



Rest And God  
上帝与安息

**Exodus 20: 8 – 11**

出埃及记 *20: 8 – 11*

## Introduction 引言

- This fourth commandment concludes the section on our relationships with God and how we are to love, worship and relate to him.

第四诫命以我们与神的关系以及我们如何去爱，敬拜和祂的联系作为结束的部分

- In this commandment, God calls his people to a compulsory day of rest which is often taken for granted for

在这诫命里神呼召祂的子民强制休息的一日；这是被人们视为理所当然的。

# I. The Call For A Day Of Rest

## 安息日的呼召

### A. Call To Order Our Time 定义时间的呼召

- We need to have a holy day in which we do not work 我们需要有神圣的休息日，不用工作。
- We need to evaluate our priorities so that we can order our lives. 我们需要评估我们的优先次序使着我们有秩序的生活。
- If we don't live by priorities, we will live by pressures. 倘若我们的生活没有次序，我们就有压力的生活。

## B. A Call To Know God's Rest

### 明白神安息的呼召

- How can our restless lives experience perfect rest and peace?  
我们的忙碌生活如何能够经历完善的安息和平安？
- True rest is found in a right relationship with a Person. – Matthew 11:28 真正的安息是与人（基督）有着好的关系。马太福音11:28
- Perfect rest and peace are not a human achievement but a divine gift  
完善的安息和平安并非是人的成就，是神所赐的礼物。
- It applies to every one and gave the reason for it  
这属于每个人也有着它的因素。

## II. The Reason For The Day Of Rest 安息日的因素

- A. Given to Israel as a reminder of their deliverance from slavery in Egypt - Deut 5:15  
它是对以色列人在埃及作过奴仆被释放的提醒  
- 申命记**5:15**
- B. It was a sign that they belonged to God – Exodus 31:13  
那是个证据他们是属于神 - 出埃及记**31:13**
- C. They were expected to model their conduct after God's work in creation - Genesis 2:1-3  
他们必须模范神的行为-创造工作后  
- 创世记**2:1-3**

### III. The Day For The Day Of Rest

#### 安息之日

A. It refers to the seventh day of the week – our Saturday

它是指一周内的第七天 - 我们的星期六

1. In the Jewish economy – only time for religious activities – no other work allowed 犹太的经济 - 惟有宗教活动的时间 - 不能有其他的工作。

- Attempt to keep the sabbath properly resulted in more laws by the religious leaders 尝试当守的安息日；结果宗教领袖发出更多的条例。

- Finally, it became a burden instead of a delight 最后，它变成了重担，而不是喜悦。

## 2. In the Christian church 在基督的教会里

- Many believed the sabbath principles of rest and no work and spending that time with God.  
许多信徒相信安息日以及停止工作的原则并且以神联系。
- But which day – Saturday or Sunday?  
可是，是那一天- 星期六或星期日？

## B. Sunday – as the day of Rest

### 星期日- 作为安息日

1. After the Resurrection, Christians started worshipping on Sunday, the first day of the week 复活日后，基督徒开始在星期日敬拜，周日的第一天。
2. Reasons for the change: 更改的原因：
  - a. Resurrection occurred on Sunday 复活日发生在星期日
  - b. A good day to remember the resurrection 复活日是纪念日
  - c. The Holy Spirit came down on Sunday 圣灵降临在星期日

- d. Practical reasons among Jewish believers  
在于犹太的信徒，这是实际的因素。
- e. Church grew and fellowship became  
important and people met on Sunday  
教会增长，团契成为重要性以及人们都相遇在  
星期日。
- f. AD321 Emperor Constantine decreed that  
Sundays was the official holiday where no  
work was to be done 在**AD321**，君士坦丁大帝  
下令为星期日是公共假日，不需工作。
- g. Since then, Sunday has been the normal  
Christian day of rest and worship 自那时以  
后，星期日成为基督徒的安息与敬拜日。

### 3. What about the rules of the Sabbath?

安息日的规则是什么活？

a. Does it mean that secular activities or any forms of recreation are out?

是否俗世的活动与娱乐都被挪走？

• True worship is not legalism

诚心的敬拜不是律法主义。

b. Don't keep the rules but the principles i.e. the need for one in seven days of rest and to enjoy them as mandated by God

不用守住规则，但要守住原则；就是每个人必须享受在第七日神所授权的安息日。

4. Will I be breaking this commandment if I have to work on Sunday?

我是否违反了这诫命若是我必须在星期日做工？

- Whatever your day off in lieu of Sunday will be your Sabbath. It is your attitude 无论周日的那一天补假将是你的安息日。这是您的心态。
- The sabbath rest is for your own good and not to burden you with legalism 安息日对我们有益无律法主义的负担
- Mark 2:27 马可福音2:27

## IV. How To Celebrate The Day Of Rest

### 如何庆祝安息日

#### A. Remember 记住

- not just putting into memory God's commandment or reciting the days of creation or remembering God as the Creator  
不单只记牢上帝的诫命，详述创造日或记得上帝是创造者。
- What God has done for you 上帝为你所作的一切
- The more we remember the better we maintain a living and loving relationship  
我们若记得就能维持与上帝有更美好的关系。

# 1. What are we to remember?

我们要记住什么呢？

- a. Remember to thank him for the blessing of work – Colossian 3:23-24

记住要感谢祂赐福工作 - 歌罗西书3:23-24

- b. Remember to thank him for the blessing of rest 记住要感谢祂赐福安息日

## B. Keep the Sabbath day holy

### 守安息日为圣日

#### 1. Focus on God 注目上帝

- God's day of rest is a day to worship

上帝的安息日是敬拜日。

#### 2. Focus on Church family 注目上帝的家（教会）

- A day of fellowship with other fellow believers

与信徒的团契日。

## C. Rest 安息

1. After 6 days work you rest on the Sabbath  
六天工作后，你便安息。
  - a. A day of rest gives the opportunity to relax  
一日的安息有松解的时刻。
  - b. Helps to access what we are doing  
帮助我们思考自己在做什么。
  - c. Makes a statement about whom we are and who runs our lives  
陈述自己的存在以及谁掌管我们的生命。
  - d. Helps to remind us of our limitations  
帮助我们提醒自己的能力有限。

2. Clarification: God is not only important on the Sabbath day alone but all others days as well

阐明：上帝不单只在安息日看为重要，但，在其他的日子里同样的重要。

3. You need to work hard to keep the sabbath

您务要守住安息日

- Guard your rest and enjoy God

保守你的安息日和享受与上帝的同在。

## V. The Challenge Of The Day Of Rest

### 安息日的挑战

- A. Careless Disregard for the day of rest  
对安息日的忽视
- Use it as a time for relaxation  
使用它作为休闲的时刻
  - Use it as a time to be absent from church  
使用它来缺席教会
  - Time for personal profits and pleasure rather than obedience to the Lord  
利用这一天作为个人利益和享乐而不是服从上帝
- B. Twisting the Scriptures – Mark 2:27  
歪曲经文的含义。（马可福音2:27）
- For our convenience and excuse  
为了自己的方便和给借口

## Conclusion 结论

- A Challenge: Who controls our time?  
一个挑战：是谁掌管我们的时间？
- By keeping God's day of rest, we proclaim to the world that God runs our lives. If He is Lord, He is Lord of our time  
当我们守住安息日，我们向世界宣告是上帝掌管我们的生命。若祂是主，祂就是时间的主。
- For one day a week, the Sabbath is a reminder that we are dispensable to work and the world but not to our families, community and God  
一周内的一日，安息日提醒我们对于我们的家庭，社交和上帝是重要的，但对工作与世界是非必需的。