

The Ten Words

Understanding & Obeying the Ten Commandments

Keeping the Sabbath Exodus 20:8-11



8"Remember the Sabbath day, to keep it holy.



⁹Six 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, 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.



¹¹For 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.



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The WHAT = Remember the sabbath day. Keep it holy. (Vs 8)



The HOW = a Day of Worship and Rest.
(Vs 9-10)



⁹Six 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, 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.



* A day set apart for the Lord.
A day of worship.



Leviticus 23:3 (NIV)

3"'There are six days when you may work, but the seventh day is a day of sabbath rest, a day of sacred assembly. You are not to do any work; wherever you live, it is a sabbath to the LORD.



* A day of rest



10 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.



*The WHY = God's creation pattern of work followed by rest (Vs 11)



¹¹For 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.



Genesis 2:2-3 (ESV)

²And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done.



Genesis 2:2-3 (ESV)

³So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.



*What does the fourth commandment mean for the Christian?



*Jesus' saving work has transformed the sabbath



²³One Sabbath he was going through the grainfields, and as they made their way, his disciples began to pluck heads of grain.



²⁴And the Pharisees were saying to him, "Look, why are they doing what is not lawful on the Sabbath?"



²⁵And he said to them, "Have you never read what David did, when he was in need and was hungry, he and those who were with him:



²⁶how he entered the house of God, in the time of Abiathar the high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and also gave it to those who were with him?"



²⁷And he said to them, "The Sabbath was made for man, not man for the Sabbath.



²⁸So the Son of Man is lord even of the Sabbath."



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