

**Subject: *The Fourth Commandment – Part 2***

**Scripture: *Exodus 20:8-11***

One of God's greatest gifts is time. All of our hours, days, weeks, months, and years come from God. The fourth commandment deal with our use of time: "Remember the Sabbath Day to keep it holy." Last week, we answered three questions about the Sabbath Day: 1) What is the Sabbath Day? 2) Who should keep the Sabbath Day holy? 3) Why should we keep the Sabbath Day holy?

In answer to the first question (What is it?) we know that Sabbath (Heb. *shabbat*) means "to rest, to cease from work." It is the day God set apart for rest and worship. God designed it as a "time-out" in the weekly cycle. God made this day for His glory and for our good. The Sabbath was given as a blessing, not a burden. Christ said: "The Sabbath was made for man, and not man for the Sabbath." In spite of God's plan, the Jews added a vast number of rules and restrictions that made it a heavy burden. Anything that might be considered work was forbidden, and the rules were ridiculous.

In answer to the second question (Who should keep it holy?) we know it is for all people, not only the Jews. And parents are responsible for keeping it holy for themselves, their children, and everyone in their home.

In answer to the third question (Why should we keep it holy?) the short answer is that God commands it. He set it apart as holy and commands us to keep it holy. He set it apart at the end of creation week. God said it was a reminder of His work of creation and also His greater work of redemption. God rebuked His people about profaning the Sabbath and even punished them for dishonoring this holy day.

In this message we are going to consider the last question: How should we keep the Sabbath Day holy? Before we do that, I want to show why Christians honor the Sabbath Day on Sunday instead of Saturday. It is generally understood that the day of rest and worship changed from Saturday to Sunday in the New Testament for three reasons:

1. Christ rose from the dead on the first day of the week. All four Gospels record that the resurrection of Christ took place on the first day of the week.
2. Believers met for worship on the first day of the week.

*Acts 20:7* And upon the first day of the week, when the disciples came together to break bread, Paul preached unto them, ready to depart on the morrow; and continued his speech until midnight.

*1 Corinthians 16:1-2* <sup>1</sup> Now concerning the collection for the saints, as I have given order to the churches of Galatia, even so do ye. <sup>2</sup> Upon the first day of the week let every one of you lay by him in store, as God hath prospered him, that there be no gatherings when I come.

3. The first day of the week was called "the Lord's Day."

*Revelation 1:10* I was in the Spirit on the Lord's Day. This was the last book of Scripture written about 65 years after Christ's resurrection, so by then it was well known by that name.

It was the special day for rest and worship of the Lord. Just like the Passover became known as “the Lord’s Supper” or “the Lord’s Table.” The day of rest and worship was known as “the Lord’s Day.”

So in answer to the fourth question (How do we keep the Sabbath holy?) we must keep these things in mind.

1. Remember to keep the Lord’s Day holy.

The word “holy” means set apart. God’s name is holy, unlike all other names. God’s Word is holy, unlike all other books. God’s day is holy, unlike all other days. It should be set apart for God, and set apart from all other days of the week. We tend to see the Lord’s Day as part of the weekend and therefore, it is our personal time. We tend to think of the Lord’s Day as optional rather than vital for our spiritual life and growth.

2. Rejoice on the Lord’s Day.

Every day should be filled with joy. *Psalms 118:24 This is the day which the LORD hath made; we will rejoice and be glad in it.*

But there is a special joy on the Lord’s Day as we go to God’s house for worship.

*Psalms 122:1 I was glad when they said unto me, Let us go into the house of the LORD.*

The Puritans called the Lord’s Day “the market day of the soul.”

Psalm 92 has the title “A Psalm for the Sabbath Day.” It starts like this: *Psalms 92:1-2<sup>1</sup> It is a good thing to give thanks unto the LORD, and to sing praises unto thy name, O most High: <sup>2</sup> To show forth thy loving-kindness in the morning, and thy faithfulness every night.*

3. Do what pleases the Lord on His day.

It is His day, not yours, so do what gives Him pleasure. There is a passage in Isaiah that gives us direction as to what pleases God on His special day.

*Isaiah 58:13-14<sup>13</sup> If thou turn away thy foot from the sabbath, from doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the LORD, honorable; and shalt honor him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: <sup>14</sup> Then shalt thou delight thyself in the LORD; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the LORD hath spoken it.*

4. Be prepared and have a plan for the Lord’s Day.

We plan special days, so have a plan for the Lord’s Day.

- Make your plan on Saturday
- Get up on time and get ready
- Read Scripture and pray before you leave home (Be “in the Spirit on the Lord’s day.”)
- Be early for Bible study and worship
- Take time to rest and relax
- Read Scripture and meditate on it
- Read a good book of Christian devotions or doctrine
- Have meaningful fellowship with other believers
- Have a time of personal prayer
- Take a break from TV, video games, and social media