

“Commandment #4—Keep the Sabbath Holy”

Exodus 20:9-11

1. We have a hard time balancing work and rest. We think about work while we should be resting and we think about rest while we should be working.
2. As the Jews were commanded in Exodus 20 to “keep the Sabbath holy,” they were receiving a tremendous gift.
3. The keeping of the Sabbath not only provided a blessing for the children of Israel, but also something that gave a view of the God of heaven to all other nations about the God of Israel.
4. The Sabbath commandment was about primarily two things:

I. The Sabbath was about _____.

II. The Sabbath was about _____.

Application - 3 Passages & 3 Considerations:

1) _____

2) _____

3) _____