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Section: Commands (Law)

Teacher: Matt Kirstine

Date Taught: October 16, 2019

**HANDOUT NOTES**

**Q48. Why does God give the fourth commandment: Remember the Sabbath day, to keep it holy?**

So we will worship and rest in God and remember the finished work of Jesus.

**What Sabbath is not**

**What does Sabbath mean?**

**What is Sabbath?**

The purpose of the moral law of Sabbath in this creation is to provide us a special day of worship to God, physical and mental rest and refreshment, and other God-glorifying activities.

**Why Sabbath?**

**Sabbath is a part of the moral law, and it is communicated in the Ten Commandments.**

**Exodus 20:8-11** 8“Remember the Sabbath day, to keep it holy. 9Six days you shall labor, and do all your work, 10but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. 11For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.”

**In creation, God instituted and modeled the Sabbath ordinance for mankind.**

**Matthew 19:4-7** 4“… [God] created them from the beginning made them male and female, 5and said, ‘Therefore a man shall leave his father and his mother and hold fast to his wife, and the two shall become one flesh’? 6So they are no longer two but one flesh. What therefore God has joined together, let not man separate.”

**Genesis 2:1-3** 1Thus the heavens and the earth were finished, and all the host of them. 2And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. 3So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.

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**Mark 2:27** And [Jesus] said to them, “The Sabbath was made for man, not man for the Sabbath.”

**Sabbath was upheld by Jesus.**

**Mark 2:23-3:1-6** 23One Sabbath he was going through the grainfields, and as they made their way, his disciples began to pluck heads of grain. 24And the Pharisees were saying to him, “Look, why are they doing what is not lawful on the Sabbath?” 25And he said to them, “Have you never read what David did, when he was in need and was hungry, he and those who were with him: 26how he entered the house of God, in the time of Abiathar the high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and also gave it to those who were with him?” 27And he said to them, “The Sabbath was made for man, not man for the Sabbath. 28So the Son of Man is lord even of the Sabbath.”

3:1Again he entered the synagogue, and a man was there with a withered hand. 2 And they watched Jesus, to see whether he would heal him on the Sabbath, so that they might accuse him. 3 And he said to the man with the withered hand, “Come here.” 4 And he said to them, “Is it lawful on the Sabbath to do good or to do harm, to save life or to kill?” But they were silent. 5 And he looked around at them with anger, grieved at their hardness of heart, and said to the man, “Stretch out your hand.” He stretched it out, and his hand was restored. 6 The Pharisees went out and immediately held counsel with the Herodians against him, how to destroy him.

**We see Jesus teach several important clarities:**

-Acts of necessity

-Acts of piety

-Acts of mercy

**There is an “already, not yet” reality to Sabbath.**

**2 Corinthians 1:20** (NIV1984) For no matter how many promises God has made, they are "Yes" in Christ. And so through him the "Amen" is spoken by us to the glory of God.

**Hebrews 4:9 & 11 “**For there remains a Sabbath rest for the people of God” … “strive to enter that rest” …

**Application**

God has particularly appointed that one day in seven be a Sabbath to be kept holy unto Him.

God has particularly appointed that this one day in seven be a Sabbath to be rested upon by each person for his/her own benefit.

God has designed that Sabbath function in additional ways differently under various covenants.

**Prepare for Sabbath Day**

**What day should we set apart for Sabbath in the New Covenant?**

Sabbath displays God’s glory, and it blesses us.