

# Time Out

Isaiah 58:13-14

## Sermon Outline

### A. The Manner (vs. 13):

1. Sabbath – This is a day that the Lord rested from His labors (Gen. 2:2,3) and He commanded Israel to rest from their labors in remembrance of their hard work as slaves. Being that they were farmers and sheep herders, their rest demonstrated that they trusted in the Lord when they willingly submitted to His directive in respect of His Lordship. It was also considered a holy seventh day (Lev. 23:15; Deut. 16:9; Matt. 28:1) and therefore it was a day of worship (Lev. 23:3).
  - a) By following the rules for the Sabbath, a person acknowledged the importance of worshiping God and showed that he depended on God to bless him materially for that time he took off from work. By putting God first and not seeking to do as he wished, a person would have joy, not only in spiritual salvation (ride on the heights) but also in prosperity (feast on the inheritance). All this was certain because the “LORD” has spoken (cf. 1:20; 40:5).<sup>1</sup>
2. You turn your foot – Because of the holy day of the Lord everyone must continually make every effort to return to His place of worship.
  - a) The kind of worship God desires includes a sincere effort to promote morality and help the poor and oppressed (58:6–7, 9–10). It also means setting aside the Sabbath as a time to delight in the Lord rather than pursuing earthly pleasures (58:13). This kind of worship will bring health and joy and satisfying fellowship with God. (See Matt. 23:23.) The poor and oppressed are always close to God’s heart (see Deut. 24:14; Prov. 14:31; Jer. 5:28; Amos 2:6–7; 5:11; Matt. 19:21; Luke 1:52–53; 7:22; Gal. 2:10).<sup>2</sup>
3. You turn your foot – Turning one’s foot to the house of the Lord is to make a decisive decision to make this a day that is completely surrendered to Him and to no one, or nothing else. This decision is done in respect of His authority so no one should have to make us take it seriously.
  - a) *Restrain your feet* (תשיב רגלך) refers to restrictions on travel on the Sabbath (Exodus 16:29). Unnecessary travel was thought of as a kind of labor that was prohibited on the Sabbath (Exodus 20:8–11; Deut 5:12–15). Conforming to Sabbath restrictions was interpreted as symbolic denial of *doing your own pleasure* on the day that is Yahweh’s *holy day*.<sup>3</sup>
4. From doing our own pleasures – Making a willful decision to turn is to feel an obligation to put in a lot of energy, even if it means the person has to labor at it, and from those things that we have strong attractions for, because we like those things very much.

<sup>1</sup> Martin, J. A. (1985). [Isaiah](#). In J. F. Walvoord & R. B. Zuck (Eds.), *The Bible Knowledge Commentary: An Exposition of the Scriptures* (Vol. 1, pp. 1113–1114). Wheaton, IL: Victor Books.

<sup>2</sup> Willmington, H. L. (1997). [Wilmington’s Bible handbook](#) (pp. 373–374). Wheaton, IL: Tyndale House Publishers.

<sup>3</sup> Watts, J. D. W. (1987). [Isaiah 34–66](#) (Vol. 25, p. 276). Dallas: Word, Incorporated.

5. From doing our own pleasures – Because we love, what would we have done if there was no Sunday? We must put whatever energy we need to expel into securing the Lord's day as holy.
  - a) Because the Sabbath is holy, delightful and honorable, we must make a decisive decision to cease from our pleasure and our own words (Eccl. 5:1-5).
6. My Holy day – To say 'My holy day' emphasizes that the Sabbath Day belongs to the Lord.
  - a) Doing *Yahweh's holy thing* and calling it *a thing to be honored*, is thought to be a joyful, festive act; the very opposite of *seeking your own pleasure*, your own will, or speaking your own words. The issue is not joy or mourning. It is rather Yahweh's day or our day, Yahweh's will or our will. Sabbath can be no excuse for not helping others. Here it is ranked with feeding the hungry and clothing the naked as being Yahweh's will.<sup>4</sup>
7. Holy day – The Sabbath is a day that is consecrated to the Lord with His sanctuary being His sacred place. It represents the Lord's central place of worship.
8. Call the Sabbath – The Lord wants us to be completely surrendered to loudly and intentionally verbalize so that everyone understands that His day is a day of rest, and it is holy unto Him because it is a day set aside to worship Him.
9. Delight – The loud verbalizing of the Lord's day is done because we find pleasure, and enjoyment to know we can celebrate the Lord on His day (Deut. 28:47-48).
10. The holy day of the Lord – This day is the Lord's day and that is why it is set aside as sacred unto Him in respect of His presence among us.
11. The holy day of the Lord is honorable – The consecrated day that is set aside in respect of the Lord's presence among us is noteworthy and impressive.
12. Honor it - We must be completely obligated to respect the Sabbath in obedience to the Lord. This is noteworthy and impressive.
13. Desisting from your ways - Each believer is obligated with a deep commitment, which may create the need for a lot of effort, to turn away from whatever immoral or manner of behavior that may be and respect the Lord's day.
14. From seeking their own pleasures – The only way we can sincerely make the Lord's day noteworthy and impressive is if we purposefully take the initiative to turn from those things we find a positive attraction for, that can draw us away from the Lord, and intentionally put a lot of energy into relishing His presence. We must intentionally turn from what gives us pleasure, to finding pleasure in Him.
15. From seeking their own pleasures – We tend to depend on worship leaders and pastors to make Sunday worship a delightful experience, but the Lord is saying this should come from our own hearts. The people in this passage were coming out of ritual obligation, not heart felt because of their love for God. The Lord is addressing that inner attitude is what makes worship a blessing to Him and to us.
16. Speaking you own words – We must, with a deep commitment, put a lot of energy into not verbalizing our thoughts or prophetic revelations when we come into the presence of the Lord on His holy day.

<sup>4</sup> Watts, J. D. W. (1987). [\*Isaiah 34–66\*](#) (Vol. 25, p. 276). Dallas: Word, Incorporated.

17. Speaking you own words – We must come before the Lord to listen, rather than to speak many words (Eccl. 5:1-3).

## B. The Rewards It Provides (vs. 14):

1. Then you will take delight in the Lord – When we make every effort, with a deep commitment, to turn from behaviors that does not provide the Lord respect we will then make the Lord’s day joyous delightful time before Him.
2. Then you will take delight in the Lord – Our time would be joyous and delightful because our complete focus is directed to who He is in all His power and might.
  - a) Then shall communion with Jehovah become a real pleasure to thee. The acts of worship shall not be done merely from a sense of duty, because commanded, but because they are congenial to the soul of the worshipper. The right use of the sabbath will help to form habits of devotion in men, which will make religion a joy and a delight to them.
3. Then you will take delight in the Lord – All of the Jews in this passage had a legal claim that the Lord would powerfully provide for them no matter what was going on.
4. *Riding the heights* – Thus controlling the land (33:16; Hab. 3:19).
  - a) Whether in a hilly landscape such as in Israel and Canaan or in flatter terrain such as that of Egypt and some of Mesopotamia, height found on a ridge or hill provides strategic advantages of easier protection from enemies and the ability to observe those approaching from afar. Height also signifies superiority (see comment on 2:2), as when Baal is indicated to be superior to others by being “the cloud rider” (see 19:1). The Egyptian building inscription of Sesostri I boasts: “My power reaches heaven’s heights.”<sup>5</sup>
5. I will feed you with the inheritance of Jacob – All that the Lord has set aside for us He faithfully provides.
6. The Lord has spoken – The One who has all authority and power and sincerely desires to have a relationship with His people has verbally communicated what sincere worship means to Him.

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<sup>5</sup> Walton, J. H. (2009). *Zondervan Illustrated Bible Backgrounds Commentary (Old Testament): Isaiah, Jeremiah, Lamentations, Ezekiel, Daniel* (Vol. 4, pp. 179–180). Grand Rapids, MI: Zondervan.