

The Ten Commandments for Today

The Fourth Commandment • Exodus 20:8-11

Resting Secure In A God Who Saves

Are You Tired of Being Tired?

If there is one word that describes the state of affairs in the lives of people today,
it is OVERLOAD!

“Seven days without a Sabbath makes one weak.” ~Ben Patterson

The Sabbath Is...

God’s invitation to earthly and eternal REST in Him!

“Truly my soul finds rest in God; my salvation comes from Him.” Psalm 62:1

“Come to Me, all you who are weary and burdened, and I will give you rest.” ~Jesus, Matthew 11:28

What Did the Fourth Commandment Mean for Israel?

1. The Purpose of the Sabbath Is to Remember God’s REDEMPTION!

Remember the Sabbath day, to keep it holy. Exodus 20:8

The Sabbath Day Is...

God’s gift to Israel as a day of “WORSHIPFUL REST” focused on remembering God’s redemption from bondage in Egypt.

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 5:15

2. The Pattern of the Sabbath Is Established in God’s CREATION!

Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God. In it you shall do no work: you, nor your son, nor your daughter, nor your manservant, nor your maidservant, nor your cattle, nor your stranger who is within your gates. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it. Exodus 20:9-11

What do we learn from God’s Creation pattern?

Six days are for WORK unto the Lord and one day is for REST unto the Lord.

What Does the Fourth Commandment Mean for the Church?

3. The Principle of the Sabbath Is to Celebrate Christ’s RESURRECTION!

Jesus Is The Lord of the Sabbath!

Jesus superseded the Sabbath Commandment by establishing SUNDAY as the Lord’s Day with His resurrection.

Remembering the Sabbath Day or Keeping the Lord’s Day Holy?

- *Option 1:* Observe the Sabbath on the SEVENTH day.
- *Option 2:* Observe the Sabbath on the FIRST day.
- *Option 3:* Participate in “restful worship” on the LORD’S day.

Resting Secure in a God Who Saves

The most important issue is resting IN Christ by faith and resting FROM our efforts to be saved by our works!

So then, there remains a Sabbath rest for the people of God, for whoever has entered God’s rest has also rested from his works as God did from His. Hebrews 4:9-10