





## THE SABBATH

Exodus 20:8-11

### I. What is a Sabbath?

- A. Hebrew “Shabbat” means “**r**\_\_\_\_\_”
- B. A day to be kept **h**\_\_\_\_\_ or **d**\_\_\_\_\_ from others
- C. Sabbath command is not just a Mosaic ritual but a **c**\_\_\_\_\_ ordinance

### II. When is the Sabbath?

- A. The seventh day. What is mandated practically is the \_\_\_\_\_ + \_\_\_\_\_ principle
- B. In the New Testament, Sunday was called the **L**\_\_\_\_\_ Day

### III. Why did God establish the Sabbath?

- A. It is for the good of **m**\_\_\_\_\_
- B. It is to provide a **r**\_\_\_\_\_ for those who do work
- C. It protects **l**\_\_\_\_\_
- D. It serves as a **r**\_\_\_\_\_ of creation past and the final rest of God’s eternity

### IV. How should we keep the Sabbath?

#### A. Don’t

- 1. Don’t work **s**\_\_\_\_\_ days a week (Students don’t **s**\_\_\_\_\_)
- 2. Don’t engage in exhausting **r**\_\_\_\_\_

#### B. Do

- 1. **w**\_\_\_\_\_
- 2. **f**\_\_\_\_\_
- 3. Other kinds of “work”
- 4. Time with **f**\_\_\_\_\_
- 5. Learn God’s word

## ***Scripture References:***

(New American Standard Bible (NASB) is used unless otherwise indicated)

### ***Exodus 20:8-11***

Remember the Sabbath day, to keep it holy. <sup>9</sup>Six days you shall labor and do all your work, <sup>10</sup>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. <sup>11</sup>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.

### ***Nehemiah 13:15-18***

In those days I saw in Judah some who were treading wine presses on the Sabbath, and bringing in sacks of grain and loading them on donkeys, as well as wine, grapes, figs and all kinds of loads, and they brought them into Jerusalem on the Sabbath day. So I admonished them on the day they sold food. <sup>16</sup>Also men of Tyre were living there who imported fish and all kinds of merchandise, and sold them to the sons of Judah on the Sabbath, even in Jerusalem. <sup>17</sup>Then I reprimanded the nobles of Judah and said to them, “What is this evil thing you are doing, by profaning the Sabbath day? <sup>18</sup>Did not your fathers do the same, so that our God brought on us and on this city all this trouble? Yet you are adding to the wrath on Israel by profaning the Sabbath.”

### ***Mark 2:23-28***

He was passing through the grainfields on the Sabbath, and His disciples began to make their way along while picking the heads of grain. <sup>24</sup>The Pharisees were saying to Him, “Look, why are they doing what is not lawful on the Sabbath?” <sup>25</sup>And He said to them, “Have you never read what David did when he was in need and he and his companions became hungry; <sup>26</sup>how he entered the house of God in the time of Abiathar the high priest, and ate the consecrated bread, which is not lawful for anyone to eat except the priests, and he also gave it to those who were with him?” <sup>27</sup>Jesus said to them, “The Sabbath was made for man, and not man for the Sabbath. <sup>28</sup>So the Son of Man is Lord even of the Sabbath.”

### ***Matthew 12:5***

Have you not read in the Law, that on the Sabbath the priests in the temple break the Sabbath and are innocent?

### ***Colossians 2:16***

No one is to act as your judge in regard to food or drink or in respect to a festival or a new moon or a Sabbath day

### ***Exodus 23:12***

Six days you are to do your work, but on the seventh day you shall cease from labor so that your ox and your donkey may rest, and the son of your female slave, as well as your stranger, may refresh themselves.

### ***I Timothy 6:10***

The love of money is a root of all sorts of evil, and some by longing for it have wandered away from the faith and pierced themselves with many griefs.

### ***Genesis 2:1-3***

Thus the heavens and the earth were completed, and all their hosts. <sup>2</sup>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. <sup>3</sup>Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.

### ***Hebrews 4:9-11a***

So there remains a Sabbath rest for the people of God. <sup>10</sup>For the one who has entered His rest has himself also rested from his works, as God did from His. <sup>11</sup>Therefore let us be diligent to enter that rest.

***Notes:***

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