

Commandment 4: You Shall Keep the Sabbath **Exodus 20:8-11 & Deuteronomy 5:12-15**

LBC 22.7. “As it is the law of nature, that in general a proportion of time, by God's appointment, be set apart for the worship of God, so by his Word, in a positive moral, and perpetual commandment, binding all men, in all ages, he hath particularly appointed one day in seven for a sabbath to be kept holy unto him, which from the beginning of the world to the resurrection of Christ was the last day of the week, and from the resurrection of Christ was changed into the first day of the week, which is called the Lord's day: and is to be continued to the end of the world as the Christian Sabbath, the observation of the last day of the week being abolished.”

1. **The Sabbath did _____ start at Mt. Sinai-it is a “_____ ordinance”-Genesis 2:1-3**

2. **In the New Testament era Sunday has _____ Saturday-Luke 24:13, 36, John 20:19,26, Acts 2:1, 20:7, 1 Cor. 16:1, Rev. 1:10**

LBC 22.8 “The sabbath is then kept holy unto the Lord, when men, after a due preparing of their hearts, and ordering their common affairs aforehand, do not only observe an holy rest all day, from their own works, words and thoughts, about their worldly employment and recreations, but are also taken up the whole time in the public and private exercises of his worship, and in the duties of necessity and mercy.”

3. **The Sabbath is for _____ and _____-Mark 2:23-3:6, Acts 20:7**

4. **The Sabbath is a day to be a _____ to others-Matthew 12:1-13, Mark 3:1-6**

Helpful quotes:

“The Lord’s Day is the eighth day the day of new beginnings. As the seventh day was associated with and commemorated the old work of creation, so the first day is associated with and commemorates a new creation...only a new creation could alter a creation ordinance.”

-Samuel Waldron “A Modern Exposition of the Baptist Confession of Faith” page 276 (in the church library)

“That is, thou shalt not on that day do any such thing or work as doth any way hinder thee from keeping an holy rest unto God...when we come home (after corporate worship), the Lord requires that we seriously meditate on that portion of the word of which we have heard, and repeat it to our families.”

-Edward Fisher “The Marrow of Modern Divinity” page 292

“We rest, basically, in order to have time to worship.”

-John Frame “The Doctrine of the Christian Life” page 527

“In Matthew 12, Jesus grounds the Sabbath ordinance in the needs of man as man, not in anything distinctive to the Mosaic economy...The Sabbath is mercy, not oppression.”

-John Frame “The Doctrine of the Christian Life” page 557

“The Sabbath, then, is grounded in both creation and redemption. It is a sign of God’s creative purposes and saving grace...We rest so that we might be free to worship God; and we give God worship, in part, by trusting Him enough to rest”

-Kevin DeYoung “The Ten Commandments” page 67 (in church library)

“It is attributed to Voltaire (hater of Christianity) to have said, ‘If you would destroy the Christian religion, you must first destroy the Christian Sabbath.’”

-J. McDowell Richards “The Lord’s Day” page 85

“The fourth commandment is the most delightful of all the ten to obey... We are instructed not to work, but to praise God...it is a day when we allow our souls to expand in unbounded praise, when we enlarge our understanding of our faith, and when we draw closer to our God as well as to our fellow Christians.”

-Charles Platt “The Lord’s Day” pages 39 & 43