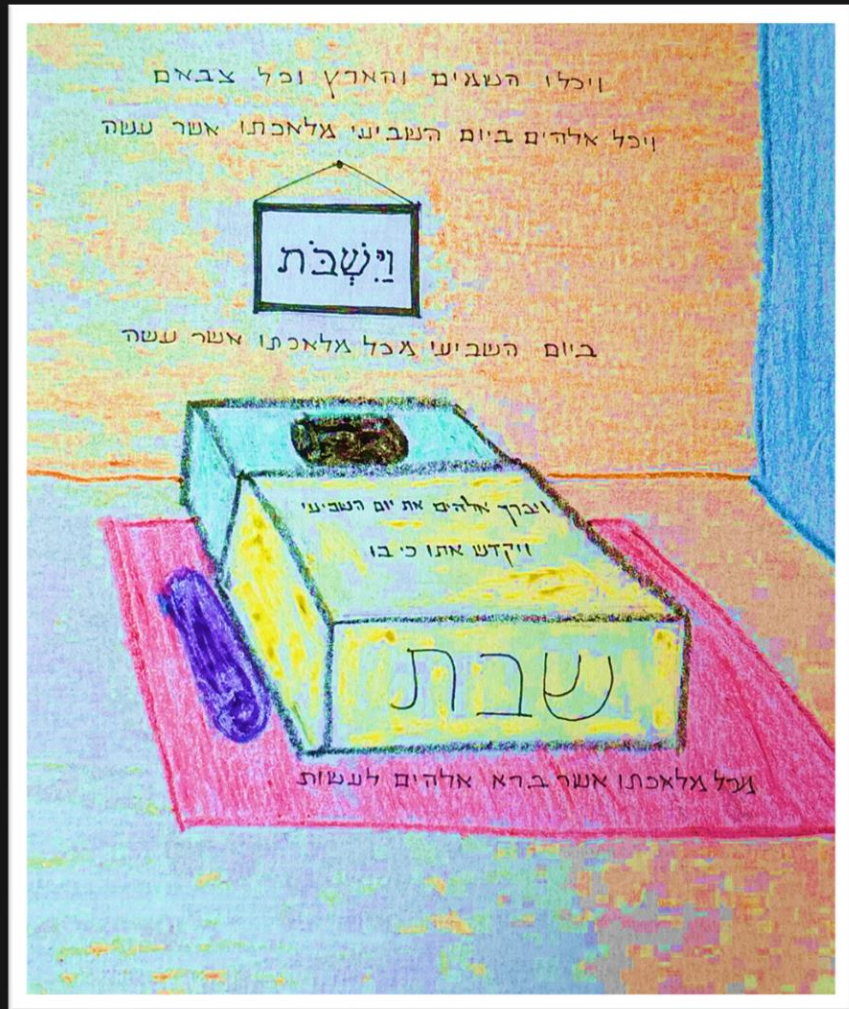




The Fourth Commandment

what it is | why we care | how it's done



The Fourth Commandment

what it is | why we care | how it's done
a call to cease | a command of God | through Christ alone

The Sabbath

what | why | how



The Sabbath

what | why | how



The Sabbath

what | why | how



- Transliterated and untranslated
- Biblehub: “to cease, to rest, to desist”
- BBTC YCs:
 - “Sleep”
 - “Day of rest”
 - “Fancy way to say Sunday”
- First mentioned in English in Ex 16:23
- First mentioned in Hebrew in Gen 2:2



Exodus 16:23

This is what the Lord commanded:
'Tomorrow is to be a day of
sabbath rest'.



Genesis 2:2-3a

And on the seventh day God finished his work that he had done, and he rested [sabbathed] on the seventh day from all his work that he had done. So God blessed the seventh day and made it holy.

The Sabbath

what | why | how

- Instituted, regular, mandatory rest





Genesis 2:2-3a

And on the seventh day God finished his work that he had done, and he rested [sabbathed] on the seventh day from all his work that he had done. So God blessed the seventh day and made it holy.



[weekly]

Exodus 20:8

Remember the Sabbath day,
to keep it holy.

A close-up photograph of a wooden cross resting on an open Bible. The cross is made of light-colored wood and is positioned diagonally across the pages. The Bible is open, showing text in both English and Hebrew. The background is softly blurred, focusing attention on the cross and the text.

[yearly]

Leviticus 23

Passover (v7): you shall not do any ordinary work

Pentecost (v21): you shall not do any ordinary work

Tabernacles (v36): you shall not do any ordinary work

A close-up photograph of a wooden cross resting on an open Bible. The Bible is open to a page with text, and the cross is positioned diagonally across the pages. The background is softly blurred, showing the texture of the paper and the wood of the cross.

[7-yearly]

Leviticus 25:4

In the seventh year the land is to have a year of sabbath rest, a sabbath to the LORD. Do not sow your fields or prune your vineyards.

A close-up photograph of a wooden cross resting on an open Bible. The cross is made of light-colored wood and is positioned diagonally across the open pages. The Bible is open to a page with text, and the cross is placed over it. The background is a soft, out-of-focus light color.

[50-yearly]

Leviticus 25:10

Consecrate the fiftieth year and proclaim liberty throughout the land to all its inhabitants. It shall be a jubilee for you.



sabbato

as-sabt

The Sabbath

sabtu

shabbat



Romans 14:5

One person considers one day more sacred than another; another considers every day alike. Each of them should be fully convinced in their own mind.



Exodus 20:10-11

The seventh day is a sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns.

The Sabbath

what | why | how

- Instituted, regular, mandatory rest



The Sabbath

what | why | how

- Instituted, regular, mandatory rest
- Like tithing, it predates Sinai





Exodus 16:23, 30

[Moses] told [the Israelites], “This is what the LORD has said: ‘Tomorrow is to be a day of complete rest, a holy Sabbath to the LORD.’”

So the people rested on the seventh day.

The Sabbath

what | why | how

- Instituted, regular, mandatory rest
- Like tithing, it predates Sinai
- An opportunity to watch God provide





Exodus 16:22

On the sixth day, they gathered twice as much food—two omers per person—and all the leaders of the congregation came and reported this to Moses.

A close-up photograph of a wooden cross resting on an open Bible. A string of dark brown prayer beads is draped over the Bible and the cross. The Bible's pages are open, showing printed text. The scene is set against a light, neutral background.

Leviticus 25:21-22

I will command my blessing on you in the sixth year, so that it will produce a crop sufficient for three years. When you sow in the eighth year, you will be eating some of the old crop; you shall eat the old until the ninth year, when its crop arrives.

The Sabbath

what | why | how

- Instituted, regular, mandatory rest
- Like tithing, it predates Sinai
- An opportunity to watch God provide

→ The Sabbath is a call to cease



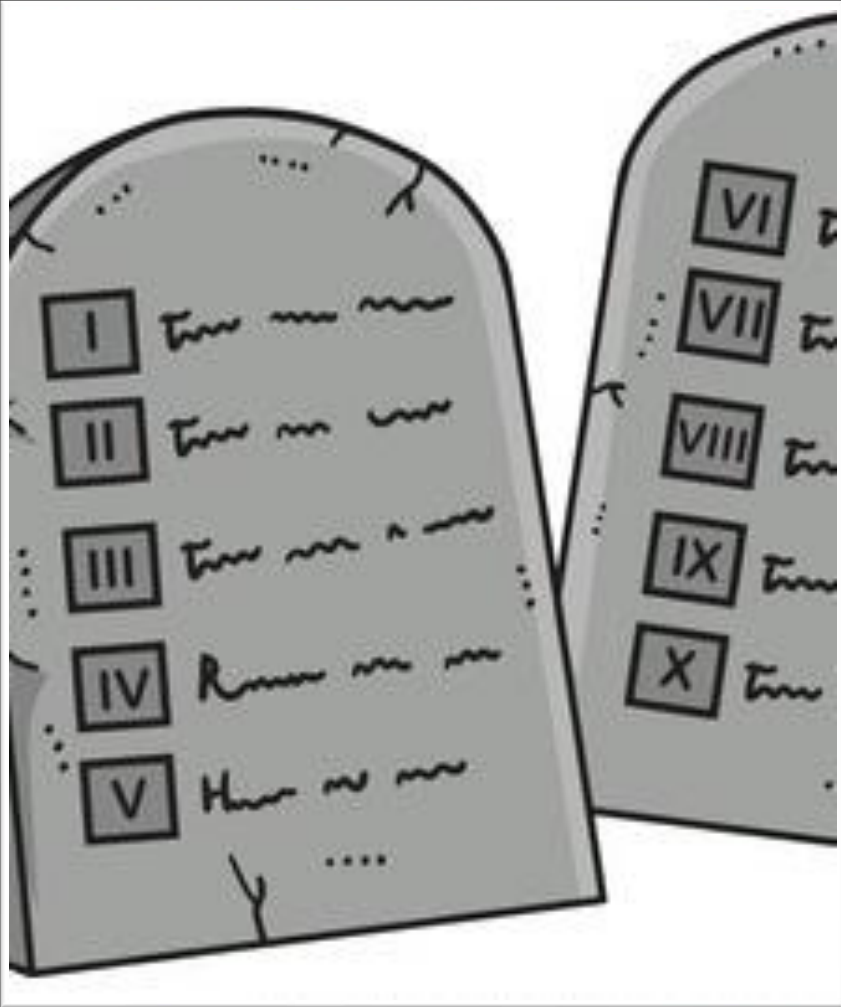
The Sabbath

what | why | how



The Sabbath

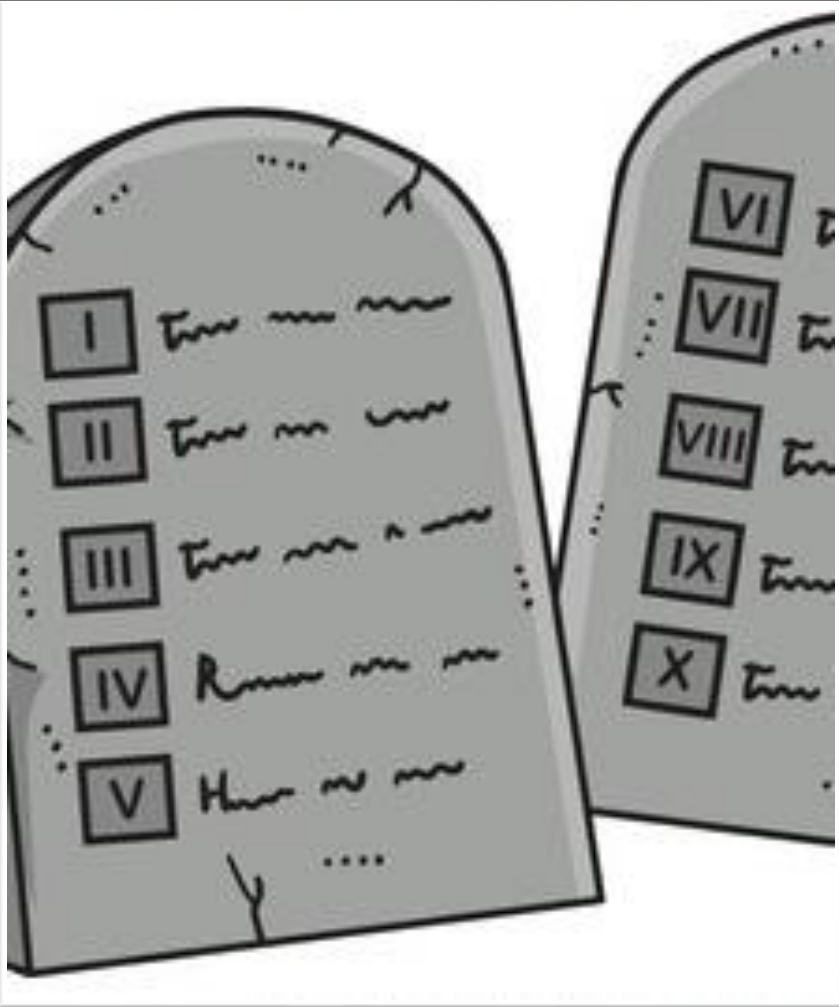
what | why | how



The Sabbath

what | why | how

- It is important to God





Exodus 20:8

Remember the Sabbath day,
to keep it holy.



Exodus 31:14

You shall keep the Sabbath, because it is holy for you. Everyone who profanes it shall be put to death. Whoever does any work on it, that soul shall be cut off from among his people.



Leviticus 26:34

Then the land will enjoy its sabbath years all the time that it lies desolate and you are in the country of your enemies; then the land will rest and enjoy its sabbaths.

A close-up photograph of a wooden cross resting on an open Bible. The cross is made of light-colored wood and is positioned diagonally across the pages. The Bible is open, showing text on both pages. The background is softly blurred, focusing attention on the cross and the text. The image is partially framed by a white curved shape on the right side.

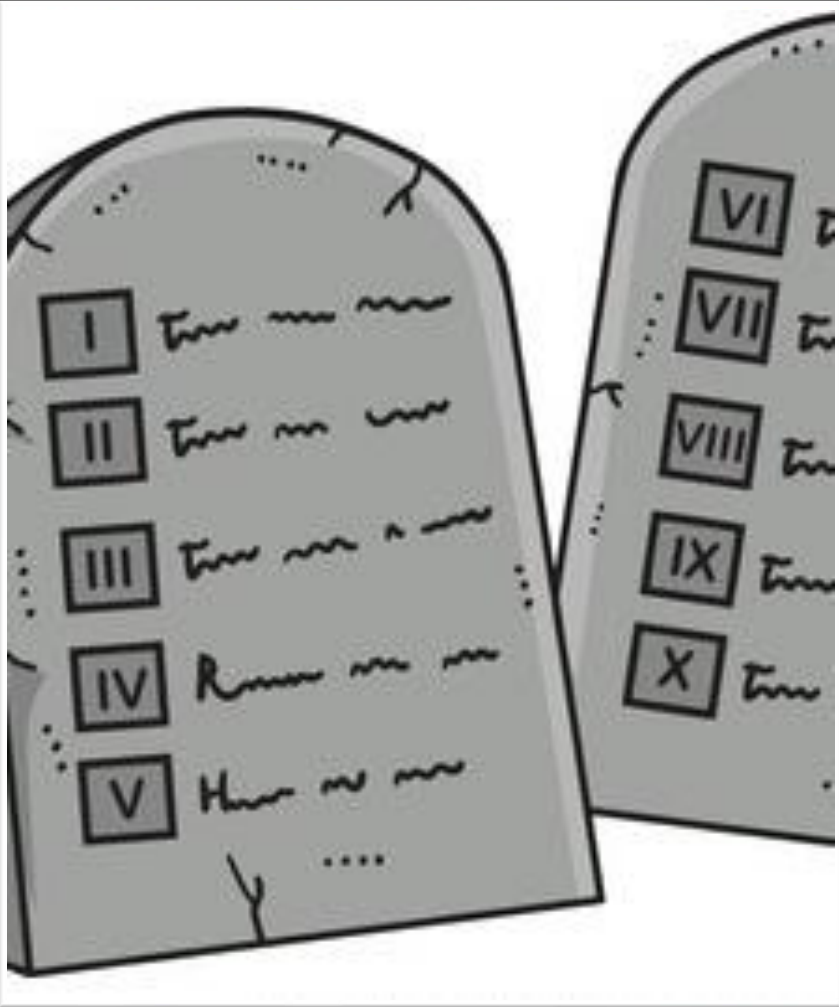
2 Chronicles 36:21

The land enjoyed its sabbath rests; all the time of its desolation it rested, until the seventy years were completed in fulfillment of the word of the Lord spoken by Jeremiah.

The Sabbath

what | why | how

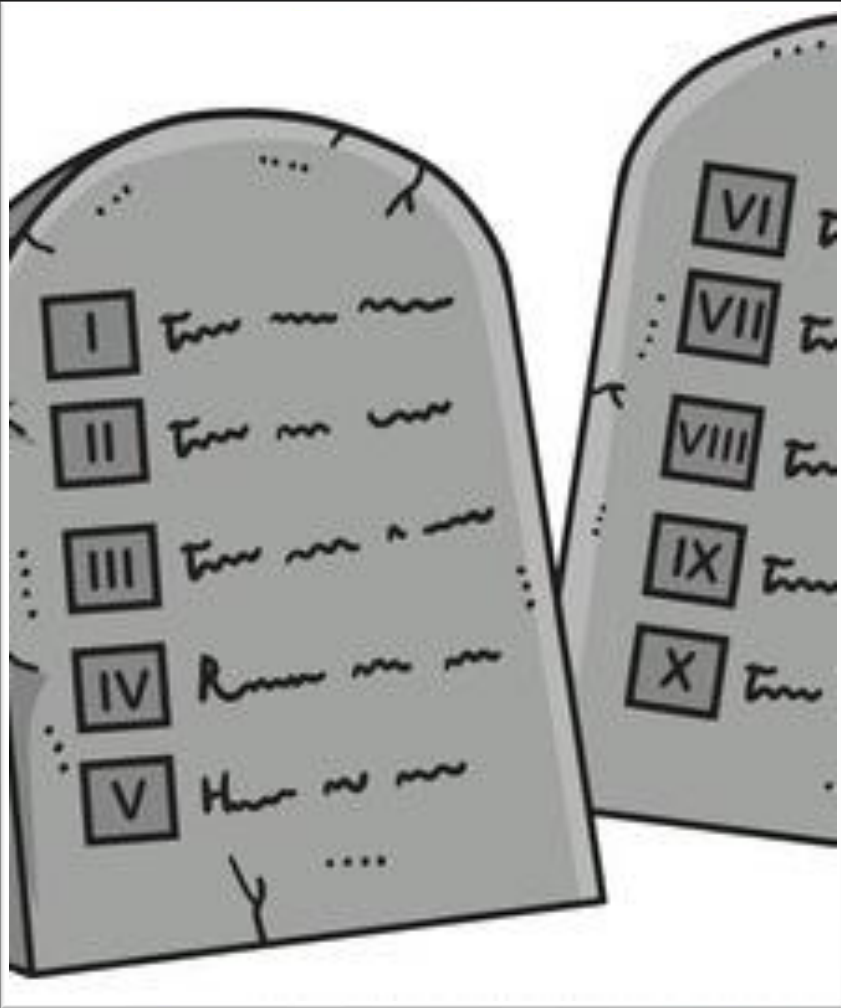
- It is important to God



The Sabbath

what | why | how

- It is important to God
- It is good for us





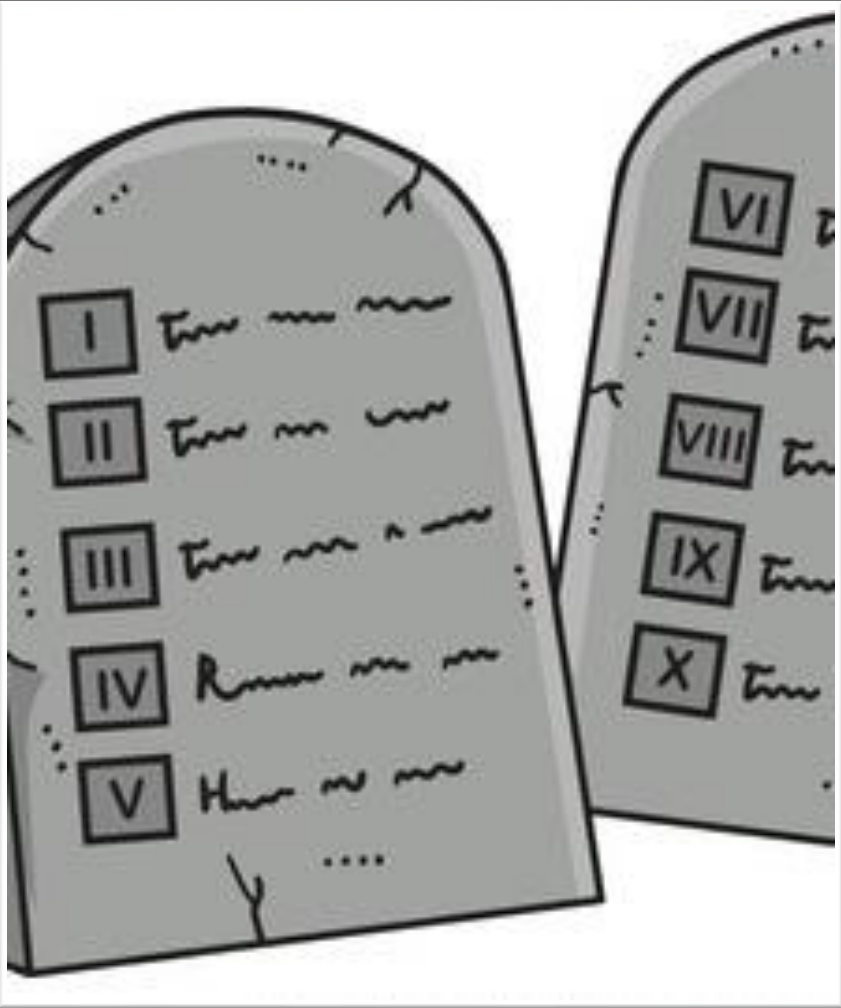
1 Thessalonians 5:23

Now may the God of peace make you holy in every way, and may your whole **spirit** (*pneuma*) and **soul** (*psyche*) and **body** (*soma*) be kept blameless until our Lord Jesus Christ comes again.

The Sabbath

what | why | how

- It is important to God
- It is good for us
 - Spirit
 - Soul
 - Body
 - Communally
 - Less is more





Leviticus 23:22

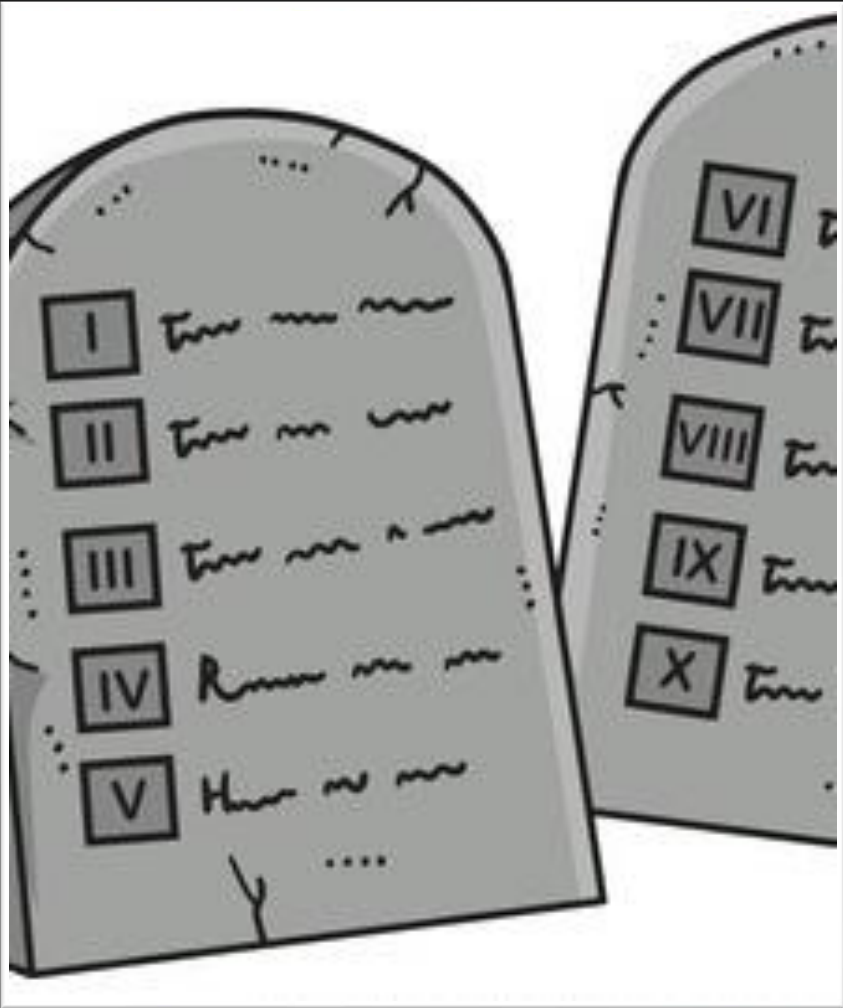
And when you reap the harvest of your land, you shall not reap your field right up to its edge, nor shall you gather the gleanings after your harvest. You shall leave them for the poor and for the sojourner: I am the Lord your God.

The Sabbath

what | why | how

- It is important to God
- It is good for us
 - Spirit
 - Soul
 - Body
 - Communally
 - Less is more

→ The Sabbath is a command of God



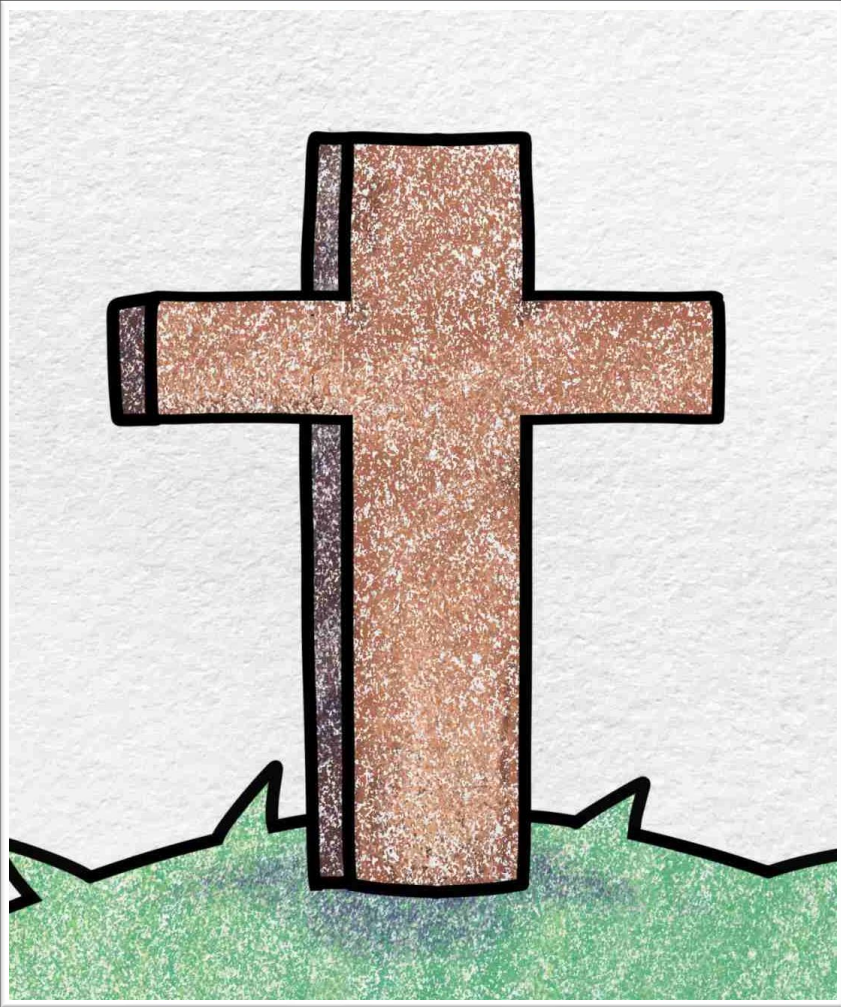
The Sabbath

what | why | how



The Sabbath

what | why | how





Exodus 20:8

Remember the Sabbath day,
to keep it holy.



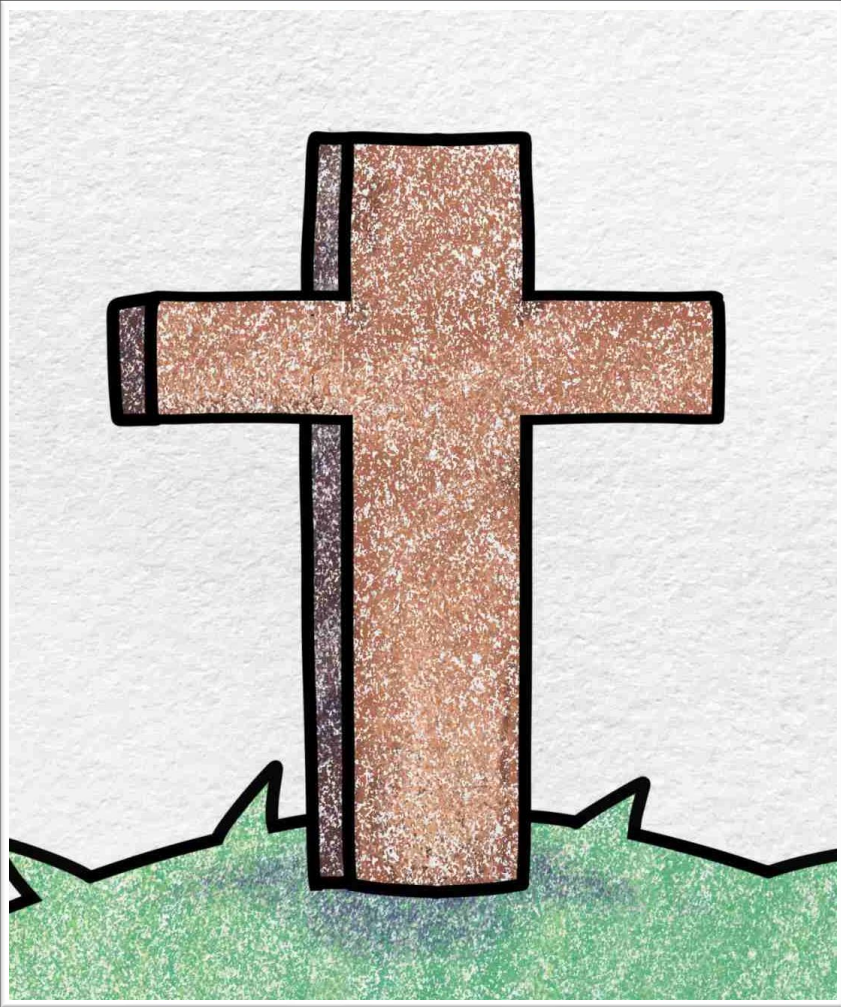
Deuteronomy 5:12

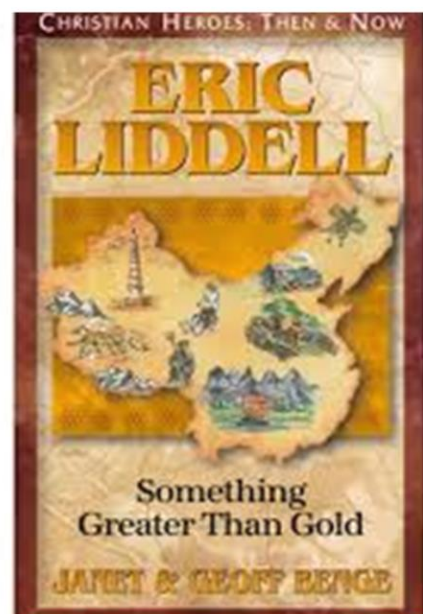
Keep the sabbath day to sanctify it,
as the LORD thy God hath
commanded thee.

The Sabbath

what | why | how

- We remember by keeping
- We keep by remembering

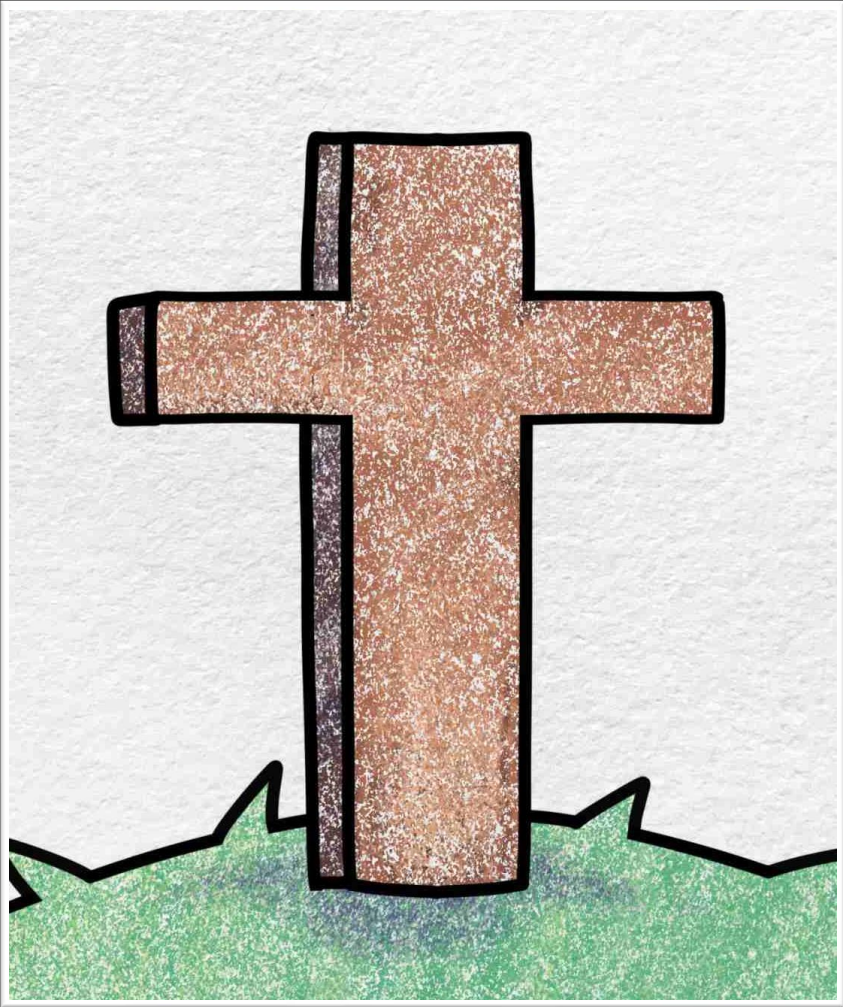




The Sabbath

what | why | how

- We remember by keeping
- We keep by remembering
- Ritual vs Rebellion



A close-up photograph of a wooden cross resting on an open Bible. The Bible is open to a page with text, and the cross is positioned diagonally across the pages. The background is softly blurred, showing the texture of the paper and the wood of the cross.

[ritual]

Isaiah 1:13

Stop bringing meaningless offerings!
Your incense is detestable to me.
New Moons, Sabbaths and
convocations — I cannot bear your
worthless assemblies.

A close-up photograph of a wooden cross resting on an open Bible. The cross is made of light-colored wood and is positioned diagonally across the pages. The Bible is open, showing text on both pages. The background is softly blurred, focusing attention on the cross and the text.

[rebellion]

Isaiah 58:13

Keep the Sabbath day holy. Don't pursue your own interests on that day, but enjoy the Sabbath and speak of it with delight as the LORD's holy day. Honor the Sabbath in everything you do on that day, and don't follow your own desires or talk idly.



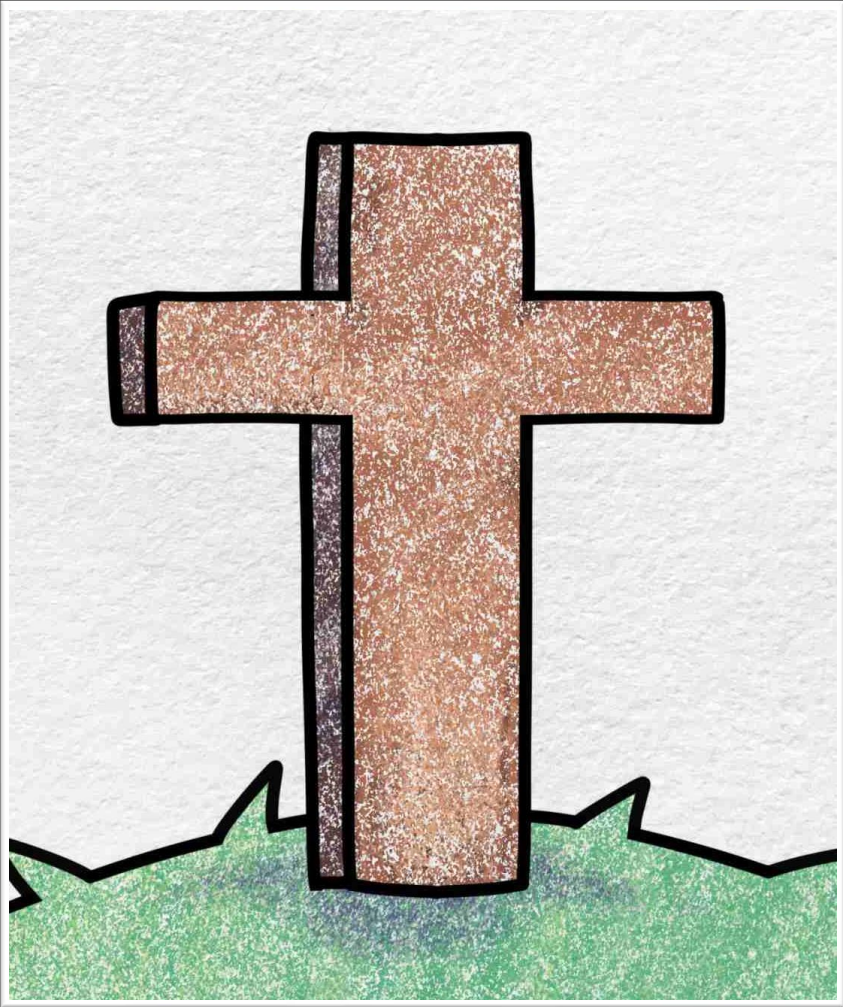
Amos 8:5

You can't wait for the Sabbath day to be over and the religious festivals to end so you can get back to cheating the helpless. You measure out grain with dishonest measures and cheat the buyer with dishonest scales.

The Sabbath

what | why | how

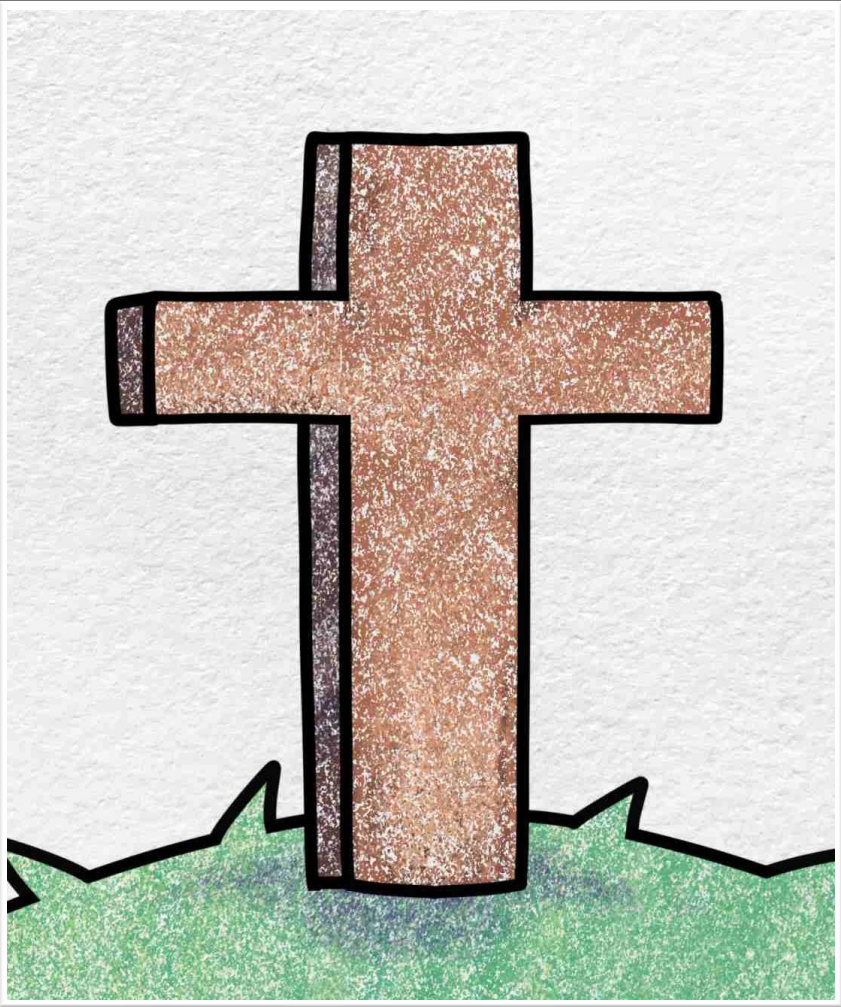
- We remember by keeping
- We keep by remembering
- Ritual vs Rebellion



The Sabbath

what | why | how

- We remember by keeping
- We keep by remembering
- Ritual vs Rebellion
- Rest vs Restedness





Matthew 12:5

Or haven't you read in the Law that the priests on Sabbath duty in the temple desecrate the Sabbath and yet are innocent?



Mark 2:27

Then Jesus said to them, "The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath."



Luke 6:7

The Pharisees and the teachers of the law were looking for a reason to accuse Jesus, so they watched him closely to see if he would heal on the Sabbath.



John 5:16-17

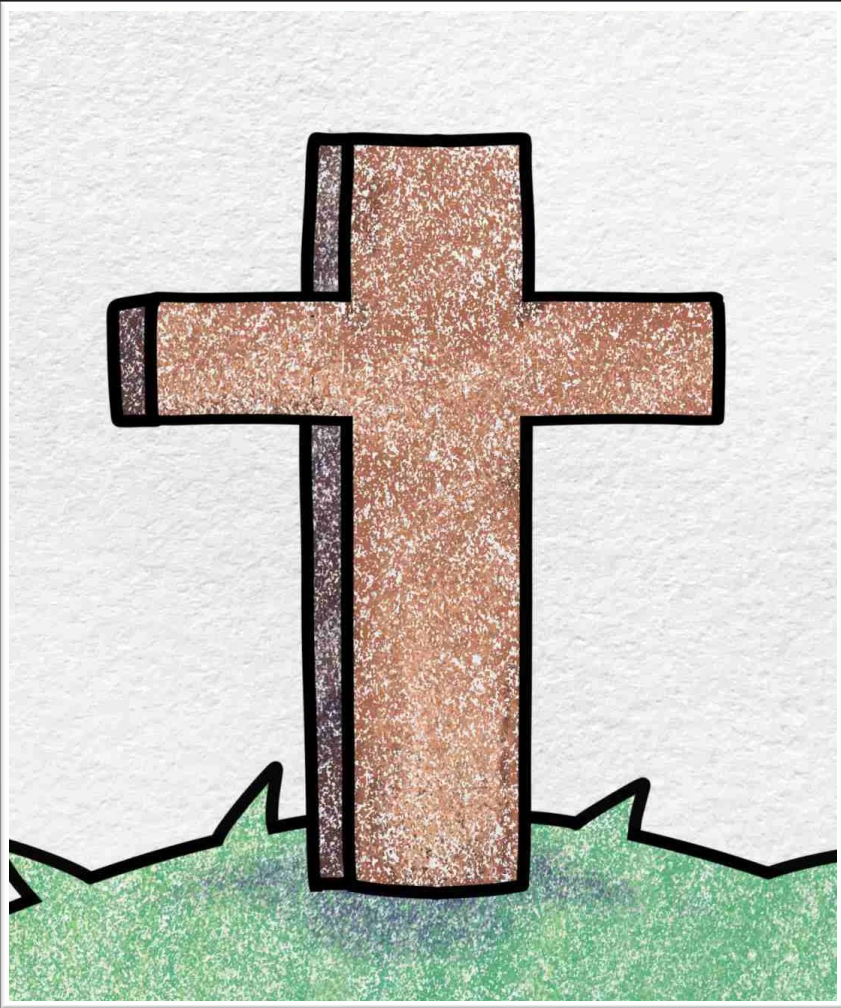
So the Jewish leaders began harassing Jesus for breaking the Sabbath rules.

But Jesus replied, “My Father is always working, and so am I.”

The Sabbath

what | why | how

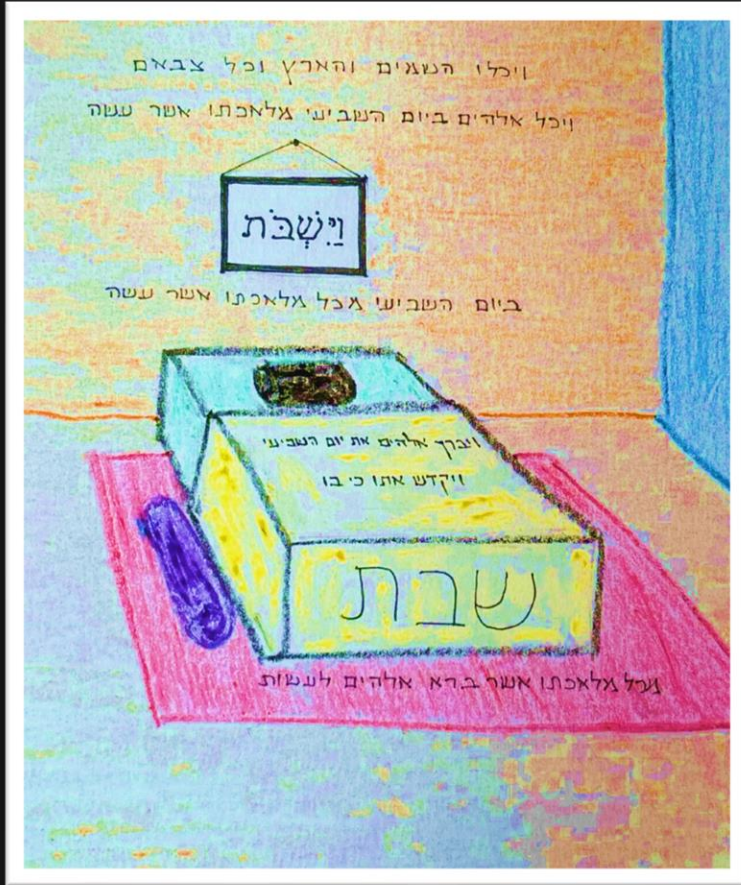
- Regularity (daily, weekly, monthly...)
- Remember the rest!





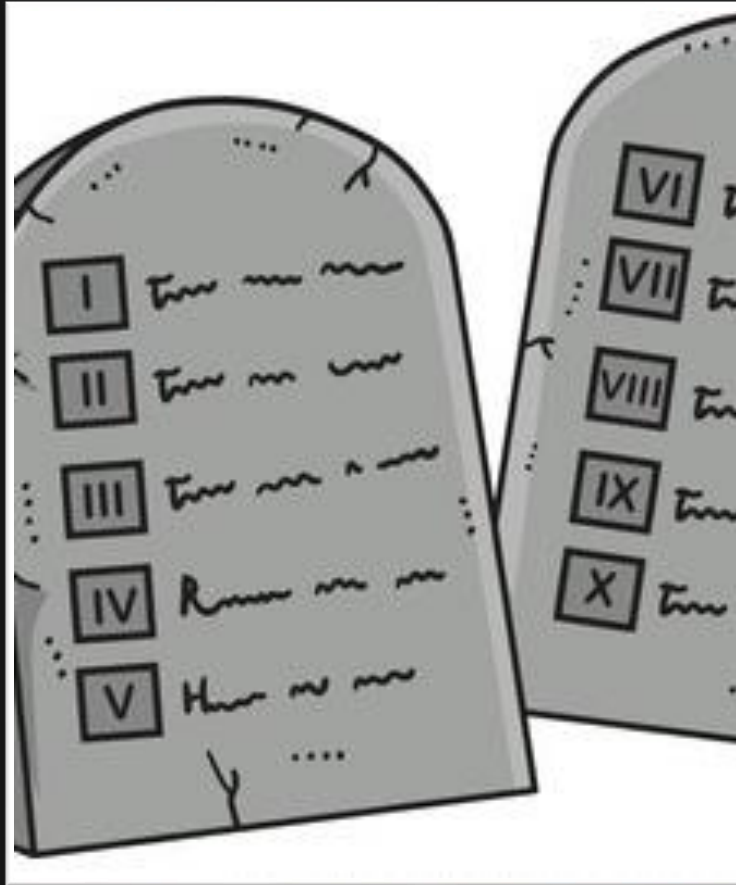
The Sabbath

what it is



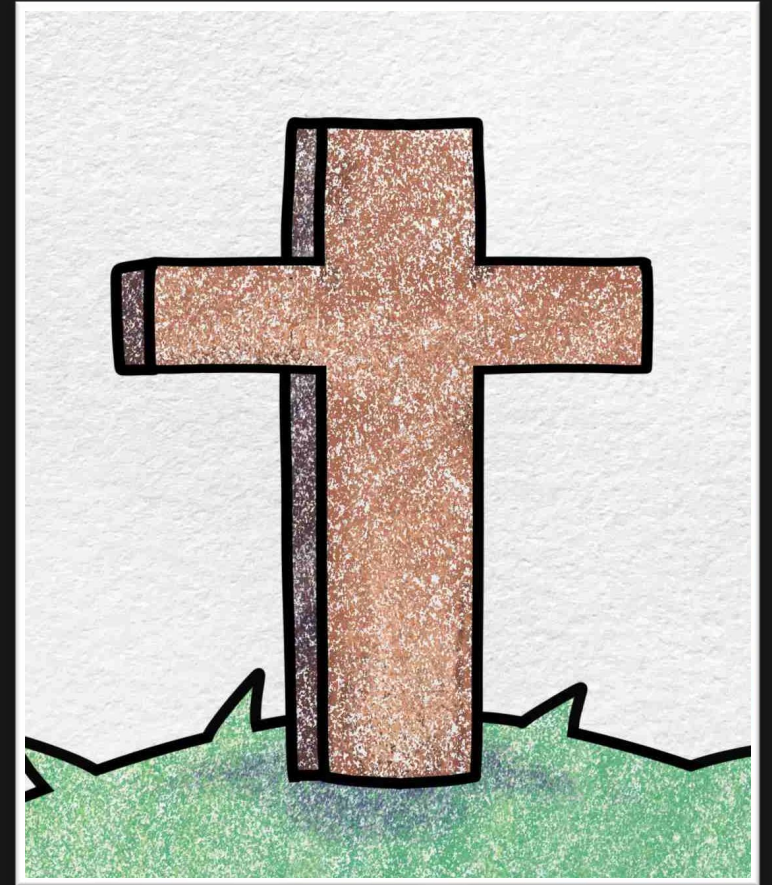
a call to cease

why we care



a command of God

how it's done



through Christ alone