

## The Fourth Commandment "Sabbath"

Five things in Exodus 20:8-11:

First, work was always part of God's plan for mankind.

Second, rest from work should be part of the rhythm of life.

Third, the seventh day is for everyone/everything in your household.

Fourth, resting from labor is celebrating creation and redemption.

Fifth, 'holiness' is involved in proper rest. (Genesis 2:3)

**The Sign of the Mosaic Covenant** - Exodus 31:13, 17 - The sign of the Covenant:

**Precept:** Loving God is not about having a lazy day every week; loving God is making the pursuit of holiness a common practice.

**Old Testament Sabbath** - Sabbath was essential to Israel's national life every week and it appeared in every festival.

**Concept:** Personal circumcision and corporate Sabbaths were signs, showing that a Jew belonged to Yahweh and His people.

**Precept:** In the same way that God rested after the creation of the universe so man, his highest creation; was called by God to rest on the seventh day after God's creation of the nation of Israel at Sinai.

**New Testament 'Sabbath'** - Jesus regularly attended the meetings set aside on the Sabbath (Luke 4:16); as did Paul (Acts 13:14, 42, 44; 17:2; 18:4). Yet, Jesus' ministry brought true rest. (Matthew 11:28-30; 12:12; Hebrews 4:8-11)

**New Testament Sabbath Practices** - New Testament believers met on the last day of the week (Acts 1:12; 13:14-44; 15:21; 17:2; 18:4). However, to memorialize the resurrection of Jesus Christ, Christians gathered on the first day of the week (Acts 20:7; 1 Cor. 16:2; Rev. 1:10) also.

**Conclusion:** "Shadows of Sabbath"

The First Shadow - In the New Covenant we begin the week with 'working rest' anticipating the final redemption and the new creation.

The Second Shadow - We state by our cessation of work, that we depend upon God; God is dependable to meet our needs.

The Third Shadow - True Sabbath 'rest' is anticipated (Hebrews 4:1-11).

The Fourth Shadow - Believers will one day be freed from the bondage of sin that makes 'rest' so essential in this life.