

# “Remember the Sabbath Day and Keep it Holy”

*Ex. 20:8-11*

**Open:** *Understanding this commandment.*

- One of the biggest areas of criticism Jesus faced in His earthly ministry was the opposition He faced, when teaching, was the transition from tradition to true (pure) religion. [ie...Sabbath, Sacrifices, Eating of certain foods]
  - Jesus was the fulfillment of the Sabbath, and all other religious traditions.
    - **Matt 12:6 & 8** *“But I say unto you, That in this place is one greater than the temple. [8] For the Son of man is Lord even of the sabbath day.”* [cross reference **Mt. 26:21**]
    - Man was not made to serve tradition; but God. **Mark 2:27-28** *“And he said unto them, The sabbath was made for man, and not man for the sabbath: [28] Therefore the Son of man is Lord also of the sabbath.”*
  - Jesus did not come to destroy the Law, but to fulfill it. **Matt. 5:17-18** *“Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfil.”*
    - Jesus died to set man free from the **law** of sin and bondage; why would He then enslave man to traditions that had been fulfilled?
- We need to recognize that even though Jesus fulfilled the law, **He did not remove the law** in its entirety; **He replaced it with something better**, the Lord’s Day (Sunday.)
  - The law of the sabbath was given as a promise that one day the law would be fulfilled, and then replaced with something better. **Heb. 10:1** *“For the law having a shadow of good things to come, and not the very image of the things, can never with those sacrifices which they offered year by year continually make the comers thereunto perfect.”*
  - We need to understand that the Sabbath recognized Jesus as a sacrifice that **would** come. **Heb. 10:3-5** *“But in those sacrifices there is a **remembrance** [not salvation] again made of sins every year. [4] For it is not possible that the blood of bulls and of goats should take away sins.”*
  - The Lord’s Day (Sunday) recognizes Jesus as the Lamb that **did** come. **Heb. 10:9-10** *“Then said he, Lo, I come to do thy will, O God. **He taketh away the first, that he may establish the second.** [10] By the which will we are sanctified through the offering of the body of Jesus Christ once for all.”*
- It is important to stress yet again that the keeping of the law does not bring salvation.
  - **Rom. 3:20** *“Therefore by the deeds of the law there shall no flesh be justified in his sight: for by the law is the knowledge of sin.”*
  - **Rom. 3:28** *“Therefore we conclude that a man is justified by faith without the deeds of the law.”*
  - *“But that no man is justified by the law in the sight of God, it is evident: for, The just shall live by faith.”*

**Tran: Applying this commandment to us today.**

- #1 Remember – To make an effort to recall to the mind; to remain aware of. **Ex. 20:8**
  - It takes effort to remember what others have done for us; because, as selfish people, our nature is to accept the gift and seek to get more. **Ps. 106:13-14** *“They soon forgot his works; they waited not for his counsel: [14] But lusted exceedingly in the wilderness, and tempted God in the desert.”*
  - God did not want His people to forget all that He had done for them and become enamored with what the world had to offer.
- #2 Keep it Holy – To use something or someone for a specific purpose. **Ex. 20:9-11**
  - God did not intend for us to take a day off, so we had more time to play.
  - God did not want us to take a day off and be just as busy as we were during the work week.
  - He did not want us to sit around and veg doing nothing. God wanted His people to transfer from a day of resting from work to resting in the work of God. (**Matt. 11:28-30; Heb. 4:3-11**)
    - The Sabbath limited people’s activities, while The Lord’s Day puts Christ in the center of people’s activities.
    - God wants His people to live a fulfilled and prosperous “Christ- centered” life. He knew that in order for His people to enjoy the life He had for them to the fullest extent He had to keep His people’s eyes focused on Him.
    - To many people today are living their lives as slaves to man’s tradition rather than living in the freedom that is provided when living by Gods Word.
    - Many are to busy doing what they feel will bring them satisfaction and fulfillment instead of living the life of satisfaction Jesus died to bring us (A fulfillment of the law.)

**I. The Sabbath is to remind us we are no longer slaves.**

A. Physically. Bond Servant – **Rom. 12:1**

- i. They were no longer led by taskmasters who didn’t care for them; but a God who loved and delivered them. **John 10:11** *“I am the good shepherd: the good shepherd giveth his life for the sheep.”*
- ii. We are to live differently in freedom than we did in bondage. Our life is no longer just about production; but producing in our life what God wants. **Gal. 5:1** *“Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage.”*

B. Spiritually

- i. God wants His children to see that they are no longer slaves to sin; and because of this we are to live differently than when we were slaves. **Rom 6:4-7** *“Therefore we are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life. [5] For if we have been planted together in the likeness of his death, we shall be also in the likeness of his resurrection: [6] Knowing this, that our old man is crucified with him, that the body of sin might be destroyed, that henceforth we should not serve sin. [7] For he that is dead is freed from sin.”*
- ii. Many think because they are free from the bondage of sin they are free to do nothing or whatever they want; but just like the sabbath was not just a day off the Christian life is a life of action not inactivity. **Rom. 6:18** *“Being then made free from sin, ye became the servants of righteousness.”*

## II. This commandment *Strengthens* the family and society.

- A. Remembering the sabbath and keeping it holy allows each member of the family to focus on the goodness of God, not the difficulties of life.
- B. Remembering the sabbath brings individuals of the family closer to God, which in turn brings each family member closer to each other.
  - In today's society we have gotten so focused on living a life of production, like those who live in bondage, that we have gone from living a life of liberty to a life of bondage to our carnal appetites and lust for worldly pleasures. **Eph. 4:18** *"Having the understanding darkened, being alienated from the life of God through the ignorance that is in them, because of the blindness of their heart:"*

## III. Keeping the *Sabbath* teaches respect for all life both human and animal.

- A. Keeping the sabbath naturally encouraged an attitude of consideration for all life.
  - i. It enhanced the workplace because of people being able to have a time of rest.
  - ii. It enhanced productivity by both man and animal being rejuvenated from their time of rest.
  - iii. God never intended for His creation to be on the go 24/7. This commandment would ensure man would have at least one day a week to rest and reflect on all that God had done for him.
    - a. God rested after 6 days of work
    - b. God instructed His people to let the land rest for a year.
    - c. God instructed His people to remember the sabbath.
- B. Better obedience to God's laws always results in a better quality of life for all.
  - i. Better citizens because they were better Christians.
  - ii. Better productivity because they were properly rested.
  - iii. Better people because they were focused on God and each other more than self.

### *Close:*

- Are you keeping God first priority in your life?
- Are you living your life in a way that causes you to reflect of God or have you returned to a life of bondage?

## The 10 Commandments

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| 1. Thou Shalt have no other gods before me.                  | 6. Thou shalt not kill.               |
| 2. Thou shalt not make unto thee any graven image.           | 7. Thou shalt not commit adultery.    |
| 3. Thou shalt not take the name of the Lord thy God in vain. | 8. Thou shalt not steal.              |
| 4. Remember the Sabbath.                                     | 9. Thou shalt not bear false witness. |
| 5. Honour thy father and thy mother.                         | 10. Thou shalt not covet.             |