

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

**The Covenant of Works:**

**How Adam failed-Genesis 3:1-6**

**How humanity fails-Romans 7:7**

**The Covenant of Grace:**

**How Christ obeyed- Luke 4:16, 2 Cor. 5:21**

**How believers obey-John 14:15**

### Helpful quotes:

**“He who needed no rest, in the greatness of his condescension, rested from the work which he had creatively made, that by his example he might woo man to his needed rest... These commandments are but the positive publication to Israel of the universal human duties, the common morality of mankind.”**

-B.B. Warfield from sermon, “The Foundations of the Sabbath in the Word of God”

**“My own firm conviction is, that a Church without a Sabbath would not be a Church on the model of Scripture...It is not a yoke, but a blessing. It is not a burden, but a mercy.”**

**“I want everyone to regard Sunday as the brightest, most cheerful day of all the seven; and I tell everyone who finds such a Sunday as I advocate a wearisome day, that there is something sadly wrong in the state of his heart. I tell him plainly that if he cannot enjoy a ‘holy’ Sunday, the fault is not in the day, but in his own soul.”**

**“The plain truth is, that the Sabbath-breaking of the present day is one among many proofs of the low state of vital religion.”**

-J.C. Ryle from sermon, “Sabbath: A Day to Keep”

**“This word, ‘remember,’ shows that we are apt to forget Sabbath holiness; therefore we need a memorandum to put us in mind of sanctifying the day.”**

**“It is not only a day of honor to God—but a day of blessing to us. It is not only a day wherein we give God worship—but a day wherein he gives us grace. On this day a blessing drops down from heaven.”**

**“The heart, which all the week was frozen, on the Sabbath melts with the Word. The Sabbath is a friend to true religion; it files off the rust of our graces; it is a *spiritual jubilee*, wherein the soul is set to converse with its Maker.”**

-Thomas Watson from his sermon series on the 10 commandments

**The Christian sabbath is one of the most precious enjoyments of the visible church. Christ showed His love to His church in instituting it; and it becomes the Christian church to be thankful to her Lord for it.**

Jonathan Edwards from sermon “Perpetuity and change of the Sabbath”