

SERIES: 10 COMMANDMENTS
#4 – THE SABBATH AS GOD’S GIFT
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A DIVINE REMINDER

“I am the Lord your God, who rescued you from the land of Egypt, the place of your slavery.”

COMMANDMENT #4 **EXODUS 20:8-11, NLT**

“Remember to observe the Sabbath day by keeping it holy. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy.”

THE SEVENTH DAY **THE SABBATH**

- Is _____ from all the other days of creation
“And evening passed and morning came, marking the first [second, third, fourth, fifth, sixth] day.” GEN 1:3-31
“So the creation of the heavens and the earth and everything in them was completed. On the seventh day God had finished his work of creation, so he rested from all his work. And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation. This is the account of the creation of the heavens and the earth.” GEN 2:1-4
- Is God’s _____ to humanity; means “to rest, to cease”
- Was never meant to _____

- It was the entrance of _____ into the world, through disobedience that brought the Sabbath to an end
- Was not so much a day as a _____

COMMANDMENT #4 **DEUTERONOMY 5:15, NLT**

“Remember that you were once slaves in Egypt, but the Lord your God brought you out with his strong hand and powerful arm. That is why the Lord your God has commanded you to rest on the Sabbath day.”

- Roots the Sabbath command into a specific _____ to Israel’s deliverance from Egyptian captivity
- *“The Sabbath is part of God’s design that all people have a healthy rhythm of work and rest in life.”* TIMOTHY TENNENT

COMMANDMENT #4 **RELEVANCE FOR US***

“The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath.” MK 2:27

1. The Sabbath is not just about our _____ doing something
→ Calls us to _____ the Sabbath day and keep it holy
2. The Sabbath is our weekly opportunity to break our _____ in work
→ Not an _____ that we grudgingly undertake to make God happy
3. The Sabbath is a celebration of the _____ and future reestablishment of the Sabbath!
→ It is a _____ of the final Sabbath that will be reinstated when Christ returns and God’s eternal Kingdom will be established

*See TEN WORDS, TWO SIGNS, ONE PRAYER, by Dr. Timothy Tennent