

"The Sabbath Day in Biblical Perspective"
THE FOURTH COMMANDMENT
Exodus 20:8-11
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INTRODUCTION: Our goal in this message is to understand the purpose of the Jewish Sabbath and its relationship to the Lord's Day, which is the Christian day of worship.

THE SABBATH IN THE OLD TESTAMENT

"Remember the Sabbath day, to keep it holy"

The Sabbath was a day of REST
Genesis 2:2-3
Exodus 20:8-11

The Sabbath was a day of REFLECTION
Deuteronomy 5:12-15

THE SABBATH AND JESUS

By the time of Christ the Sabbath observance had deteriorated into a "day of don'ts."

THE SABBATH REPLACED BY THE LORD'S DAY

The Lord's Day is a day of REJOICING

Since the time of the apostles, the first day of the week has been understood as the Christian day of worship. The Lord's Day and the Jewish Sabbath are not the same. John 20:1; Acts 20:7; I Cor.16:2; Col. 2:16-17; Rom. 14:5

CONCLUSIONS ABOUT OBSERVING THE LORD'S DAY

The regulations of the Sabbath are not transferred over to Sunday in the New Testament (eg. Ex. 35:3)

The principle of one day in seven as a day of rest is woven right into the fabric of the universe. So it is appropriate that Sunday be a day of rest and reflection, and rejoicing in our risen Savior (Heb. 10:24-25).

Sunday should be a day of joy for every Christian. The Jewish week ended in rest. Christians start the week with rest. It reminds us that Jesus is the giver of spiritual rest to those who believe in Him (Heb. 4:9-10).

THE FOURTH COMMANDMENT DISCUSSION QUESTIONS

Martin Luther in his Large Catechism directs that the common people must have a day of rest and refreshment, a day on which they may assemble to "hear and desire God's Word and then praise God with song and prayer." That day could be any day, but from ancient times Sunday has been designated for this purpose.

OBSERVE

Read Exodus 20:8-11 (also Genesis 2:2-3) and Deuteronomy 5:12-15. What reasons are given for keeping the Sabbath?

What did Jesus and his disciples do on the Sabbath that angered the Pharisees? How did Jesus respond to the Pharisees? (Matthew 12:1-14).

INTERPRET

What does it mean not to go your own way and not do as you please on the Sabbath? What is the result of honoring the Sabbath? (Isaiah 58:13-14).

What is Paul teaching in Colossians 2:16-17 and Romans 14:5-6 about the Sabbath and Christians?

APPLY

Is it a sin to work on Sunday (eg. At a job, around the yard, at a restaurant, etc.)? Is it a sin to skip out on church once a month to attend or participate in your favorite sporting event? What does Hebrews 10:24-25 teach us?

The Lord's Day is to be a joyous day for Christians, a day to show your love for Him, a day to break your frantic rhythm and allow Him to recharge you. What are some ways you and your family could best honor the Lord's Day this coming week? – so that you could say: "Lord, this was your day, and this is what we did with it."