

## Commandment # 4: Sabbath Day

What does the Sabbath Day mean to you?

Most people will say that this means a day of rest, which is true. However, this rest day goes a little deeper than just rest as you will see.

Commandment # 4 is found in Exodus 20: 8-11

Exo 20:8 Remember the sabbath day, to keep it holy.

Exo 20:9 Six days shalt thou labour, and do all thy work:

Exo 20:10 But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates:

Exo 20:11 For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD

blessed the sabbath day, and hallowed it.

We are told to rest one day of our week and this means the last day of the week.

We are to remember to take Sabbath or rest; when we do, it is a holy day to honor God.

Sometimes, people don't follow this command and this could be the result. Look at the cartoon below

We will now see a Smurfs episode called All Work And No Smurf.

Cartoon Link:

[http://toonspirit.net/lessons\\_and\\_studies/159/All\\_Work\\_And\\_No\\_Smurf.webm](http://toonspirit.net/lessons_and_studies/159/All_Work_And_No_Smurf.webm)

What do you see in the cartoon?

The cartoon here begins innocently with the Smurflings just wanting to play with some of the adult Smurfs. Not one of these adults have time to be with the kids and the Smurflings wish that the grown-ups would give them some attention. Papa Smurf overhears and gives everyone a day off and asks that some of the Smurfs play with the kids. Unfortunately, Brainy wants everyone to “**Work their tails off**”. Soon, all of the Smurfs are obsessed with work and turn into their respective trade specialties literally.

Isn't this kind of what happens when we in real life become workaholics?

I believe this to be the case. I think this cartoon says things really clear that work shouldn't and mustn't be everything; we can forget what's really important like God, our health, and of course, others' needs.

I am going to give some scripture passages here that will prove the point and hit home that Sabbath rest is essential to good health both spiritual,

physical and emotional (all around really).

## Genesis 2: 1-3

Gen 2:1 With this the heavens and the earth were completed, including all of their vast array.

Gen 2:2 By the seventh day God had completed the work he had been doing, so on the seventh day he stopped working on everything that he had done.

Gen 2:3 Then God blessed the seventh day and made it holy, because on it God stopped working on everything that he had been creating.

Even God believes that rest is essential and took a rest on the 7<sup>th</sup> day. Now, by definition, God doesn't need a rest so why would he take one?

The answer lies in Mark 2: 23-28

Mar 2:23 Jesus happened to be going through the grain fields on a Sabbath. As they made their way, his disciples began picking the heads of grain.

Mar 2:24 The Pharisees asked him, "Look! Why are they doing what is not lawful on Sabbath

days?"

Mar 2:25 He asked them, "Haven't you read what David did when he and his companions were hungry and in need?"

Mar 2:26 How was it that he went into the House of God during the lifetime of Abiathar the high priest and ate the Bread of the Presence, which was not lawful for anyone but the priests to eat, and gave some of it to his companions?"

Mar 2:27 Then he told them, "The Sabbath was made for people, not people for the Sabbath.

Mar 2:28 Therefore, the Son of Man is Lord even of the Sabbath."

In short, The Sabbath rest that God observed was an example to us to do likewise in order to slow down and reflect. I am sure during the very first Sabbath, that God reflected on what He had done and saw that it was very good.

So what is proper to do on our Sabbath?

The answers are in a few passages.

The first thing that we can do is heal and rescue.

Now, we will look at Matthew 12: 1-14.

Mat 12:1 At that time Jesus walked through the grain fields on a Sabbath. His disciples became hungry and began picking heads of grain to eat.

Mat 12:2 When the Pharisees saw this, they told him, "Look! Your disciples are doing what is not lawful to do on the Sabbath!"

Mat 12:3 But he told them, "Haven't you read what David did when he and his companions were hungry?"

Mat 12:4 How is it that he went into the house of God and ate the Bread of the Presence, which was not lawful for him and his companions to eat but was reserved for the priests?

Mat 12:5 Or haven't you read in the Law that on every Sabbath the priests in the Temple violate the Sabbath and yet are innocent?

Mat 12:6 But I tell you, something greater than the

Temple is here!

Mat 12:7 If you had known what 'I want mercy and not sacrifice' means, you would not have condemned the innocent,

Mat 12:8 for the Son of Man is Lord of the Sabbath."

### **A Man with a Withered Hand**

Mat 12:9 Moving on from there, Jesus went into their synagogue.

Mat 12:10 Suddenly a man with a paralyzed hand appeared. The people asked Jesus if it was lawful to heal on Sabbath days, intending to accuse him of doing something wrong.

Mat 12:11 But he asked them, "Is there a man among you who, if he had one sheep and it fell into a ditch on the Sabbath, wouldn't take hold of it and pull it out?

Mat 12:12 How much more is a human being worth than a sheep! So it is lawful to do good on Sabbath days."

Mat 12:13 Then he told the man, "Hold out your hand." He held it out and it became normal, as

healthy as his other hand.

Mat 12:14 The Pharisees, however, went out and plotted against Jesus to kill him.

Next, we will look at John 5: 1-17

Joh 5:1 Later on, there was another festival of the Jews, and Jesus went up to Jerusalem.

Joh 5:2 Near the Sheep Gate in Jerusalem is a pool called Bethesda in Hebrew. It has five colonnades,

Joh 5:3 and under these a large number of sick people were lying—blind, lame, or paralyzed—waiting for the movement of the water.

Joh 5:4 At certain times an angel of the Lord would go down into the pool and stir up the water, and whoever stepped in first after the stirring of the water was healed of whatever disease he had.

Joh 5:5 One particular man was there who had been ill for 38 years.

Joh 5:6 When Jesus saw him lying there and knew that he had already been there a long time, he asked him, "Do you want to get well?"



Joh 5:7 The sick man answered him, "Sir, I don't have anyone to put me into the pool when the water is stirred up. While I'm trying to get there, someone else steps down ahead of me."

Joh 5:8 Jesus told him, "Stand up, pick up your mat, and walk!"

Joh 5:9 The man immediately became well, and he picked up his mat and started walking. Now that day was a Sabbath.

Joh 5:10 So the Jews told the man who had been healed, "It is the Sabbath, and it is not lawful for you to carry your mat.

Joh 5:11 But he answered them, "The man who made me well told me, 'Pick up your mat and walk.' "

Joh 5:12 They asked him, "Who is the man who told you, 'Pick it up and walk' ?"

Joh 5:13 But the one who had been healed did not know who it was, because Jesus had slipped away from the crowd in that place.

Joh 5:14 Later on, Jesus found him in the Temple and told him, "See, you have become well. Stop sinning or something worse may happen to you."

Joh 5:15 The man went off and told the Jews that it was Jesus who had made him well.

Joh 5:16 So the Jews began persecuting Jesus, because he kept doing such things on the Sabbath.

Joh 5:17 But Jesus answered them, "My Father has been working until now, and I, too, am working."

Jesus cut this guy a break and healed him even though he had been sinful (probably still was). It looks to me that this man's sickness could have been caused by a bad lifestyle and habits etc. We don't really know and we also don't know if the man stayed well (may not have learned his lesson)

The second thing we can do is assemble together and this is usually to worship God, encourage each other and fellowship (be together to visit in general)

Heb 10:24 And let us continue to consider how to motivate one another to love and good deeds,

Heb 10:25 not neglecting to meet together, as is the habit of some, but encouraging one another even

more as you see the day of the Lord coming nearer.

Last, but not least we can help the needy.

James 1: 27

Jas 1:27 A religion that is pure and stainless according to God the Father is this: to take care of orphans and widows who are suffering, and to keep oneself unstained by the world.

And now, the Don'ts.

One of these is found in Exodus 31: 12-18.

Exo 31:12 The LORD told Moses,

Exo 31:13 "You are to speak to the Israelis: 'You are to surely observe my Sabbaths because it's a sign between me and you from generation to generation, so you may know that I am the LORD who sanctifies you.

Exo 31:14 You are to observe the Sabbath, because it's holy for you. Whoever profanes it shall surely die; indeed, whoever does work on it is to be cut off from among his people.

Exo 31:15 Work may be done for six days, but the seventh day is a Sabbath of complete rest, holy to the LORD. Whoever does work on the Sabbath shall surely die.

Exo 31:16 The Israelis shall keep the Sabbath to make the Sabbath observance a perpetual covenant from generation to generation.

Exo 31:17 It is a sign forever between me and the Israelis, for in six days the LORD made the heavens and the earth, but on the seventh day he rested and was refreshed."

Exo 31:18 When he finished speaking with Moses on Mount Sinai, he gave him the two Tablets of the Testimony, tablets of stone written by the finger of God.

Definition of work: What is defined as work?

As we have discussed already though, Jesus is Lord of the Sabbath, so the spirit of the law is that work that is not of God and then secondly not restful is a violation of this 4<sup>th</sup> Commandment and must be avoided. In the old covenant of Levitical law, God made sure that working on a Sabbath was unnecessary because he provided for example double portions of Manna from Heaven for the Israelites so they wouldn't need to. God provided clothes in the desert that didn't wear out (especially shoes) to make things tons easier. No wonder God was hard on them for their lack of trust and faith. We can literally die for not taking our Sabbath rest too. It is unlikely with God's mercy the way it is under the new covenant that being struck down dead will happen for us breaking this law, but as I have stated before in this set of lessons, God has the option if He so chooses. It appears that God a lot of times let's nature take its course and the breaker of this commandment dies of fatigue and disease because there is literally no rest for the weary if you break this rule.

## When is the Sabbath Day in a given week?

The Sabbath Day is tricky nowadays. The fact is that a lot of schedules for working at a living don't allow for the normal Sabbaths. It is advisable to aim one of your days off at a day where worship is usually done. Culturally, this is usually a Saturday or Sunday. I would pick a day that you have off for slowing down, worship of The Lord, and reflections of what He has done for you. In short, with the laws of grace we are under in Christ, we should pray about and faithfully pick our 7<sup>th</sup> day and stick with that—rest.

If you literally have no days off as is the case with some people, you need to make room for your Sabbath rest because it's very important. Your career might be getting in the way of God. Prayer in faith is key to understanding when to rest. This will maintain your health. Working overtime too much can ruin your stability even if you get a bigger paycheck. There are exceptions as in first responders (police, fire, health etc.) these are

people that rescue from harm and heal etc. These professions actually follow the Sabbath law.

Sometimes God makes your schedule different every week, but the great thing is that He will always give a Sabbath in due time of His choosing. Take it when you get it.

Giving For Attention:

People need to remember that helping the needy can have a con side if done improperly. On a Sabbath Day, this is not how to remember and keep it holy.

Look at this for the stern warning on how not to follow James 1: 27.

Mat 6:1 "Be careful not to practice your righteousness in front of people in order to be noticed by them. If you do, you will have no

reward from your Father in heaven .

Mat 6:2 So whenever you give to the poor, don't blow a trumpet before you like the hypocrites do in the synagogues and in the streets so that they will be praised by people. I tell you with certainty, they have their full reward!

Mat 6:3 But when you give to the poor, don't let your left hand know what your right hand is doing,  
Mat 6:4 so that your giving may be done in secret. And your Father who sees in secret will reward you."

Worry:

This big Don't is an easy trap and must be avoided.

Matthew 6: 25-34

Mat 6:25 "That's why I'm telling you to stop worrying about your life—what you will eat or what you will drink—or about your body—what



you will wear. Life is more than food, isn't it, and the body more than clothing?

Mat 6:26 Look at the birds in the sky. They don't plant or harvest or gather food into barns, and yet your heavenly Father feeds them. You are more valuable than they are, aren't you?

Mat 6:27 Can any of you add a single hour to the length of your life by worrying?

Mat 6:28 And why do you worry about clothes? Consider the lilies in the field and how they grow. They don't work or spin yarn,

Mat 6:29 but I tell you that not even Solomon in all his splendor was clothed like one of them.

Mat 6:30 Now if that is the way God clothes the grass in the field, which is alive today and thrown into an oven tomorrow, won't he clothe you much better—you who have little faith?

Mat 6:31 "So don't ever worry by saying, 'What are we going to eat?' or 'What are we going to drink?' or 'What are we going to wear?'

Mat 6:32 because it is the gentiles who are eager for all those things. Surely your heavenly Father knows that you need all of them!

Mat 6:33 But first be concerned about God's kingdom and his righteousness, and all of these things will be provided for you as well.

Mat 6:34 So never worry about tomorrow, because tomorrow will worry about itself. Each day has enough trouble of its own."

Worriers do not rest. Worry is one of the most useless forms of work and does nothing but tire a body out. Worry violates the 4<sup>th</sup> Commandment.

Last, but not least, is Idle Talk:

Sabbath rest is not for practicing polluted speech (gossip and other forms of uncontrolled talk). It will make any good you do worthless in God's sight because idle words defeat the purpose of those deeds—God and people will see a double standard.

Jas 1:26 If anyone thinks that he is religious and does not bridle his tongue, but instead deceives himself, his religion is worthless.

When we break the 4<sup>th</sup> Commandment by not keeping the Sabbath, God is not pleased and we certainly aren't going to be friends to ourselves either.