

**The Ten Commandments**

**4. The Sabbath – a ‘Day of Rest’**

**The origin of the Sabbath – God rested. (1)**

*By the seventh day God had finished the work he had been doing; so on the seventh day he rested* (sabat) *from all his work.****3****Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.*

Genesis 2:2-3 NIV

‘sabbat’ / ‘sabat’ (Hebrew word) = to rest or cease from work. (Sabbath)

**The Reasons for the Sabbath:**

*8‘Remember the Sabbath day by keeping it holy. 9Six days you shall labour and do all your work, 10but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the foreigner within your gates. 11For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.* Exodus 20:8-11 NIV

* **The Sabbath pointed them back to the *Lord* (Yahweh) himself. (2)**
* **The Sabbath enabled the people to rest from work and be refreshed. (3)**

***12****Then the Lord said to Moses,****13****‘Say to the Israelites, “You must observe my Sabbaths. This will be a sign between me and you for the generations to come, so that you may know that I am the Lord, who makes you holy………….****16****The Israelites are to observe the Sabbath, celebrating it for the generations to come as a lasting covenant.****17****It will be a sign between me and the Israelites for ever, for in six days the Lord made the heavens and the earth, and on the seventh day he abstained from work and rested”’*

Exodus 31:12-17 NIV

* **The Sabbath was a sign that the *Lord* (Yahweh) had chosen them as his covenant people and made them holy** (set them apart as different)**. (4)**
* **The Sabbath gave the people spiritual rest and refreshing as they focused on the *Lord* (Yahweh).**

***15****Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the Sabbath day.* Deut’ 5:15 NIV

* **The Sabbath was to remind Israel that God had given them ‘rest’ from their slavery in Egypt. (5)**

**The Christian Believer and The Sabbath:**

***27****Then he* (Jesus) *said to them, ‘The Sabbath was made for man, not man for the Sabbath.****28****So the Son of Man is Lord even of the Sabbath.’* Mark 2:27-28 NIV

*The law is only a shadow of the good things that are coming – not the realities themselves.* Hebrews 10:1 NIV

***28****‘Come to me, all you who are weary and burdened, and I will give you rest.****29****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.****30****For my yoke is easy and my burden is light.’* Matt 11:28-30NIV

* **Faith in Jesus brings us into rest for our souls – Jesus is our ‘Sabbath’ (rest) (6)**

***9****There remains, then, a Sabbath-rest for the people of God;****10****for anyone who enters God’s rest also rests from their works, just as God did from his.*

Hebrews 4:9-10 NIV

* **Faith in Jesus will one day bring us into eternal ‘sabbath’ celebration (7)**

*He forgave us all our sins, 14having cancelled the written code, with its regulations that was against us and that stood opposed to us; he took it away, nailing it to the cross………****16****Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day.****17****These are a shadow of the things that were to come; the reality, however, is found in Christ.* Colossians 2:13-14 NIV

***5****One person considers one day more sacred than another; another considers every day alike. Each of them should be fully convinced in their own mind.****6****Whoever regards one day as special does so to the Lord.* Romans 14:5-6 NIV

**‘The Lord’s Day’ – first day of the week** (John 20:1&19, Acts 20:7, 1 Cor 16:2, Rev 1:10)