

“Remember the Sabbath Day to Keep it Holy”
Exodus 20:8-11

4th COMMANDMENT EXPLAINED

- 1. Keeping the Sabbath means to “rest”. v.8:** Sabbath is Heb. shabat = ‘to cease, desist, rest’
 - It does not mean to rest out of necessity because one is tired or fatigued. (God rested; He was not tired.)
 - Ref. Gen 2:1-3: ESV: God finished the work he had done; NAS: ‘complete’ = with + fulness
- 2. Keeping the Sabbath involves working diligently six days of the week. v.9**
 - The 4th C actually instructs us to work 6 days of the week. Ref. 2 Thes 3:10-13
- 3. Keeping the Sabbath recognizes God’s declaration that one day a week is set apart for Him. v.10a**
 - God *declares* one day a week is a special Sabbath day of the LORD. “...the seventh day is a sabbath...”
- 4. Keeping the Sabbath includes not working one day of the week. v.10b**
 - God’s *provision* frees us to keep the Sabbath. E.g. collecting manna
 - God’s *authority* frees us to keep the Sabbath. God commands us not to do *any* work the *whole* day.
- 5. Keeping the Sabbath affects our household and all who are under our authority. v.10c**
 - The 4th C instructs us to give provision for the Sabbath to all who are under our direct influence.
 - This includes the whole household (children, servants/employees), those outside the faith, even animals!
 - The idea of sabbath extended to the land itself. Lev. 25:1-7

→ Keeping Sabbath is in context of relationships—implies communal, not individual observance.
- 6. Keeping the Sabbath is anchored in God’s work of creation. v.11** Therefore... he blessed and made it holy.

4th COMMANDMENT FULFILLED IN JESUS CHRIST

- 1. Jesus calls Himself the ‘lord of the Sabbath.’ Mark 2:28**
 - Jesus is the incarnate ‘wholeness’ and ‘shalom’ offered to us in a sinful and broken world. John 10:10
- 2. The Christian’s life is full of troubles, burdens & temptations. Jesus tells us to bring our burdens to Him.**
 - Matt 11:28: Come to me, all who labor and are heavy laden, and I will give you rest.
- 3. On the cross, Jesus Christ fully accomplished and secured our Sabbath. John 19:30; Gen 2:1-3**
 - John 19:30: “It is finished.”

4th COMMANDMENT APPLIED

- 1. To rightly apply the 4th C we must consider the mistakes and abuses of God’s people in the past.**
 - OT: tendency to ignore/neglect the Sabbath. E.g., 2 Chron. 36:20-21
 - NT some were legalistic & missed the meaning/purpose of the 4th C. E.g., Mark 3:1-6; John 9:13-16
 - Judgmentalism toward others. E.g., Mark 2:23-27; Ref. Col 2:16-17
- 2. The 4th C specifically calls us to action (‘remember’), not merely to inaction (‘don’t do any work’).**
 - Remember back to Eden. Sabbath is an aftertaste of life before the Fall.

→ Sabbath rest is not so much *the absence of work* as it is that *the work is finished*, complete.

 - Remember forward to life in heaven. Sabbath is a foretaste of life to come.

→ Sabbath is intended to be a day where we intentionally get a taste of ‘wholeness’ and *shalom*.
- 3. The 4th C specifically commands us to keep the Sabbath day holy (set apart for something special).**

→ What kind of things can I plan/do with this day that point me toward fullness, wholeness and shalom?

 - The Puritans called the Sabbath “the market-day of the soul.”

Isaiah 58:13-14: “If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the Lord’s holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, ¹⁴then you will find your joy in the Lord, and I will cause you to ride in triumph on the heights of the land and to feast on the inheritance of your father Jacob.” For the mouth of the Lord has spoken.