**Ten Commandments Series July 18, 2021**

*The Fourth Commandment*

Exodus 20:8–11   
8 Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your work, 10 but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. 11 For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

1. What is the Sabbath and how did God mean for it to be observed?

Sabbath

* Used 111 times in the Old Testament
  + The seventh day of the week (Saturday)
  + Observed from sundown on the 6th day (Friday) until sundown on the 7th day (Saturday)
  + It means “**ceasing**”
  + It is a day of rest from work
* Sabbath Began After **Deliverance**
* Holy
  + Removed from **common use**
  + Set apart by, to and for God
  + Subject to special treatment

Why observe the Sabbath?

* To **provide rest** for God’s creation (His people, His servants and beasts of burden)
* A reminder of God’s **order of creation**
* As a weekly reminder of God’s **covenant** with Israel

The Halakah (“walking”)

* A written body of **tradition** created by Jewish teachers that codified exactly what was expected of an Israelite
  + It specified how you were to “walk” or live on the Sabbath

2. Is the Sabbath normative for Christians?

* For the Israelites, the Sabbath was a sign of the covenant between the Lord and His people (Exodus 31)
* Jesus has come and instituted a **New Covenant**
* Beginning in Acts, we see the church gathered on **Sunday**
* Paul gave us **liberty** in its observance

3. Why do we worship on Sunday?

* There are no specific commands in the New Testament that mandates a day for worship
  + In the early 2nd century, after the death of all the apostles, the existing records indicate the church gathered on the 1st day of the week for worship
  + This is not directly in Scripture, so we need to be careful
  + It was the **tradition** very early on in the church to meet on Sunday to honor Christ’s resurrection (“Lord’s Day”)

**What does this mean for me?**

* The Sabbath rest points us to the eternal rest ultimately provided by Jesus Christ
* Be careful not to judge the convictions of others regarding Sabbath observance
* All of us can benefit from needed times of rest
  + Seek the Lord about how to weave into your life seasons of rest from regular work
  + This is not an excuse to be slothful but rather to enjoy freedom from work for periods of time
* All of us can benefit from celebrating what God has done a bit more
  + What can you do to rejoice with family & friends over God’s provision, salvation, sanctification, and eternal reward?

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