

The Fourth Commandment

What About The Sabbath?

Exodus 20:8-11

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Introduction

Burdens

Travel

Labor

I. Audience

II. Purpose

A. Remembrance

B. Physical

C. Spiritual

**“If you turn back your
foot from the Sabbath,
from doing your
pleasure on my holy
day, and call the Sabbath
a delight and the holy
day of the Lord honorable;
if you honor it,**

**not going your own
ways, or seeking your
own pleasure, or talking
idly, then you shall
delight in the Lord and
I will make you ride on
the heights of the earth;
I will feed you with the**

**heritage of Jacob
your father, for the mouth
of the Lord has spoken.”**

Isaiah 58:13-14

III. Meaning

“On the Sabbath he was going through the grain fields, and as they made their way, his disciples began to pluck heads of grain. And the Pharisees were saying to him, ‘Look, why are they doing what is not lawful on the Sabbath’ And he said to

them, ‘Have you never read what David did, when he was in need and was hungry, he and those who were with him: how he entered the house of God, in the time of Abiathar the high priest, and ate the bread of the Presence, which is not lawful for any but the

priest to eat, and also gave it to those who were with him?’ And he said to them, ‘The Sabbath was made for man not man for the Sabbath. So the Son of Man is lord even of the Sabbath.’”

Mark 2:23-28

A. New Testament Teaching

- Resurrection**
- Pentecost**
- Worship**
- The Lord’s Day**

B. Comparisons

- **Weekly**

**“Nothing less than a command has the power to intervene in the vicious, accelerating, self-perpetuating cycle of faithless and graceless busy-ness.”
Eugene Peterson**

- **Redemption**
- **Worship**
- **Lordship**

C. Worship and Rest

- **Worship**
- **Rest**

IV. Application

“There remains a Sabbath rest for the people of God, for whoever has entered God’s rest has also rested from his works as God did from his.”

Hebrews 4:9-10

A. Preparation

B. Participation

C. Preservation