

## The Fourth Commandment: Remember the Sabbath

Exodus 20:8-11

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### Overview

- Sabbath was instituted under the old covenant as a weekly practice
- Jesus came on the scene of history and offered “rest” that was greater than Sabbath
- Jesus’ “yoke” is “kind, suitable” while the Pharisee’s “yoke” was a heavy burden
- The book of Hebrews defines “Sabbath rest” as entering the promise of Messianic salvation
- Days of worship are a matter of Christian liberty

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### The Fourth Commandment

- **Exodus 20:8-10**

Remember the sabbath day, to keep it holy. Six days you shall labor and do all your work, 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.

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## The Fourth Commandment

### ■ Exodus 20:11

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.

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## Salvation as Sabbath “rest”

### ■ Matthew 11:28-30

Come to Me, all who are weary and heavy-laden, and I will give you rest. 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. For My yoke is easy and My burden is light.

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## Jesus' yoke versus the Pharisee's yoke

### ■ Matthew 23:4

They tie up heavy burdens and lay them on men's shoulders, but they themselves are unwilling to move them with so much as a finger.

### ■ Acts 15:10

Now therefore why do you put God to the test by placing upon the neck of the disciples a yoke which neither our fathers nor we have been able to bear?

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### “Yoke” as law keeping

#### ■ Galatians 5:1

It was for freedom that Christ set us free; therefore keep standing firm and do not be subject again to a yoke of slavery.

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### Jesus offers “rest” then a Sabbath controversy ensues

#### ■ Matthew 12:1, 2

At that time Jesus went through the grainfields on the Sabbath, and His disciples became hungry and began to pick the heads of grain and eat. But when the Pharisees saw this, they said to Him, “Look, Your disciples do what is not lawful to do on a Sabbath.”

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### Jesus’ sovereign authority to determine what constitutes Sabbath rest

#### ■ Matthew 12:6, 8

But I say to you that something greater than the temple is here.

For the Son of Man is Lord of the Sabbath.

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### Psalm 95:7b – 11 and “rest”

#### ■ Hebrews 3:15 - 17

while it is said, “Today if you hear His voice,  
Do not harden your hearts, as when they  
provoked Me.” For who provoked Him when  
they had heard? Indeed, did not all those  
who came out of Egypt led by Moses? And  
with whom was He angry for forty years?  
Was it not with those who sinned, whose  
bodies fell in the wilderness?

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### Psalm 95:7b – 11 and “rest”

#### ■ Hebrews 3:18 - 19

And to whom did He swear that they would  
not enter His rest, but to those who were  
disobedient? So we see that they were not  
able to enter because of unbelief.

#### ■ Psalm 95:11

“Therefore I swore in My anger, Truly they  
shall not enter into My rest.”

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God’s rest is found through faith in the  
gospel

#### ■ Hebrews 4:1, 2

Therefore, let us fear if, while a promise  
remains of entering His rest, any one of you  
may seem to have come short of it. For  
indeed we have had good news preached to  
us, just as they also; but the word they  
heard did not profit them, because it was not  
united by faith in those who heard.

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## Faith in Christ means Sabbath rest

### ■ **Hebrews 4:3-5**

For we who have believed enter that rest, just as He has said, "As I swore in My wrath, They shall not enter My rest," although His works were finished from the foundation of the world. For He has said somewhere concerning the seventh day: "And God rested on the seventh day from all His works"; and again in this passage, "They shall not enter My rest."

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## A call to believe the gospel and enter

### ■ **Hebrews 4:6-7**

Therefore, since it remains for some to enter it, and those who formerly had good news preached to them failed to enter because of disobedience, He again fixes a certain day, "Today," saying through David after so long a time just as has been said before, "Today if you hear His voice, Do not harden your hearts."

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## Faith in Christ means Sabbath rest

### ■ **Hebrews 4:8-11**

For if Joshua had given them rest, He would not have spoken of another day after that. So there remains a Sabbath rest for the people of God. For the one who has entered His rest has himself also rested from his works, as God did from His. Therefore let us be diligent to enter that rest, so that no one will fall, through following the same example of disobedience.

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### Why the Book of Hebrews was Necessary

#### ■ Acts 21:20b, 21

"You see, brother, how many thousands there are among the Jews of those who have believed, and they are all zealous for the Law; and they have been told about you, that you are teaching all the Jews who are among the Gentiles to forsake Moses, telling them not to circumcise their children nor to walk according to the customs."

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### Sabbath is the shadow, Christ is the substance

#### ■ Colossians 2:16, 17

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 things which are a mere shadow of what is to come; but the substance belongs to Christ.

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### The observance of days is a matter of Christian liberty

#### ■ Romans 14:5, 6

One person regards one day above another, another regards every day alike. Each person must be fully convinced in his own mind. 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.

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### Sabbath keeping is not binding

#### ■ **Acts 15:28, 29**

“For it seemed good to the Holy Spirit and to us to lay upon you no greater burden than these essentials: that you abstain from things sacrificed to idols and from blood and from things strangled and from fornication; if you keep yourselves free from such things, you will do well. Farewell.”

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### Applications and Implications

- 1) We must respond to the call to enter rest before it is too late
- 2) We should gather together in fellowship around the means of grace

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- 1) We must respond to the call to enter rest before it is too late

#### ■ **Hebrews 4:11, 12**

Therefore let us be diligent to enter that rest, so that no one will fall, through following the same example of disobedience. For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart.

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- 2) We should gather together in fellowship  
around the means of grace

■ **Hebrews 10:24, 25**

and let us consider how to stimulate one  
another to love and good deeds, 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.

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