covenant and relationship with the people, He now needs to define what this covenant is going to look like
- He is giving them practical advice as to how best live out this new relationship with Him
- He is essentially saying, "If you want to be with Me, and remain with Me…this is how you do your part."
  - Because, let's remember—God has already done the majority of the work here
  - He's the one that freed them from slavery, appeared from Heaven, came to them
  - He has shown His love and His care in incredible ways—and here, in these commandments, is a way that they can love Him back
  - Because there's no such thing as a one way relationship—there has to be work and intentionality from both sides for a relationship to be healthy and functional
- So He starts off by saying, Remember Who I am and what I have done for you…and this is what you can do for me
- ***"YOU SHALL HAVE NO OTHER GODS BEFORE ME" -Exodus 20:3***
  - This word **"Before" (ál): Beside, in addition to, together with, [in the presence of]**
  - This is something that I never realized about this command before my studies this week
  - This commandment is not about putting God first—I always thought that this means you make Him #1 and get your priorities in order

- No, this commandment means there shall be no other gods in the same vicinity as me
  - God demands exclusive commitment
- **GOD IS NOT JUST THE PRIORITY, HE IS THE ONLY**
  - There should be nothing in our lives that rivals, threatens, or contradicts our devotion to God
- Whenever we believe that God is something that we can just add into our lives—we remain in opposition of the first commandment
  - God is not to be included, He is to be exclusive
  - He is exclusively God, He is exclusively Lord, He is exclusively King—and He must be exclusively on the throne of our hearts as well
- The way that we carry out this command in our lives today— is by recognizing that everything that we are and everything that we have is FROM and FOR God
  - *Our families do not compete with our devotion to God…we devote our families to Him*
  - *Our jobs do not do not compete with our devotion to God…we devote our jobs to Him*
  - *Our wants and desires do not compete with our devotion to God…we devote our wants and desires to Him*
    - You see, I cannot call Him God—and then try and rule my household my way
    - I cannot call Him Lord—and have my own standards of morality
    - I cannot call Him Master—and allow other philosophies dictate my world view
- This is why Moses tells the people in Deuteronomy ***"Know therefore today, and lay it to your heart, that the Lord is God in heaven above and on the earth beneath; there is no other." -Deuteronomy 4:39 (ESV)***
- We have a lot of philosophies and ideologies thrown at us now-a-days that infects a lot of

Christians into not standing firm —that there is only One God.

- That there is only One way. That there is only One Truth.
- And I have had people blast me and curse me saying, “How dare you say that there is only one way!”
- But my perspective is, “Praise God that there is A way at all!!”
- We don’t get to choose who God is! We didn’t have a say in creation! We don’t have a say in His commandments, and we definitely don’t get to choose how He saves people!

- But as soon as we start muddying the waters with holding other beliefs and gods and religions in the same vicinity as Him—the Truth begins to become cloudy
- <u>You know the main reason why we have so much confusion and chaos in our country today—is because we have abandoned the first commandment</u>
  - I was speaking with another religious leader recently—who would claim to be a Christian leader, but I could not call him that.
  - And in our conversation he stated that they were accepting and affirming of all sexual orientations and other religions
  - And you see, the accepting part I understand. The affirming part? I cannot
  - I could never affirm something that God so adamantly opposes
- And you see that type of theology and worldview is just placing other gods beside Jesus
  - That’s saying, “We’ll place Jesus, and Muhammad, and Buddha, and Krishna, and Confucius….the god of sexuality, new ageism, gnosticism, agnosticism…and we’ll put them all together and it’s find if we just put God first”
- <u>But God doesn’t want to be put 1st, God wants to be put Only</u>

- And that does not mean that He is not accepting—No, God is the most accepting Being in the entire universe
  - For God so loved THE WORLD that He sent Jesus
  - He says, come to Me ALL who are weary and I will give you rest
  - He is not willing that ANY should perish but ALL would come to repentance
- He will accept anyone that will come to Him
- But He will not affirm that which does not Glorify Him
- CS Lewis once said *"[God's] Love accepts the most, but condones the least. [He] is pleased with little, but demands all."*

- This first commandment tells us Who we should worship…and the 2nd, how we should worship

- **"YOU SHALL NOT MAKE FOR YOURSELF A CARVED IMAGE" -Exodus 20:4a (ESV)**
  - This was very significant in that day and age because as we discussed in our series through Acts—in the ancient world people would make for themselves gods and worship gods that fit their lifestyle
  - If they were soldiers they would make idols of and pray to the god of war
  - If the were farmers—to the god of the weather or earth
  - If they were fisherman—to the god of the sea
- And in doing so, the people would worship in order to try and manufacture a desired outcome
  - It was an— "I'll serve you, if you serve me" relationship
- <u>But it's interesting — He's not even really addressing that they shouldn't make images of other gods, He's saying that they shouldn't worship their own ideas of Him</u>

- How many people today — try to craft their own idea of God and try to make Him into their own image?
- Or try to pray in such a way—trying to manipulate Him into carrying out our will?
- But it doesn't work that way—because the point of this command is:

- **HE IS NOT HERE TO SERVE US, WE ARE TO SURRENDER TO HIM**

- Because you know — it is possible to try and worship the right God, the wrong way
  - *We want God to love us, but expect nothing from us*
  - *We want God to forgive us, but not change us*
  - *We want to praise Him, but only if He gives us what we want*
- But we are to worship Him for Who He is, not what He can do for us
  - Now, He does do for us, many things—more than we could ever ask or imagine
  - He blesses us beyond measure!
  - But if we only praise Him and Worship Him for the good things He does — we will only blame Him for the bad things that happen
  - And while His unconditional love for us will never waiver — our conditional love for Him will
- And that happens when we create our own image of God, catered to our own wants, desires, and expectations—worshipping the right God the wrong way…
  - Which could potentially be even more dangerous than placing other gods with Him —because that type of relationship could lead us to being one of the confused people that Jesus warned us about whenever they get before Him and say, "Lord didn't we do all of these things in Your Name…and He has to say, "Depart from Me, I never knew You."

- All because we never really knew Him—we just worshipped our idea of Him
- God wants us to be with Him—He wants us to really know Him—which is why He determines how we should Worship Him

- And then the third commandment is about how we should represent Him:

- **"YOU SHALL NOT TAKE THE NAME OF THE LORD YOUR GOD IN VAIN" -Exodus 20:7a (ESV)**
  - Now, here was another commandment that I never really understood—because I just always took this to mean that you couldn't say "O.M.G."
  - But the word literally means: ***(šāv'): emptiness of speech, vanity, falsehood, worthlessness (of conduct)***

- Essentially God is saying: **YOU SHALL NOT MISREPRESENT ME**
  - *This is why Paul tells us to "walk worthy of the manner in which you have been called"*
  - *It's why James says "Faith without works is dead" —He confidently says, "I'll show you by faith by my works!"*

- Now, there are many people over the centuries that would argue that this point isn't valid because we are no longer under the law but under grace
  - So it doesn't really matter how we live or what we do because God will forgive us anyway

- Which Paul addressed directly when he said: ***"What then? Are we to sin because we are not under law but under grace? By no means!" -Romans 6:15 (ESV)***
  - I personally like it better translated: "God Forbid!"—He says we are to consider ourselves dead to sin and slaves to righteousness!

- <u>If we say that we follow God and worship Him only, and then live a life contrary to His commands—our faith is in vain because our speech is empty</u>
  - If we try to use God and His word to manipulate people for our own vanity—we're taking His Name in vain
  - If we talk about Him Falsely—we're taking His Name in vain
  - It won't matter how much we claim our faith or talk about our faith if our conduct is worthless—we cannot misrepresent Him
- Because we're called to be a light in this world, a city on a Hill that can't be hidden—we are called to bear and reflect the Image, and heart, and character of the God that we claim we serve!
  - We are to be a set apart people that are marked by —and known for —our service to and worship of God
- This is why back in chapter 19, God tells the people ***"Now therefore, if you will indeed obey My voice and keep My covenant, you shall be My treasured possession among all peoples, for all the earth is Mine; <u>and you shall be to Me a kingdom of priests and a holy nation</u>.'" -Exodus 19:5-6 (ESV)***
  - God says, "Because I proved to you Who I am by what I've done for you, you can confidently obey My voice, and stay in relationship with Me…and in doing so I will keep you safe and treasure you…and as a result you will be a set apart people that represent Me well on this earth."
- Peter let's us know that this precise principle applies to us today when he writes in his epistle: ***"But you are a chosen race, a royal priesthood, a holy nation, a people for His own possession, that you may proclaim the excellencies of Him who called you out of darkness into His marvelous light." -1 Peter 2:9 (ESV)***

- And we will be much more likely to faithfully and consistently represent Him well — if we follow the 4th commandment:
- **“REMEMBER THE SABBATH DAY, TO KEEP IT HOLY” -Exodus 20:8 (ESV)**
- This to me is the glue commandment—because most will agree that the 10 commandments are split into 2 categories, the vertical commandments and the horizontal commandments
  - One of my favorite pastors said that you can spilt them up in 2 categories:
    - 1. Supreme Devotion to God — 2. Sincere Affection for People
  - Some will say that you have your Spiritual Laws and your Moral Laws here—and some argue about which category the Sabbath Law comes into play…but I believe that this law is the bridge between the 2
  - Because I believe that the Sabbath law is what will help you maintain your spiritual and moral perspective
- Now, there is a lot of debate around whether or not we, as New Covenant believers are held to this command to observe the Sabbath
- And very simply put: in ritual, no. But in principle, yes.
  - Why do I say that: Well first—this principle predates the law. God set this precedent at creation.
  - And we see Him instilling this principle a few times already when He would have them gather extra food on the 6th day so on the 7th they would rest (Ex. 16:29)
  - And my personal favorite was at the Red Sea when Moses says: *“The Lord will fight for you, you need only to be still.” (Ex. 14:14)*
- And that is the whole point of a sabbath…is to be still. The word literally means (šāḇaṯ): “To Cease”

- And the word Remember, in “Remember the Sabbath”—means (zāk̲ar): “To call to mind”
- It means to intentionally remind yourself… and it’s hard to intentionally remind yourself if you don’t stop

- *You know how many times, I’m going to the grocery store—and on my way out the door, Rachel says, “Hey, don’t forget to get _____”*
  - *You think I ever remember to get that thing? NEVER!*
  - *Why? Because I don’t stop. I do everything in a rush. I don’t stop thinking through 6 things at once, I rush through the store, I rush home as quick as possible.*
  - *And I don’t stop before I leave to think through if I have everything….or stop to check in with Rachel to make sure that I have everything that we need. Instead, I just rush*
- And we live in the most rushed society in history. Everything is constantly moving all of the time. And as a result, this commandment is the most common for us to ignore.
  - Because taking a Sabbath rest, is one of the most counter cultural things that we could do.
  - But it is supposed to be a blessing and a reminder for us
- I see this as such a blessing from God, because He does not just command them to remember the Sabbath and keep it Holy—He gives them permission to rest
  - After living for years and years of forced labor under Pharaoh—God frees them from that and says, “Under Me—you can rest.”
- It was supposed to be a day of blessing that reminded them of the burdens that God freed them from
  - It was a reminder that even when they did nothing—God still did everything

- It was a beautiful day that they could rest and reset and truly be still and know that He is God.

- <u>The sad part is this day that was to be a reminder of their freedom from their burdens—eventually became a day of burden</u>
  - Man made rules and restrictions had become the focal point of the sabbath rather than the grace, mercy, and blessings of God
  - In the Jewish Talmud—there were literally 24 chapters dedicated to sabbath rules and regulations
- That's why Jesus cause so much ruckus on the Sabbath day—not to abolish the sabbath but to restore its intended purpose!
  - That's why Jesus said that the Sabbath was made for man—not man for the Sabbath (Mark 2:27)
  - And in Jesus we find the fulfillment of the Sabbath who offers us a continual sabbath rest as Hebrews describes (Heb. 4:9)
  - Colossians says to let no one pass judgement on how someone decides to observe a sabbath because the sabbath serves as a shadow of things to come—but the substance belongs to Christ (Col. 2:16-17)
  - And because of Jesus we are no longer bound to the restrictions and rituals of the Sabbath law
- <u>But that does not eliminate the practical and spiritual principle of God's design and example for it</u>
  - We as Christians are not bound by the Saturday Shabbat that the Jews observed and still do—we see that the early church moved their primary day of remembrance and cooperate worship to Sundays as to further identify with the Resurrection of Christ
    - Which is why we still gather on Sunday mornings for worship today

- However, cooperate worship is not the only Sabbath rest that we still need and require
- And the day is not important—Paul tells the Romans, *"One person esteems one day as better than another, while another esteems all days alike. Each one should be fully convinced in his own mind." -Romans 14:5 (ESV)*
- So the ritual of how and when you observe a sabbath rest in your life and in your schedule is between you and God…and there's not really a wrong way to do it, as long as you are still applying the principle of it to your life

- When do you intentionally —not work? When do you intentionally make yourself not think about work.
  - Now, many people are able to do this on Sundays—where we come to church, intentionally recall the goodness and faithfulness of God through corporate prayer and worship, go home and spend a restful afternoon with the family and then hit the office Monday morning.
- However, Sunday Sabbaths are not realistic for those of us who work in the church, now are they?
  - And for the first few years after the church plant, I was not implementing this principle into my life and routine
  - And it wasn't until one of pastors was in town last summer, and he eye balled me and asked me, "When are you taking your rest"
  - I said "Well on Saturdays…I only see one sabbath day in the Bible!"
  - And he said, *"Really? You don't think about ministry at all on Saturdays? You're fully present with your family on Saturday evenings, and not dwelling on Sunday morning, going over the sermon for the 7th time, make tweaks here and there…making sure everything is in order and talking through last minute details with the staff? None of that??"*

- And he was exactly right. And I had to implement Friday sabbaths into my schedule—where I intentionally have my day of rest.
    - *Now, to be clear when I say "day of rest" I do still have 2 rabid animals at home that I call sons — so even a full day at home isn't always the most restful from a physical standpoint—but it definitely is from a spiritual and a mental standpoint*
- Because the principle is to rest from your work—and recall to mind all the Lord has done for you.
    - So on Fridays I do nothing that involves my work or ministry. I do not allow myself to look at for think about the sermon, I do not involve myself in any church or ministry events, I do not take work calls, I do not check my email…I probably should turn my phone off but I'm not that spiritual yet….
- And whenever I first really implemented this—if I'm honest— at first I felt lazy, felt like I wasn't doing enough, felt like I should be doing more, felt like I was going to let people down or the church was going to suffer unless I did more
    - But that's because I was addicted to the rush—and making myself step away from any and all work for a day, forced me to remind myself that this is His work and not mine.
- You see implementing a Sabbath rest—a day, or a time where you step away from your work both physically and mentally—is what will help you realize:
    - *That when you truly seek first the Kingdom of God and His righteousness, He will provide everything that you need*
    - *Only when you have a Sabbath rest, do you finally understand that you are not defined by your work and what you produce*
    - *It's a sabbath rest that reminds your soul that you do not make your own way, but He makes a way for you*
    - *And it allows you to reset, recharge, and refocus both physically and spiritually*

- Now, because we are not bound by the old covenant and mosaic law—if you choose to not implement a Sabbath rest into your schedule and routine, I'm not going to tell you that it's a sin—but I will tell you that it's unhealthy
    - *Because I guarantee you, that one of the main reasons why many people in this room live in fear so much over their finances and don't give or tithe—is because you don't take a sabbath*
    - *The reason why you are so stressed, always feeling like there's not enough hours in the day to get done everything that you need to get done—is because you don't take a sabbath*
    - *The reason that no matter what you do or how much you get is never enough—is because you don't take a sabbath*
    - You're addicted to the rush—its all you've ever known, all you ever been taught— and as a result, you have bought into the lie that: You are what you can produce and defined by what you can get
- But if even God rested from His work—when He had no threat of burnout or exhaustion… how much more so do you think that we need it?
    - And the Lord said that He blessed the Sabbath and made it Holy—just because the Law has been fulfilled doesn't mean that He stopped blessing the Sabbath
- So I encourage you to implement a sabbath rest somehow—someway into your life and routine. And I'm not gonna critique how you do it, because Paul told me not to.
    - Whether it be a day, a half a day, a few hours where you turn your phone completely off and disconnect and rest in His Grace and remember His Goodness
    - Whatever it may be, find a way to implement this principle into your life.

- And the reason why I believe this to be so vitally important, and the reason I call this command the “glue command”:
- is because if I am healthily implementing a sabbath rest into my life—I will be much or apt to consistently keep both the vertical and horizontal commands.
  - Whenever I stop the rush—I will be less likely to put other gods beside Him
  - Whenever I get silent and still—I will be less likely to carve Him into an image that I want Him to be —and instead Worship Him for who He is- not what He can do for me
  - Whenever I take time to cease from my work —I will be less likely to define myself by anything other than who He has made me to be — and I will represent Him well
  - Whenever I get still before Him—I will better honor my father and mother. I can respect their position, because even if I have had parents who are not worth honoring, I can remember my Heavenly Father— who is and rest in His love
  - Whenever I recall to mind how He created life —I will value life the way that He values life and will not commit or support murder
  - Whenever I rest from the rush and slow down and spend intentional time at home in a spirit of gratitude—I will be less likely to be tempted by adultery
  - Whenever I seek Him first and am confident in His provisions—I will be less likely to steal
  - Whenever I spend time dwelling on His Character—I will REFLECT His character — and I’ll be more honest and less likely to lie about or give false witness about others
  - And whenever I spend intentional time reminding myself that all that I am, all that I have, is thanks to Him—When I remember that even when I do nothing, He still does everything—I will be less likely to covet and be content with what I have been given.

- The Apostle Paul told the Philippians: ***"For I have learned, in whatever situation I am, to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through Him who strengthens me." -Philippians 4:11-13 (ESV)***
- The question is—are you giving the Lord intentional time to allow Him to strengthen you?? Or are you just so rushed and too busy—always trying to strengthen yourself.
  - And we need that intentional time where we allow Him to strengthen us because the reality is—even these 10 commandments are too much for us! They were too much then, and too much now—which is exactly why Jesus came
  - To fulfill every single one of them—and more!

- ***1. There are no other gods before Him because He is the Way the Truth and the Life (Jn. 14:6)***
- ***2. He is the image of the invisible God, the first born of all creation (Col. 1:15)***
- ***3. He represented the Father perfectly (Jn. 17:6, 26)***
- ***4. He is the Lord of the Sabbath (Mark 2:27-28)***
- ***5. He honored His Heavenly Father and Earthly parents all the days of His life…and honored His mother even as He was dying on the cross (Luke 2:51, Jn. 8:49, Jn 19:26-27)***
- ***6. He took no life, only gave His (Jn 10:18, Matt. 26:52-54)***
- ***7. Though He was tempted in every way as we are—He remained without sin (Hebrews 4:15)***

- ***8. Jesus took nothing from anyone…but gave of Himself (Matt. 20:28)***
- ***9. No deceit was ever found in His mouth (1 Peter 2:22)***
- ***10. He was so content in what He had been given by the Father that He could give to all (Matt. 11:27-28)***
- And if we do not take the time to reset, recharge, and refocus—spiritually, mentally, and physically. We're gonna miss this
  - We'll get too caught up, and addicted to — the rush and the business of the world
  - And as a result we won't even realize it when we start placing other gods beside Him, start carving out our own ideas of Him, and misrepresenting Him—and as a result our whole moral compass will be off
- Maybe you need a Sabbath moment right now….