****

Section: Commands (Law)

Teacher: Justin Ader

October 11, 2023

**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 Does the Word Sabbath Mean?**

A very oversimplified definition of sabbath is rest.

* **What is Sabbath?**

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

**John Calvin:** “The Sabbath reminds us that we are not slaves to work, but free to worship and find our rest in God.”

* **Why Sabbath?**

God gave it to us so that we would worship and rest in Him and so that we would reflect on the finished work of Jesus Christ

**Jonathan Edwards:** “On the Sabbath, we cease from our labors and turn our hearts and minds toward the worship of God, who is our true rest.”

* **Sabbath in the Moral Law**

God does not add and/or subtract things from the moral law.

**Exodus 20:8-11** Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but 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. For 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.

Universal Moral Law does not change.

* **In Creation, God Established and Modeled the Sabbath**

A creation ordinance refers to the principles or commands that God established at the time of creation and before the fall.

**Matthew 19:4-5** He answered, “Have you not read that he who created them from the beginning made them male and female, and said, ​‘Therefore a man shall leave his father and his mother and hold fast to his wife, and the two shall become one flesh’?

Another important clarity that we need to understand is that creation ordinances are for everyone, not just Christians.

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

He established a one day in seven day Sabbath model for us.

**Exodus 20:8-11** Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but 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. For 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.

To remember the Sabbath day is to acknowledge the Sabbath principle in creation and practice it yourself.

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

* **Sabbath Upheld by Jesus**

**Mark 2:23-3:6**

Jesus is God, and His teaching is truth.

Acts of necessity

Acts of piety

Acts of mercy

* **Already, Not Yet**

**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.

**R.C. Sproul:** “The Sabbath is a day of blessing, given for our spiritual and physical rest, a foretaste of our eternal rest in God.”

**Hebrews 4:9-11a** So then, there remains a Sabbath rest for the people of God, for whoever has entered God's rest has also rested from his works as God did from his. Let us therefore strive to enter that rest,

The saint’s everlasting rest is in Christ now, and when we enter into glory with our King.

* **What Sabbath is Not**

First, Sabbath is not simply a day off from responsibilities.

Second, Sabbath is not a day of unpleasant burdens from God.

**A.W. Pink:** “In observing the Sabbath, we honor God’s command to remember and rest, acknowledging His sovereignty over all our days.”

God has particularly appointed that one day in seven be a Sabbath to be kept holy unto Him. This means that our Sabbath day is to be set apart as distinct from the other days and should have a special focus by us on God.

**Charles Hodge:** “The Sabbath is a sacred time set apart to commune with God, a day when we experience the joy of His presence.”

The Sabbath is a day given for these things, not just a few hours.

God has particularly appointed that one day in seven be a Sabbath to be rested upon by each person for their own benefit. This means that God also made Sabbath for mankind—for us.

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

* **Conclusion**

Remember, Sabbath is to provide us a special day of worship to God, physical and mental rest and refreshment, and other God glorifying activities.