

Exodus #55

The Moral Law

Lesson #7

“The Fourth Commandment – Honor
the Sabbath”

Part II: Rest

Exodus 20:8-11

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“⁸ Remember the Sabbath day, to keep it holy. ⁹ Six days you shall labor and do all your work, ¹⁰ but the seventh day is a Sabbath of the LORD your God; {in it} you shall not do any work, you or your son or your daughter, your male or your female servant or your cattle or your sojourner who stays with you. ¹¹ For in six days the LORD made the heavens and the 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.”

“Because all time is God’s time, He has authority over our use of time. We are only stewards of God’s time, and He commands a weekly cycle of work and rest. Here is the offense of the Sabbath commandment. Ever since the Fall, when Adam and Eve declared their independence from God, everyone descending from our first parents has deeply resented God’s claim of sovereignty over time. We think time is ours, to use as we please, and we do not respect the rule of the Eternal over the temporal.”

Believers are commanded to regularly meet together.

Hebrews 10:25

“²⁵ Not forsaking our own assembling together, as is the habit of some, but encouraging one another; and all the more as you see the day drawing near.”

This meeting was recognized on the first day of the week.

Acts 20:7

“⁷ On the first day of the week, when we were gathered together to break bread, Paul began talking to them, intending to leave the next day, and he prolonged his message until midnight.”

I Corinthians 16:2

“² On the first day of every week each one of you is to put aside and save, as he may prosper, so that no collections be made when I come.”

Hebrews 4:9

“⁹ There remains therefore a Sabbath rest for the people of God.”

Matthew 11:28-30

“²⁸ Come to Me, all who are weary and heavy-laden, and I will give you rest. ²⁹ Take My yoke upon you, and learn from Me, for I am gentle and humble in heart; and you shall find rest for your souls. ³⁰ For My yoke is easy, and My load is light.”

Romans 5:1

“¹ Therefore having been justified by faith, we have peace with God through our Lord Jesus Christ.”

“But there is no doubt that by the Lord Christ’s coming the ceremonial part of this commandment was abolished. For he himself is the truth, with whose presence all figures vanish; he is the body, at whose appearance the shadows are left behind. He is, I say, the true fulfillment of the Sabbath.” (Institutes 2.8.31)

“Although the Sabbath has been abrogated, there is still occasion for us: (1) to assemble on stated days for the hearing of the Word, the breaking of the mystical bread, and for public prayers [cf. Acts 2:42]; (2) to give surcease from labor to servants and workmen. There is no doubt that in enjoining the Sabbath the Lord was concerned with both.... Who can deny that these two things apply as much to us as to the Jews?” (Institutes 2.8.32)

Westminster Confession of Faith – Chapter 21

Section 7: It is a law of our natural, earthly life that some appropriate amount of time be set aside for the worship of God. In his word God has similarly commanded all men in every age to keep one day in seven holy unto him as a Sabbath. From the beginning of the world up to the resurrection of Christ, this Sabbath was the last day of the week. Since the resurrection of Christ it has been changed to the first day of the week, called the Lord's day in Scripture, and is to be continued until the end of the world as the Christian Sabbath.

Section 8: The Sabbath is kept holy unto the Lord when men prepare their hearts for it; arrange for their daily affairs to be taken care of beforehand; rest the whole day from their own works and words, and from thoughts about their worldly activities and recreations; and take up the whole time in public and private worship and in the duties of necessity and mercy.

Colossians 2:16-18

“¹⁶ Therefore let no one act as your judge in regard to food or drink or in respect to a festival or a new moon or a Sabbath day -- ¹⁷ things which are a {mere} shadow of what is to come; but the substance belongs to Christ.
¹⁸ Let no one keep defrauding you of your prize by delighting in self-abasement and the worship of the angels, taking his stand on {visions} he has seen, inflated without cause by his fleshly mind.”

“Nothing less than a command has the power to intervene in the vicious, accelerating, self-perpetuating cycle of faithless and graceless busyness.”

Genesis 2:1-3

“¹ Thus the heavens and the earth were completed, and all their hosts. ² And by the seventh day God completed His work which He had done; and He rested on the seventh day from all His work which He had done. ³ then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.”

Luke 6:1-5

“¹ Now it came about that on a {certain} Sabbath He was passing through {some} grainfields; and His disciples were picking and eating the heads {of grain,} rubbing them in their hands. ² But some of the Pharisees said, ‘Why do you do what is not lawful on the Sabbath?’ ³ And Jesus answering them said, ‘Have you not even read what David did when he was hungry, he and those who were with him, ⁴ how he entered the house of God, and took and ate the consecrated bread which is not lawful for any to eat except the priests alone, and gave it to his companions?’ ⁵ And He was saying to them, ‘The Son of Man is Lord of the Sabbath.’”

Isaiah 58:13-14

“¹³ If because of the sabbath, you turn your foot from doing your {own} pleasure on My holy day, and call the sabbath a delight, the holy {day} of the LORD honorable, and shall honor it, desisting from your {own} ways, from seeking your {own} pleasure, and speaking {your own} word, ¹⁴ Then you will take delight in the LORD, and I will make you ride on the heights of the earth; and I will feed you {with} the heritage of Jacob your father, for the mouth of the LORD has spoken.”

Romans 14:5-6

“⁵ One person regards one day above another, another regards every day alike. Each person must be fully convinced in his own mind. ⁶ He who observes the day, observes it for the Lord, and he who eats, does so for the Lord, for he gives thanks to God; and he who eats not, for the Lord he does not eat, and gives thanks to God.”

Sundays should be different.

**Prioritize church
involvement and being
with the people of God.**

**Avoid legislative rules, but
be sure your conscience has
been instructed by the
Word of God.**