

## **The 4<sup>th</sup> Commandment – Remember the Sabbath**

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Oakbrook Community Church (PCA)

Exodus 20:8-11; Deut 5:12-15; Mk 2:23-28

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### **The 4<sup>th</sup> Commandment:** Remember the Sabbath, Keep it Holy

- Most all feel the lack of time and rushed
- Everyone is given same 24 hours, 7 days a week: rich or poor

### **The 4<sup>th</sup> Commandment Applied:**

What: remember the Sabbath day, to keep it holy

- Israel was already in 1 in 7 cycle with manna
- Weekly cycle to remind us:
  1. God is great – so we don't have to be in control
  2. God is glorious – so we don't have to fear others
  3. God is good – so we don't have to look elsewhere
  4. God is gracious – so we don't have to prove ourselves
- Stopping to 'celebrate' God - think wedding anniversary - not good enough to just remember the date, need to spend time celebrating - make it holy

How: 6 days labor & do all work; 7<sup>th</sup> Sabbath to the Lord

Work Hard First

- Before Fall, created to work, Gen 2:15. Work is not a curse
- Curse of Fall made work hard Gen 3:17-19
- Rest Well & Worship 1 out of 7
- Sabbath mean 'to cease or to rest'
- We are to cease from the usual work of the 6
- We are to focus on God and make the day holy

Why: Ex 20:11; Dt 5:15

- Reason is modified between 1<sup>st</sup> & 2<sup>nd</sup> giving Ex 20 & Dt 5
- Ex 20: Creation ordinance; God calls His people to imitate Him in resting
- Dt 5: You are redeemed so God has given you a Sabbath rest
- God graciously gives a Sabbath rest to man!

### **How to Keep the Sabbath:**

- Sabbath (Lord's Day) was 7<sup>th</sup> day in Old; 1<sup>st</sup> in New - Christ's resurrection
- Our standing before God is in Christ, not our law Sabbath keeping
- Don't have a set of man-made regulations - Pharisees Mk 2:23-28
- God gave us the Sabbath as blessing, not a burden
- Start by working hard for 6 days to then enjoy rest in God
- Think how you celebrate Christmas – joy, anticipation, not drudgery
- Start with Core Deo, not self. Love & Glory of God Mt 22:37; 1 Cor 10:31
- Remember God is Good – so you don't have to look elsewhere for satisfaction... God's Sabbath is one of His great provisions for you!

## **Think & Discuss:**

- **How are we like the beggar who steals all 7 dollars instead of the 6 that are offered to us?**
- **Do you ever feel that you have enough time to get what needs to get done completed? How does a Sabbath help?**
- **Review the Larger Catechism on the 4<sup>th</sup> command. What is easiest for you to keep? What is hardest for you? Why?**  
<http://www.pcaac.org/resources/wcf/>
- **Review the WHAT of Sabbath? How would you explain that to someone else?**
- **Review the HOW: Work Hard First – what does that mean? Is work a curse? Gen 2:15 How does our culture make work out to be a curse? How was work cursed? Gen 3:17-19 Gen 3:17-19**
- **Review the HOW: Rest Well & Worship – what does that mean? Explain the contrast between work hard 6 and rest well 1.**
- **Review the WHY: Ex 20:11; Dt 5:15. Explain the contrast between the different reasons given between Ex 20 & Dt 5.**
- **How does the Lord's Day remind us of Creation & Redemption?**
- **Try to explain how to keep the Sabbath without resorting to man-made rules. How does what a man loves change his attitude?**
- **We look forward to Christmas time off... how should the Lord's Day celebration be similar?**
- **Eric Liddell - famous for his refusal to run an Olympic Race on Sunday later in his life referred a soccer game in a prison camp on a Sunday. For him, both were keeping the Lord's Day Holy – how is that true?**
- **How does our motive and affections of our heart affect our obedience and approach to the law and keeping of the Sabbath?**
- **Talk about God is Good – so I don't have to look elsewhere, as it relates to keeping the Lord's Day.**