

Commandment 4 – Remember the Sabbath Day to Keep it Holy



Exodus 20:8-11

- **Commandment 1 – “Thou (You) shall have no other gods before Me”**
- **God’s character demands loyalty.**
- **Commandment 2 – “Thou shall not make unto you any graven image – Exodus 20:4-6**
- **Never make nor worship false gods.**
- **Commandment 3 – “Thou shall not take the name of the Lord thy God in vain”**
- **The name of the Lord should not be misused, for His name and His character are inseparable.**

Commandment 4 – “Remember the Sabbath Day to keep it holy” – Exodus 20:8-11

- **The word “sabbath” means “rest” or “desist.”**
 - **When the Jews observed the Sabbath, it was not only a mark of their devotion to the Lord, but it was also a witness to their pagan neighbors.**
 - **The Sabbath was the seventh day of the week.**
 - **This commandment revolves around a concept predicated on what God did at creation.**
 - **The early Christians did not gather for worship on the Jewish Sabbath – Saturday.**
 - **Work, rest, and worship – these are three of the basic essentials of human life.**
 - **Man is to work for six days, but after working six days, he is to take the seventh day and use it to rest and worship.**
- 1. Who is to obey this commandment? You!**
 - **How long was this commandment to be in force? Note the word “remember.”**
 - **The Sabbath day was not given to Israel alone; it was given to every nation and people upon the earth.**

- The Sabbath day was instituted by God at creation, long before the Ten Commandments were ever given.
2. What is the charge of this commandment (v. 9-10)? “Remember the Sabbath day, to keep it holy.”
 - A. The word “remember” is imperative, a strong imperative: remember to the point of keeping and observing – the day of rest and worship.
 - B. The Hebrew word “Sabbath” does not mean the seventh day (Saturday), but it means to rest, to repose, to cease.
 - This is significant, for God is charging us to keep the Sabbath, the day of rest and worship.
 - C. The Sabbath, the day of rest and worship, is to be kept holy.
 - D. Note that two clear instructions are given by God, two demands, two “you shall” concerning the Sabbath commandments.
 - Holy means sanctified, separated, set apart, devoted, dedicated, consecrated, hallowed, honored, made sacred.
 3. Why did God give this commandment (v. 11)?
 - A. Man needs a day to rest: he needs rest and relaxation one day of every seven.
 - B. Note that the seventh day is to be a day of worship: because the Lord Himself blessed the Sabbath day and made it holy.
 - The Sabbath is only a shadow – a picture, a type, a symbol – of the Lord Jesus Christ.
 4. What is the decision required by this commandment? Obedience!
 - The fourth commandment requires a personal choice, a choice that will greatly improve our lives if we will obey God and keep the commandment.