

Expectations: Worship

Exodus 20:8–11

May 4, 2025

Rev Joe Sanders

First Baptist Church Coshocton, Ohio

I went for a walk on Wednesday. I had 1001 ideas rolling around in my head. About fifty of them are individuals in my family. Then there are all the things I saw and heard. I couldn't concentrate on anything for more than about ten seconds. I'm not busy or stressed right now. It's the normal stuff in life.

When I go for a walk it's an opportunity to let Jesus sort out all those things. Many times I come back from a walk clear minded, focused, and ready to go. But, this time I came home and needed to stop my brain from running.

God expects you to put Him first in your life and keep Him first everyday and in every situation. You can't keep Him first, but He still expects you to live your life with your eyes looking at Him, your lips praising Him, and your body worshiping Him. Since you can't do this God gave you His Son, to pay the penalty for your unfaithfulness. God's Son, Jesus, died and rose from the dead so you could be forgiven. But, Jesus after arising from the dead gave to everyone who believes in Him the Holy Spirit. Through the Holy Spirit you can now put God first and keep God first.

God expects you to live your life praising Him, adoring Him, and worshiping Him. God gave to Moses, the person who lead the people out of slavery, Ten Commandments. These commandments were God's expectations for all people. These commandments help us understand that we need God to help us keep them because we can't do it on our own.

The fourth commandment goes like this. **Exodus 20:8–11 (ESV) “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 heaven and 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.”**

God's expectation is for His people to dedicate one day a week to worship Him. Not everybody thinks they need to dedicate one day a week to worship Jesus. I'm a Jesus worshipper, a Jesus lover, a Jesus follower. So I think we need to worship Jesus all the time.

However, we are either working hard six days a week, or tired from a lifetime of work, or we think we're hard working. Let me say this to all you are here week after week, you are being faithful to God by meeting His expectation. You are a Jesus worshipper.

Each of us has a our own distinct desires for a Sabbath. You are working hard and you need a break. You have always been in the House of the Lord. You are empowered by gathering with other believers. You want to glorify God.

But, we are truly the exception to the rule. It's estimated that only about twenty percent of people who claim to have a relationship with God regularly attend worship.

God provided a sabbath day of rest to keep our bodies, minds and spirits empowered. I get tired. My body gets tired more quickly now than it once did. My brain gets tired much faster than I would like. My spirit can get worn down. Everyone has this internal engine called metabolism. My metabolism runs slow. My dad's ran fast, but they may have been influenced by nicotine and caffeine. I would rest more often than I would work if I were given the choice.

But, I'm guilty of trying to be busy. Are you this way also? You don't want sit down, when you do sit you have to have something to do? My grandmother used to call this fidgeting while she drummed her fingers on the table. God knows we need the rest, even if we don't know it.

God's expectation is that we set side a day unto the Lord. A day unto the Lord is remembering what God has done in the past, the promise of the future and the blessings of the moment.

The Sabbath has been around from the beginning. God told Adam and Eve to care for the garden. God had already set the example of resting once every seven days. But, that was one of the many things people forgot to do until they simply ignored doing it. People forget to stop, slow down, take a breathe and remember what God has done.

We forget that today is the day the Lord made, so was yesterday and the day before. Tomorrow is the day that the Lord will make. Worship is giving God the glory for our the past, the present, and the future. It is truly difficult to remember what God has done when we are trying to get things done. We have a hard time reflecting on our blessings when the blessings seem so few and far between.

God knows that we need a Sabbath. The Sabbath God made was for rest and empowerment. God gives us the rest and the empowerment.

Exodus 20:9 (ESV) Six days you shall labor and do all your work.

We may not be worshipping Jesus on the other six days. The distractions are not only in my head, they're at my fingertips, and right in front of my eyes. When I'm interacting with people I want my time to be comforting, encouraging, with a challenge for them.

As I go about my day I want to be in conversation with Jesus. But not recently. Jesus is hearing everything I'm saying, but its not a conversation directed at Him. I'm not expecting Him to be included in the conversation. Does that sound like I'm talking to myself? I don't think I'm nuts. All of this is to say that my focus isn't on giving thanks to God for the past, the present, or the future.

Your labor and your work are more than having a ball, turning a wrench, discipling students, adding numbers, or talking to people. For many people, including Christians, labor and work are their identity. I often introduce myself as a pastor. My brother would say he was a painter. He would also call himself a biker. One of my sons calls himself a cop. The other identifies as a Cubs fan. Randy is an electrician. But, he is more than that. He does more than play with electricity in high voltages, right?

When a painter or a cop or an electrician is removed from their jobs they often have difficulty knowing what to do. As a result of their identity being focused on their work, they may have lost their sense of being God's child, a disciple-maker.

As a child of God Christians are more than their work or labor. So many folks loose their identity in their work because it once gave them purpose and meaning. It put food on the table. The necessities

of every day were met because of work. For many people the feeling that their work was doing some good, making a difference. Work for lots of people meant they were using their skills and abilities. Christians and sinners alike look at their work as Monday through Friday and Sunday as something else.

Exodus 20:11 (ESV)

For in six days the Lord made heaven and 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.

When we are worshiping Jesus everyday God is glorified. We get confused about worship. There are people who think worship and church as the same thing, a place to be on Sunday. There are people who say worship is boring because it isn't entertaining. That's understandable since we live in a world designed for our entertainment. There are people who create a time they call worship that is all about entertainment. I know people who will say "let's worship the Lord, sing with me'.

Worship for them is about singing songs that make feel close to God. Others will say worship is being alone in the woods, or by the river, or on the mountain top. Glorifying God needs to happen in our lives as we interact with one another. Agreed, agreed, agreed God can be glorified in my recliner, on the beach, in the forest. At the risk of sounding a little stupid, even unintelligent, God is better glorified when His people are together. Better glorified is the right explanation of what happens when two or three gather in the name of Jesus to worship, praise, adore, and glorify God.

I think about the many passages of scripture that give us a peek into the throne room of God. There are several occasions in the Old Testament and also in the New Testament. A few of those scenes are in the Book of Revelation. In these scenes there are numerous heavenly beings that I can't comprehend their image. Then there are angels everywhere beyond number. Along with them are saints that can't be counted. Every being in heaven is giving God the glory.

So, what I'm saying is worshiping God is also about being with others. My experience of worshiping God is better when I'm with others than it is when I'm alone. Glorifying God with others is better. I use this to help you and me and those worshiping in their recliner today that they need to be with other believers.

God provided the expectation that His people would worship Him. The command says to set aside a day for the Lord. On that day, God expects His people to do nothing other than to be focused on Him.

So, for me worship then means I am to be focused on God only. That means that my life is focused only on God. That means that I'm not letting anything else come between me and God.

Last week I shared with you God's first expectation is that God is first always. If you remember I said that to return God to being first we need to praise God.

Worshiping God includes praise, adoration, and thanksgiving. Whenever we are praising God, He is glorified. Whatever my hands are doing if I'm praising God, He is glorified. It can be mixing brownies, turning a bolt, operating a mouse, our pointing at the beauty of bird on your porch, you can glorify God by praising Him.

Worship and praise include adoring God. I think adoration is fuller and more complete proclamation of praise and thanksgiving. For me I'm not adoring God with a few quick thank you's. I adore God when I

engage my spirit with my lips and heart and my mind. Worship, praise, and adoration can become a lifestyle. That is a lifestyle of glorifying God.

Your lifestyle can be worship and adoration. This lifestyle was modeled for us by Jesus. I see Jesus with a grateful attitude as He walked from one town to the next. When He interacted with His disciples I saw an attitude of God first and God be glorified. As Jesus approached sinners and confronted their sin He was intentional that God was glorified. Every time that someone challenged Jesus' authority or power, guess what He was doing, glorifying God.

Worshipping God is living to glorify God. Intentionally setting out at the beginning of everyday with the goal to glorify God in thought, word, and action. It is deliberately stating to God at the end of the day how you may have missed bringing glory to God and then giving thanks for the many times God was glorified through you.

Exodus 20:8 (ESV)

Remember the Sabbath day, to keep it holy.

Worship Jesus everyday so that others see your faith is real. Your faith in Jesus as your Savior and Lord is real. You have been saved. You are redeemed. You are a child of God. You have been given a new life. You are living as a person with God on the throne of your life, He is first. You are worshipping Jesus, setting aside Sunday as a day to put God first. You are the person who gives praise to God, when it starts to go wacky. You are the person who admits to God and others when you make mistakes.

This is what you want others to have in their lives. You know people who if God was first and they were worshipping God, keeping the Sabbath that their lives would be empowered and God would be glorified. So, as the people around you see that you are giving God the glory, worshipping, adoring and praising God then they will know your faith is real. Since your faith is real they will want what is real.

People are always grasping at things, seeking for what is real. They don't want fake, false imitations. They have filled their lives with the fake. They have a house full of imitations. Their lives are littered with false ideas and empty dreams. Living every day worshipping, adoring, praising God brings glory to God. Your life, how you speak, what you do, and your attitudes reflect the glory of God.

People all around you need to know that God is worthy of their devotion. They don't believe that anything is worthy of devotion. They give themselves to one empty thing after another. They don't see anything that is worthy of their time, energy, money other than what will satisfy them at the moment.

But, what they are craving is for God to be worthy of their allegiance, their devotion. They are tired of the empty, the fake, the imitators. They know they need the genuine, the original, the truth.

Your life of worship, adoration, and praise to God is real. Live your life, day after day, moment by moment with God first. Share the blessing of God being first. Share the blessing of worshipping God with others. Share the blessing of praising God throughout your life. You are the light of Jesus Christ, let Him shine through you. Make this commitment today to put God first and to worship Him everyday.