

## Worshipping God with My Time

Over these past three sermons we have seen that the most important thing we can do with our hearts, our voices, and our treasure is to worship God. In our lesson today we see that the same is true with our time.

Studies reveal that the average American values his time twice as much as his money and this phenomenon increases with one's income. We also know that 40% of American last month felt stressed with all they had to do, and 33% as seriously and chronically stressed out! We obviously have a problem with time; and our text for today has the answers we need.

### Read Exodus 16

In this text the Israelites have been delivered from Egyptian slavery just 45 days before, and they are already grumbling! They're hungry, and they see no reasonable prospects for food in their future. God's answer to their grumbling is amazingly gracious. Notice:

#### 1. God gives us the gift of a joyful life schedule. (16:1-26)

In answer to their grumbling, God didn't destroy them or even punish them, but rather He gave them food, a sure sign that He was their God. Not only that, but He graciously gave them something they didn't even request, and it is the ultimate solution for our grumbling, namely, sacred time to delight ourselves in the Lord. When He gave them manna, He instructed them to collect twice as much on the sixth day and none of the seventh day, because the seventh day was to be a "day of solemn rest, a holy Sabbath to the Lord." What is this "rest?" In Genesis 2:2 we read that after God created the cosmos in six days, "he rested on the seventh day." Obviously, this does not mean that He was recuperating from exhaustion, but rather He was taking delight in all He had done. So it is with us. We take sacred time to delight ourselves in all that God has done in creation (cf. Exodus 20:11) and in redemption (cf. Deuteronomy 5:15). Isaiah also emphasizes the command to delight ourselves in 58:13, 14.

Our delight in God is unbounded as we remember that Jesus said that He is the manna (cf. John 6:47-51), the rest (Matthew 11:18-20) and the Lord of the Sabbath (Mark 2:27). We enter our rest by obeying and trusting in Him (cf. Hebrews 4:1-11).

#### 2. We often squander His gift. (16:27)

It's amazing to see that after being told exactly how to enjoy God and His provision for them, some of them went to work on the seventh day! Are they nuts? Just like us! We squander the gift when we try to fit our worship into a very busy Sunday. True worship will never fit into your busy schedule. If you would offer true worship, your schedule must fit into a pattern of giving one day a week to delight yourself in the Lord, because true worship only fits into a context of biblical rest. God eventually evicted them from the holy land because they would not enjoy His rest (see Leviticus 26:34).

#### 3. We can regain His gift of joy. (16:28-35)

Notice that after the Lord chided His people (vs. 28, 29), they indeed found rest (v. 30). So can you. You many need to sell your house or cut your budget, but you can have His rest if you want it. You may be a very important person and a very busy person, but you can have His rest, if you'll listen to Him.

And notice in vs. 31-35 that this gift is not only for us, but for the generations to come. Why not get out of the "spin cycle" and enter God's Sabbath rest?

