



Lecture # 14 Part 1

The Ten Commandments, The Laws Governing Man's Duty to God (Part 4):

Commandment Four Concerns *God's Day*—Never Fail to Observe the Sabbath, to Keep it Holy, Exodus 20:8-11

Exodus 20:8-11 (NASB)

⁸“Remember the sabbath day, to keep it holy.

⁹Six days you shall labor and do all your work,

¹⁰but 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.

¹¹For 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.”

(Exodus 20:8-11) Introduction— Sabbath— Sunday— Worship: work, rest, and worship—these are **three of the basic essentials** of human life. Listen to them again:

1. work
2. rest
3. worship

Man needs all three. God made man to work, to rest, and to worship. This is what the Sabbath is all about. God Himself divided time into seven days. Holy Scripture declares that God created the universe in six days and then rested on the seventh day (**Genesis 2:1-3**).

Genesis 2:1-3 (NASB)

¹“Thus the heavens and the earth were completed, and all their hosts.

²By 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.

³Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.”

Man is to work for six days, but after working six days, he is to take the seventh day and use it to rest and worship. God Himself set the day aside for us. God loves and cares for us, and He knows what we need. We need a full day every week for rest and relaxation and for worship—so much so that God made it one of the ten great laws that are to govern human life.

This is the subject of this great commandment: *Commandment Four Concerns God's Day—Never Fail to Observe the Sabbath, to Keep it Holy, Exodus 20:8-11*.



Lecture # 14 Part 1

1. Who is to obey this commandment? How long was this commandment to be in force (v.8)?
2. What is the charge of this commandment (v.9-10)?
3. Why did God give this commandment (v.11)?
4. What is the decision required by this commandment (v.11)?

1. (Exodus 20:8) Commandments, The Ten— Obedience— Sabbath— Sunday— Worship: Who is to obey this commandment?

Exodus 20:8 (NASB)

⁸“Remember the sabbath day, to keep it holy.”

This is the longest of the Ten Commandments, four verses, almost one-third of the fifteen verses that cover the Ten Commandments ([Exodus 20:3-17](#)). **And note:** all four verses dealing with the Sabbath declare that it is *you* who is to keep this commandment. **Note the emphasis**, the force of the language toward *you*:

Exodus 20:8-11 (NASB)

⁸“Remember the sabbath day, to keep it holy.

⁹Six days **you** shall labor and do all your work,

¹⁰but 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.

¹¹For 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.”

- a. [Exodus 20:8](#): the imperative *you*—*You* are to remember the Sabbath day, to keep it holy.
- b. [Exodus 20:9](#): *You* are to labor and do all your work in six days.
- c. [Exodus 20:10](#): *You* are not to do any work on the Sabbath day, nor is your family, nor is any slave or employee for whom you are responsible.
- d. [Exodus 20:11](#): the understood *you*—*You* are to follow God's example and set the Sabbath day aside, use it as a day of rest and worship.

How long was this commandment to be in force? Note the word “remember” (*zakar*). God is charging us to remember something that had taken place in the past. **What?** Long before the Sabbath was included in the Ten Commandments, the Sabbath day had been instituted as a day of rest and worship. [Exodus 20:11](#) tells us when: at creation, right after God had created the universe (see [Genesis 2:1-3](#)).



Lecture # 14 Part 1

Genesis 2:1-3 (NASB)

- ¹ “Thus the heavens and the earth were completed, and all their hosts.
² 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.
³ Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.”

The point is this: the Sabbath day was not given to Israel alone; the Sabbath day was given to every nation and people upon earth. The Sabbath day was instituted by God at creation, long before the Ten Commandments were ever given, long before Israel was ever formed as a people or nation. The Sabbath day was given to all people for rest and worship. A day of rest and worship—one day out of every seven—is the God-given right of every man, woman, and child upon earth. This commandment applies to every generation of people, to every person, so long as the earth stands.

Mark 2:27 (NASB)

- ²⁷ “Jesus said to them, “The Sabbath was made for man, and not man for the Sabbath.”

Hebrews 10:23-25 (NASB)

- ²³ “Let us hold fast the confession of our hope without wavering, for He who promised is faithful;
²⁴ and let us consider how to stimulate one another to love and good deeds,
²⁵ not forsaking our own assembling together, as is the habit of some, but encouraging *one another*; and all the more as you see the day drawing near.”

Exodus 20:11 (NASB)

- ¹¹ “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.”

2. (Exodus 20:9-10) Commandments, The Ten— Obedience— Sabbath— Sunday— Work— Worship: What is the charge of the fourth commandment?

Exodus 20:9-10 (NASB)

- ⁹ “Six days you shall labor and do all your work,
¹⁰ 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.”

"Remember the Sabbath day, to keep it holy."



Lecture # 14 Part 1

Several facts need to be noted.

1. The word “remember” (*zakar*) is imperative, a strong, strong imperative: “You must remember—remember to the point of *keeping* and *observing*—the day of rest and worship.” When the Ten Commandments are repeated in Deuteronomy, the Hebrew word is translated “keep” or “observe.”

Deuteronomy 5:12 (NASB)

¹²“**Observe** the sabbath day to keep it holy, as the LORD your God commanded you.”

2. The Hebrew word “Sabbath” does not mean the seventh day (Saturday) as so many people think. The word “Sabbath” (*shabbath*) means “to rest, to repose, to cease.” It means to cease from work, to rest from work.

This is significant, for God is charging us to keep the Sabbath, the day of rest and worship. He is not specifying a particular day of the week when man is to worship and rest.

God simply says, work six days and then rest on the seventh day.

- a. This fact is important for industrialized and technological societies. **Why?** Because so many people *have* to work on Saturday or on Sunday, on the day set aside by their religion as the day of worship and rest. In many cases, factories cannot shut down their huge furnaces, boilers, and machines without damaging them mechanically. They have to be operated continually; therefore, thousands upon thousands of people have to work on Saturday and Sunday. The same is true with many service industries and other businesses.