

The 4th commandment – Exodus 20:8-11
20th Oct 2024

1. How do we feel about the 4th commandment...

Confused... restricted... guilty... unbothered... *blessed?*

2. The Sabbath comes with a promise of blessing

“Sabbath” = “rest” ... “to the Lord your God” (Leviticus 23:3)

We rest, like the Lord (Genesis 2:1-3, Exodus 31:17)

It is “blessed”... and a “delight” (Isaiah 58:13-14)

3. Jesus and his Apostles want us to enjoy God’s rest

You can only find rest in Jesus (Matthew 11:28-30, Hebrews 4:9)

Jesus has not abolished the sabbath! (Matthew 5:17-20, 12:12, Mark 12:23-27, Hebrews 8:10)

Christians do not keep the Old Testament Sabbath (Colossians 2:16, Romans 14:5)

The Christian Sabbath or “Lord’s Day” is the 1st day (Revelation 1:10, Acts 20:7)

4. So, let’s “remember the Sabbath day”

Trust Jesus with your time and toil (e.g. Exodus 16:15-30)

Cease from normal labours, if able

Give yourself to: worship, the Lord’s people, works of necessity and mercy

Expect blessing!