



**Lecture # 15 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

What about the people who are lazy and slothful, people who do not give an honest day's work or else shun work altogether? Again, Scripture warns the lazy and slothful.

**Proverbs 6:10-11 (NASB)**

<sup>10</sup>“A little sleep, a little slumber, A little folding of the hands to rest”—

<sup>11</sup>“Your poverty will come in like a vagabond And your need like an armed man.”

**Proverbs 23:21 (NASB)**

<sup>21</sup>“For the heavy drinker and the glutton will come to poverty, And drowsiness will clothe *one* with rags.”

**Proverbs 28:19 (NASB)**

<sup>19</sup>“He who tills his land will have plenty of food, But he who follows empty *pursuits* will have poverty in plenty.”

Man is to work six days a week. God created man with a nature that must work. There is within man restlessness, a drive, energy to be active, to work and achieve and conquer. Man never experiences complete fulfillment and satisfaction unless he works and senses that he achieves something worthwhile. If man does not direct his energy into profitable work, then he directs it to worthless or even destructive activities: to lawlessness, gangs, mobs, war, sex, alcohol, drugs, over-eating—all to the damage of others or himself. It is this—a lack of work and a lack of sensing fulfillment and satisfaction—that causes so much lawlessness and problems for society.

**But note this fact: man is to work six days a week, but *only* six days a week.**

- b. You shall not do any work on the seventh day, none whatsoever (Exodus 20:10).

**Exodus 20:10 (NASB)**

<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.”

Note how strongly God expects this commandment to be obeyed: **no person is to work seven days a week.....**



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1. not you (male or female)
2. not your son or daughter
3. not your slaves (employees)
4. not your animals
5. not even a stranger

**Thought 1. The fourth commandment was given for our good.** Without the Sabbath rest, we would soon break our bodies down. We would be constantly weary, worn out, and burned out. Productivity would soon decline. This has been proven time and again in dictatorial nations and slave markets that have demanded constant, unbroken work with no rest for its labor force. Productivity declined sharply, as well as health, physical strength, and mental alertness and ability.

Resting one day a week is an absolute essential for the human body. Business and labor, individuals and groups—we all must protect our bodies and the productivity of our society and economies. How? By obeying God’s fourth commandment: Remember the Sabbath day; keep it holy—do not work on the Sabbath. Allow our bodies and minds to rest one day a week.

### **Exodus 20:11 (NASB)**

<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.”

### **Exodus 23:12 (NASB)**

<sup>12</sup>“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.”

### **Exodus 31:14 (NASB)**

<sup>14</sup>“Therefore you are to observe the sabbath, for it is holy to you. Everyone who profanes it shall surely be put to death; for whoever does any work on it, that person shall be cut off from among his people.”

## **3. (Exodus 20:11) Sabbath— Sunday— Commandments, The Ten: Why did God give this commandment?**

### **Exodus 20:11 (NASB)**

<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.”

God gives **two strong reasons** why the Sabbath is to be kept.



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1. Man needs a day of rest: he needs to rest and relax one day out of every seven ([Exodus 20:11a](#)).

[Exodus 20:11 \(NASB\)](#)

<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.**”

The LORD Himself created the earth in six days and then rested on the seventh day ([Genesis 2:1-3](#)).

[Genesis 2:1-3 \(NASB\)](#)

<sup>1</sup>“**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.**”

The Lord showed man that there is a natural flow to life. For example, there is the natural flow of birth and growth, aging and dying, inhaling and exhaling air. On and on the list could go.

But for the present point, there is the natural flow of day and night and of work and sleep. God knows this; He created the natural flow to life. Therefore, He knows that man must by nature rest as well as work. He knows that a person cannot just go on working day after day and week after week without a break from the routine. The human body could never stand up under such pressure. This is one of the major reasons for the Sabbath, that man might have a break in his normal work routine, that he might have a day given over to rest and relaxation.

2. Now note why the seventh day is to be a day of worship ([Exodus 20:11b](#)): because the LORD Himself blessed the Sabbath day and made it holy.

[Exodus 20:11 \(NASB\)](#)

<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.**”

He Himself set it apart as a special day, as a day when man would focus upon worshipping and honoring God.

**Thought 1.** The Sabbath day is only a shadow—a picture, a type, a symbol—of the Lord Jesus Christ. This is exactly what Scripture says:

[Colossians 2:16-17 \(NASB\)](#)

<sup>16</sup>“**Therefore 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—**



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**<sup>17</sup> things which are a *mere* shadow of what is to come; but the substance belongs to Christ.”**

The Sabbath rest and worship point to the Lord Jesus Christ; the Sabbath is a picture of the perfect rest and worship that Jesus Christ brings to man. The Sabbath gives man a day to rest and worship, but Jesus Christ gives man rest itself, a complete and perfect rest and a perfect worship, the perfect assurance that we are acceptable to God.

- 1) Jesus Christ gives us the rest of salvation and deliverance, rest from the burden of sin.

**Matthew 11:28 (NASB)**

**<sup>28</sup> “Come to Me, all who are weary and heavy-laden, and I will give you rest.”**

- 2) Jesus Christ gives us the rest of freedom, rest from the bondages and enslavements to sin.

**1 Peter 2:24 (NASB)**

**<sup>24</sup> “And He Himself bore our sins in His body on the cross, so that we might die to sin and live to righteousness; for by His wounds you were healed.”**

- 3) Jesus Christ gives us rest from condemnation.

**Romans 8:1 (NASB)**

**<sup>1</sup> “Therefore there is now no condemnation for those who are in Christ Jesus.”**

**Romans 8:3 (NASB)**

**<sup>3</sup> “For what the Law could not do, weak as it was through the flesh, God *did*: sending His own Son in the likeness of sinful flesh and *as an offering* for sin, He condemned sin in the flesh.”**

- 4) Jesus Christ gives us the rest of conquest and victory, the glorious liberty of living a life above the terrible trials and sufferings of this world.

**2 Corinthians 2:14 (NASB)**

**<sup>14</sup> “But thanks be to God, who always leads us in triumph in Christ, and manifests through us the sweet aroma of the knowledge of Him in every place.”**

**1 John 5:4-5 (NASB)**

**<sup>4</sup> “For whatever is born of God overcomes the world; and this is the victory that has overcome the world—our faith.**



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**<sup>5</sup> Who is the one who overcomes the world, but he who believes that Jesus is the Son of God?"**

5) Jesus Christ gives us the rest of guidance.

**Matthew 28:20 (NASB)**

**<sup>20</sup> "Teaching them to observe all that I commanded you; and lo, I am with you always, even to the end of the age."**

**John 16:13 (NASB)**

**<sup>13</sup> "But when He, the Spirit of truth, comes, He will guide you into all the truth; for He will not speak on His own initiative, but whatever He hears, He will speak; and He will disclose to you what is to come."**

**1 Corinthians 10:13 (NASB)**

**<sup>13</sup> "No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it."**

6) Jesus Christ gives us the rest of provision.

**Matthew 6:33 (NASB)**

**<sup>33</sup> "But seek first His kingdom and His righteousness, and all these things will be added to you."**

**Psalms 23:1-6 (NASB)**

**<sup>1</sup> "The LORD is my shepherd, I shall not want.**

**<sup>2</sup> He makes me lie down in green pastures; He leads me beside quiet waters.**

**<sup>3</sup> He restores my soul; He guides me in the paths of righteousness For His name's sake.**

**<sup>4</sup> Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me; Your rod and Your staff, they comfort me.**

**<sup>5</sup> You prepare a table before me in the presence of my enemies; You have anointed my head with oil; My cup overflows.**

**<sup>6</sup> Surely goodness and lovingkindness will follow me all the days of my life, And I will dwell in the house of the LORD forever."**

7) Jesus Christ gives us the rest of assurance, the assurance of security and protection.

**Romans 8:35 (NASB)**

**<sup>35</sup> "Who will separate us from the love of Christ? Will tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?"**

**Romans 8:37-39 (NASB)**

**<sup>37</sup> "But in all these things we overwhelmingly conquer through Him who loved us.**



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<sup>38</sup> For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers,  
<sup>39</sup> nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord.”

- 8) Jesus Christ gives us the rest of a fruitful life, the rest of satisfaction and fulfillment.

### John 10:10 (NASB)

<sup>10</sup> “The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly.”

- 9) Jesus Christ gives us the rest of eternal life.

### John 14:2-3 (NASB)

<sup>2</sup> “In My Father's house are many dwelling places; if it were not so, I would have told you; for I go to prepare a place for you.  
<sup>3</sup> If I go and prepare a place for you, I will come again and receive you to Myself, that where I am, *there* you may be also.”

- 10) Jesus Christ gives us the rest of the human soul.

### Matthew 11:29 (NASB)

<sup>29</sup> “Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and YOU WILL FIND REST FOR YOUR SOULS.”

- 11) Jesus Christ gives us the rest of peace and rest from anxiety.

### John 14:27 (NASB)

<sup>27</sup> “Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful.”

### John 16:33 (NASB)

<sup>33</sup> “These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.”

### Philippians 4:6-7 (NASB)

<sup>6</sup> “Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

<sup>7</sup> And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.”

### 1 Peter 5:7 (NASB)

<sup>7</sup> “Casting all your anxiety on Him, because He cares for you.”



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**4. (Exodus 20:11) Decision— Sabbath— Sunday— Commandment, The Ten— Obedience: What is the decision required by this commandment?**

**Exodus 20:11 (NASB)**

**<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.”**

Obedience! People from every nation must obey the charge to remember the Sabbath and keep the Sabbath holy.

The fourth commandment is stated positively: **we are to.....**

1. remember the Sabbath day
2. keep it holy
3. work for six days of the week
4. rest on the seventh day
5. follow God’s example and set the Sabbath day aside and use it as a day of rest and worship

The fourth commandment requires a personal choice, a choice that will greatly improve our lives if we will obey God and keep the commandment. Note the teaching of Scripture, the decisions demanded by this commandment:

1. We must follow the Lord’s example and worship one day a week, consistently and regularly.

**Luke 4:16 (NASB)**

**<sup>16</sup>“And He came to Nazareth, where He had been brought up; and as was His custom, He entered the synagogue on the Sabbath, and stood up to read.”**

2. We must not forsake our worship, the assembling together with other believers.

**Hebrews 10:25 (NASB)**

**<sup>25</sup>“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.”**

3. We are to bring our offerings to the Lord on the day of worship.

**1 Corinthians 16:2 (NASB)**

**<sup>2</sup>“On the first day of every week each one of you is to put aside and save, as he may prosper, so that no collections be made when I come.”**



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4. We must not fail to worship regularly lest others criticize our testimony for Christ.

**Romans 14:5-6 (NASB)**

<sup>5</sup>“One person regards one day above another, another regards every day *alike*. Each person must be fully convinced in his own mind.  
<sup>6</sup>He who observes the day, observes it for the Lord, and he who eats, does so for the Lord, for he gives thanks to God; and he who eats not, for the Lord he does not eat, and gives thanks to God.”

5. We must work six days and then rest and worship on the Sabbath.

**Exodus 20:8-10 (NASB)**

<sup>8</sup>“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.”

6. We must keep the Sabbath, not just do what we want or feel like doing on the Sabbath.

**Leviticus 19:3 (NASB)**

<sup>3</sup>“Every one of you shall reverence his mother and his father, and you shall keep My sabbaths; I am the LORD your God.”

**Isaiah 58:13-14 (NASB)**

<sup>13</sup>“If because of the sabbath, you turn your foot From doing your *own* pleasure on My holy day, And call the sabbath a delight, the holy *day* of the LORD honorable, And honor it, desisting from your *own* ways, From seeking your *own* pleasure And speaking *your own* word,  
<sup>14</sup>Then you will take delight in the LORD, And I will make you ride on the heights of the earth; And I will feed you *with* the heritage of Jacob your father, For the mouth of the LORD has spoken.”

7. We must rejoice and be glad on the Sabbath, for it is the day the Lord has made.

**Psalms 118:24 (NASB)**

<sup>24</sup>“This is the day which the LORD has made; Let us rejoice and be glad in it.”