

2. Let mom rest from the kitchen.

he said to them, "This is what the Lord has commanded: 'Tomorrow is a day of solemn rest, a holy Sabbath to the Lord; bake what you will bake and boil what you will boil, and all that is left over lay aside to be kept till the morning.' "... See! The Lord has given you the Sabbath; therefore on the sixth day he gives you bread for two days. Remain each of you in his place; let no one go out of his place on the seventh day." Exodus 16:23, 29 (ESV)

3. Don't let the Lord's Day become like every other day.

4. Use the Lord's Day to reconnect with family.

5. Use the Lord's Day for good works.

And they watched Jesus, to see whether he would heal him on the Sabbath, so that they might accuse him. Mark 3:2 (ESV)

Digging Deeper Sermon Study

1. What are your favorite ways to spend Sunday?
2. **Read Genesis 2:1-2, Exodus 20:8-11, Deuteronomy 5:12-15.** Why did God give us a Sabbath? How does he command His people to keep it? What are the differences between the Sabbath of creation, the Sabbath found in the Ten Commandments and the Lord's Day?
3. What activities to do you think are inappropriate for Sunday? What makes an activity right or wrong on that day?
4. How would you answer someone who says, "I know I shouldn't work on Sunday but I really need to catch up on my work?"
5. The cultures around ancient Israel worked seven days a week. When the Israelites took a day off from business and agriculture what pressures did they face? How does knowing God's people have always faced pressure to work on this day help you face that pressure?
6. Why do Christians worship on Sunday, not Saturday?
7. **Read Isaiah 56:2, 58:13-14.** When we choose to work six instead of seven days so we have time to rest and worship, what promise does God make that we can rely on?
8. How would you counsel someone whose job mandates Sunday work?



Command 4 – Remember To Keep The Sabbath Holy

June 17, 2018

"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. Exodus 20:8-11 (ESV)

1. What does this command mean?

Remember — Remember in actions not just intellect.

Sabbath — Stop!

Holy — Make it different.

2. How do we keep this commandment?

1. Make sure we work six days.

...Six days you shall labor, and do all your work, but the seventh day is a Sabbath...

The Lord God took the man and put him in the garden of Eden to work it and keep it. Genesis 2:15 (ESV)

2. Sabbath to the Lord, not to myself.

...but the seventh day is a Sabbath to the Lord your God.

"Six days shall work be done, but on the seventh day is a Sabbath of solemn rest, a holy convocation. You shall do no work. It is a Sabbath to the Lord in all your dwelling places. Leviticus 23:3 (ESV)

3. Make sure the Sabbath is extended to all people, not just some people.

...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.

3. Why do we keep this command?

1. The need for a day of rest was built into creation.

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. Exodus 20:8–11 (ESV)

And he said to them, “The Sabbath was made for man, not man for the Sabbath. Mark 2:27 (ESV)

2. For God’s people, the day of rest is a day of worship to God and refreshment from God.

“ ‘Observe the Sabbath day, to keep it holy, as the Lord your God commanded you. 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 or your male servant or your female servant, or your ox or your donkey or any of your livestock, or the sojourner who is within your gates, that your male servant and your female servant may rest as well as you. You shall remember that you were a slave in the land of Egypt, and the Lord your God brought you out from there with a mighty hand and an outstretched arm. Therefore the Lord your God commanded you to keep the Sabbath day. Deuteronomy 5:12–15 (ESV)

3. When God’s people forgot to observe the Sabbath, they forgot Him.

Moreover, I gave them my Sabbaths, as a sign between me and them, that they might know that I am the Lord who sanctifies them. But the house of Israel rebelled against me in the wilderness. They did not walk in my statutes but rejected my rules, by which, if a person does them, he shall live; and my Sabbaths they greatly profaned. “Then I said I would pour out my wrath upon them in the wilderness, to make a full end of them. Ezekiel 20:12–13 (ESV)

Tyrians also, who lived in the city, brought in fish and all kinds of goods and sold them on the Sabbath to the people of Judah, in Jerusalem itself! Then I confronted the nobles of Judah and said to them, “What is this evil thing that you are doing, profaning the

Sabbath day? Did not your fathers act in this way, and did not our God bring all this disaster on us and on this city?... Nehemiah 13:16–18 (ESV)

4. Is the Sabbath Saturday or Sunday?

Then they returned and prepared spices and ointments. On the Sabbath they rested according to the commandment. Luke 23:56 (ESV)

Eight days later, his disciples were inside again, and Thomas was with them. Although the doors were locked, Jesus came and stood among them and said, “Peace be with you.” John 20:26 (ESV)

When the day of Pentecost arrived, they were all together in one place. And suddenly there came from heaven a sound like a mighty rushing wind, and it filled the entire house where they were sitting. Acts 2:1–2 (ESV)

On the first day of every week, each of you is to put something aside and store it up, as he may prosper, so that there will be no collecting when I come. 1 Corinthians 16:2 (ESV)

On the first day of the week, when we were gathered together to break bread, Paul talked with them, intending to depart on the next day, and he prolonged his speech until midnight. Acts 20:7 (ESV)

I was in the Spirit on the Lord’s day, and I heard behind me a loud voice like a trumpet Revelation 1:10 (ESV)

5. Is The Sabbath binding for Christians?

6. How should I observe the Lord’s Day?

1. Remember it is not my day. It is the Lord’s Day.

“If you turn back your foot from the Sabbath, from doing your pleasure on my holy day, and call the Sabbath a delight and the holy day of the Lord honorable; if you honor it, not going your own ways, or seeking your own pleasure, or talking idly; then you shall take delight in the Lord, and I will make you ride on the heights of the earth; I will feed you with the heritage of Jacob your father, for the mouth of the Lord has spoken.” Isaiah 58:13–14 (ESV)