

**Magnolia Missionary Baptist Church of Beaumont**  
**Pastor: Pastor Dwight Benoit**  
**Sunday School Superintendent: Ordained Minister Samuel O. Simon**  
**Assistant Superintendent: Deacon Jordan Benoit**  
**February 10, 2026, to February 15, 2026**

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**Theme Unit: Enduring Beliefs of the Church**

**Unit III: The Church and Its Teachings**

**Subject: Rhythms of Rest and Work (The LORD'S Day)**

**Printed Text: Exodus 20: 8-11; Romans 14: 4-6; Revelation 1: 10**

**Key verse: In six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it (Exodus 20: 11, KJV).**

**Lesson Pointers:**

- 1) The Sabbath: GOD'S Gift of Holy Rhythm (Exodus 20: 8-11; Revelation 1: 10)
- 2) The Sabbath: Live to Honor GOD (Romans 14: 4-6)

**Introduction:**

Many maybe wondering, and asking, what is the meaning of the Sabbath day, and just how does it apply to the Christian church of today biblically? Now in order to answer this question, we must begin by looking closely at the Sabbath's origin, meaning, and purpose. It is a truth that GOD commanded Israel to rest from working on the seventh day of the week to remind them to remember HIS (GOD'S) creation. After GOD made the world in six days, GOD "rested" on the seventh day. Now the Hebrew word for "rest" or "stopping," is Shabbat. This word shows that the Sabbath is meant to be a day of rest. In todays society, many people think of the Sabbath as a set day for worship, But GOD'S command focused on resting from labor. Because in Israel, worship happened every day through offerings and sacrifices at the tabernacle. Israel's keeping of the Sabbath included a sacred assembly (Read Leviticus 23: 3 NIV), making it a special day, by keeping the Sabbath it served as a sign of Israel's covenant with GOD (Read Exodus 31: 13, 17). Now, note, that the church of Jesus Christ is no longer under the old covenant; but we (the church of Jesus Christ) are to honor GOD'S Covenant; why, because Jesus Christ fulfilled the Old as well as the New Testament. We Christians are to assemble on Sunday, the first day of the week, to honor Jesus Christ's resurrection, this is known as the "LORD'S day." (Read Revelation 1: 10). As Christians we are to honor GOD with regular worship and to set time aside for rest, reflection, and spiritual renewal. It is important to know and understand that the Sabbath reminds us (Christians) of GOD'S rhythm of work and rest. It is a Truth that in Jesus Christ, we find true spiritual rest, and through HIM (Jesus Christ), we are free to worship and to rest in a way that pleases, and strengthens our relationship with GOD. Make sure that you honor GOD by keeping the day of rest, the Sabbath day, whether the Sabbath day is on a Saturday or a Sunday, Keep the Sabbath Holy.

**Lesson Pointer # 1**

- The Sabbath: GOD'S Gift of Holy Rhythm (Exodus 20: 8-11; Revelation 1: 10)

In these verses we see the fourth commandment of the Ten Commandments that GOD gave to Israel at Mount Sinai. Do note, that these Commandments of GOD was given three months after Israel's deliverance from Egypt. The people of Israel were to remember the Sabbath day by keeping it holy (Exodus 20: 8). Why? Did GOD command the people of Israel to remember the Sabbath day by keeping it holy; because six days the people of Israel shall labor and do all work, but the seventh

day is a sabbath to the LORD your GOD. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns (Exodus 20: 9-10). GOD provides the theological foundation for the Sabbath day by grounding it in HIS creative work. Saying, “For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy (Exodus 20: 11).” Now John when he was on the isle of Patmos received the word of GOD, for the testimony of Jesus Christ; that made the pattern of the early Christian church, set apart the LORD’S Day in honor of the Resurrection, and GOD’S Gift of rest, the first day of the week (Revelation 1: 10). We as Christian are to honor the LORD’S Day, and to keep it holy.

**Rhythms of Rest and Work (The LORD’S Day)!**

**Lesson Pointer # 2**

- **The Sabbath: Live to Honor GOD (Romans 14: 4-6)**

Many believers has different opinions regarding the issues where the Word is neither specific nor silent. The Roman Christians revolved around rules and restrictions concerning the Mosaic Law, particularly food sacrificed to idols and observing special days like the Jewish festivals and the Sabbath. Some of them were fully convinced that their freedom in Jesus Christ allowed them to eat and drink anything, and observe or not to observe any special days, and passed judgment on those weaker in faith, who believed that it was wrong to disregard them. So Paul had to address these issues concerning judgmentalism by affirming that every believer is accountable to Jesus Christ, and that others are not their masters, and that Jesus Christ alone has that authority to evaluate and uphold. “Who art thou that judgest another man’s servant? To his own master he standeth or falleth. Yea, he shall be holden up: for GOD is able to make him stand (Romans 14: 4).” Paul continues to remind believers that GOD is the one who allows liberty regarding observing special days, like the Sabbath day, provided that their response is out of conviction to honor Jesus Christ. “One man esteemeth one day above another: another esteemeth every day alike. Let every man be fully persuaded in his own mind (Romans 14: 5).” Paul stated the spiritual principle that believers might continue observing special days or not as long as their motives, in either case, is to honor and give GOD thanks. “He that regardeth the day, regardeth it unto the LORD; and he that regardeth not the day, to the LORD he doth not regard it. He that eateth, eateth to the LORD, for he giveth GOD thanks; and he that eateth not, to the LORD he eateth not, and giveth GOD thanks (Romans 14: 6).” Keep the Sabbath holy by living to honor GOD.

**Rhythms of Rest and Work (The LORD’S Day)!**

**Nuggets of the Lesson:**

- 1) **The Sabbath is the LORD’S Day.**
- 2) **Remember the Sabbath, and keep it holy.**
- 3) **Honor and give thanks unto GOD.**
- 4) **Jesus Christ redefined the Sabbath, not by abolishing it, but by clarifying its purpose as a gift to humanity.**
- 5) **We Christians are to find rest in Jesus Christ while still embracing the value of setting aside time for spiritual reflection, worship, and physical renewal.**
- 6) **The early Christian church gathered on the first day of the week, which became known as the LORD’S Day.**
- 7) **Jesus Christ is the LORD of Sabbath.**