

# The Ten Commandments

Living His Truth for Our Joy

## Exodus 20

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### TRUTH 4: SABBATH DAY REST

**Study Verse Section: Remember** [Heb. זָכוֹר *Qal Infinitive Absolute Verb denoting a continual command lit. "Keep Remembering"*] **the Sabbath day** [Heb. אֶת־יְוָם הַשַּׁבָּת *lit. to stop*] **to keep it holy.** [Heb. לְקַדְּשׁוֹ *lit. set apart*].

#### 1. WHAT IT IS

##### A Sign of the Covenant

Exodus 20:8 (ESV)- "Remember the Sabbath day, to keep it holy.

Exodus 31:13 (ESV)-"You are to speak to the people of Israel and say, 'Above all you shall keep my Sabbaths, for this is a sign between me and you throughout your generations, that you may know that I, the LORD, sanctify you."

##### A Holy Day

Exodus 20:8 (ESV)- "Remember the Sabbath day, to keep it holy.

Exodus 31:14 (ESV)-"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."

#### 2. WHY IT IS NEEDED

##### A. Rhythm

Exodus 20:9 (ESV)- Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the LORD your God.

##### B. Rest

Exodus 20:10 (ESV)- 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.

##### C. Reflection

Exodus 20:11a (ESV)-For in six days the LORD made heaven and earth, the sea, and all that is in them, and rested on the seventh day.

##### D. Rejoicing

Exodus 20:11b (ESV)-Therefore the LORD blessed the Sabbath day and made it holy.

### 3. WHAT IT ISN'T

##### An Excuse

Isaiah 58:13-14a. (ESV)- If you turn back your foot from the Sabbath, from doing your pleasure on my holy day, and call the Sabbath a delight and the holy day of the Lord honorable; if you honor it, not going your own ways, or seeking your own pleasure, or talking idly; then you shall take delight in the Lord,

##### A Restriction

Mark 2:27 (ESV)- And he [Jesus] said to them, "The Sabbath was made for man, not man for the Sabbath."

### 4. APPLICATION

**Stop** Legalism..... **Start** Loving  
**Stop** Lecturing..... **Start** Listening  
**Stop** Lugging..... **Start** Laying  
**Stop** Trying..... **Start** Trusting  
**Stop** Working..... **Start** Worshipping

To live in Godly rhythm, weekly we need Rest and Worship!

**Here Is The Point:** We find our joy in living in Godly rhythm!