

# GCFSM SUNDAY

OCTOBER 17, 2021 | SERMON OUTLINE ISSUE #42

## GUARD YOUR REST

EXODUS 31:12-18; 35:1-3 | REV. LITO VILLORIA

For 40 days and 40 nights, Moses was before God's presence atop Mount Sinai (Exodus 24:15-18). There, God gave Moses detailed and elaborate instructions on how to build His sanctuary among them (Exodus 25:1-31:11).

Towards the end of the 40 days, God gave a crucial instruction to Israel that would make or break their relationship with Him. This instruction revealed that God is concerned about their walk with Him rather than their work for Him. God wanted them to experience restedness as they worshipped Him as He had originally intended when He created man.

God commanded the Israelites to keep the Sabbath. The Sabbath served as a sign that Israel was constituted as a holy nation under God's authority. Observance of the Sabbath expressed their commitment to God as sovereign Creator of all the earth. As they rested before God's presence, they were to surrender to the refining work of God in their lives (Exodus 31:12-13).

The Sabbath is holy because God declared it to be holy. The Israelites were to work six days and on the seventh day, they needed to rest before God's presence. Rejection of the Sabbath was tantamount to the rejection of God. Therefore, the

severe penalty of death should not come as a surprise (Exodus 31:14-15; 20:8-11).

God emphasized total rest needed to be observed during the Sabbath so they could be refreshed. God ceased from all work after He completed all creation. He reiterated His covenant of Sabbath with mankind at creation and re-established it with Israel when He called them to be His holy nation (Exodus 31:16-18; 23:12; Genesis 2:1-3).

When Jesus Christ came, He abolished the civil and ceremonial aspects of the Mosaic Law. But the moral aspect of the Law remained. Since observing the Sabbath is a part of the Ten Commandments, the principle of Sabbath is still binding for Christians today (Matthew 12:8; Mark 1:27-28; Luke 6:5; Colossians 2:16; Hebrews 4:9).

In this sermon, we will learn that the key to see and sense God's work and presence in our life is to guard our rest.✝

## SERMON OUTLINE

### ANNOUNCEMENTS

- **LEAVING A LEGACY**  
Seasoned Citizens Ministry  
October 22, 2021, Friday  
9-12 NN via Zoom  
Speaker: Rev. Lito Villoria
- **CONNECT CLASS**  
Equipping Ministry  
October 23, 2021, Saturday
- **MARKETPLACE DISCIPLESHIP**  
CrossDriven Ministry  
October 30, 2021, Saturday  
4 PM via Zoom
- **EXODUS STUDY TIME**  
Equipping Ministry  
every Sunday | 11-12 NN
- **JOIN A GROWTH GROUP**  
If you still aren't part of a growth group, we highly encourage to join one. You can get in touch with us through the GCF South Metro FB Page, GCF South Metro YouTube or email us at [email@gcfsouthmetro.org](mailto:email@gcfsouthmetro.org).

