

SET IN STONE

WHAT DO WE DO WITH
THE TEN COMMANDMENTS?

Part 4: I Get a Day Off!

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The Fourth Commandment

Remember the Sabbath day, to keep it holy.

– Exodus 20:8 (English Standard Version)

God modeled Sabbath

By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done. – Genesis 2:2-3

God implemented Sabbath

“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.” – Exodus 20:8-11 (ESV)

God reinforced Sabbath

Six days shall work be done, but the seventh day is a Sabbath of solemn rest, holy to the LORD. Whoever does any work on the Sabbath day must be put to death.

– Exodus 31:15 (ESV)

God promised future Sabbath

There remains, then, a Sabbath-rest for the people of God; for anyone who enters God’s rest also rests from his own work, just as God did from his. Let us, therefore, make every effort to enter that rest, so that no one will fall by following their example of disobedience. – Hebrews 4:9-11

Sabbath History

- The original Jewish Sabbath was on Saturday
- The early church observed Sabbath on Sunday to coincide with the resurrection of Jesus (Matthew 28:1; Mark 16:1–2; Luke 24:1; John 20:1; Acts 20:7; 1 Corinthians 16:2)
- The Roman Emperor Constantine made Sunday an official day of rest in 321 A.D.
- The debate over which Sabbath was the right Sabbath is what gave you a two day weekend!

Three Common Responses to the Fourth Commandment

1) Disobedience

2) Legalism

Jesus lived in the spirit of the law as opposed to the letter of the law

- Jesus healed on the Sabbath (Matthew 12:1–14, John 9:1–17)
- Jesus taught on the Sabbath (Mark 6:1–2)
- Jesus rebuked people on the Sabbath (John 7:21–24)

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3) Obedience

- Theologically

(Matthew 11:28–30; Romans 4:5; Colossians 2:16–17)

- Practically

My Decision: I will set aside strategic time in my schedule to honor God with a Sabbath rest – to let God speak to me and to respond in worship and praise.

The Curse of Rejecting the Sabbath

- 1) You worship the god of work and status
- 2) Exhaustion
- 3) Loss of reliance on and devotion to God

The Blessing of Observing the Sabbath

- 1) You worship the One True God through obedience
- 2) Rest and balance in your life
- 3) Increased reliance on and devotion to God

The Big Ten Challenge

I will commit to convene my most important small group (my family) once a week to discuss this week's commandment. We will discuss the commandment questions with honesty and truthfulness and close our time by praying for each other.

Ideas for Husbands and Wives

Take a walk together in silence to a specific location then discuss the questions. Resting your conversation may help you be more honest about this commandment.

Ideas for Families with Young Kids:

Get blankets and pillows and have your discussion time with a resting focus. Have a pillow fight at the end because it's fun!

Ideas for Singles:

Take an intentional break from your spiritual routine and journal out your thoughts about Sabbath. Rest easy and just let the words flow slowly on to the page.

Small Group Discussion Questions



- 1) If you had one day completely free of work, and money was no object, what would you do?
- 2) People relax and rest in many different ways. What works best for you if you are trying to rest? What happens when your family doesn't get enough rest?
- 3) What is your family or individual plan for observing Sabbath? Get specific: Which day? With whom? For what purpose? How often?
- 4) Are there any kinds of activities that you think should not be done on your Sabbath? Why?
- 5) How can we pray for each other tonight?