



Honor The Sabbath Day

IN YOUR LIFE Exodus 20:8-11

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All Scriptures are printed verbatim with translations noted. • Pastor Joe email address is joe@southreno.com.

In the STUDY VERSE SECTION, God's Holy Word is printed in regular sized text while Pastor Joe's commentary is in the small text.

"It's God's love and grace, not God's law, that has the power to rescue and restore you."

- Paul Tripp



The Ten Commandments Review

God's Original Top Ten



Sabbath, in the first instance, is not just about *worship*. It is about *work stoppage*. It is about withdrawal from the anxiety system of Pharaoh, the refusal to let one's life be defined by production and consumption and the endless pursuit of private well-being.

- Dr. Walter Brueggemann (Exegete and Theologian)

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STUDY VERSE SECTION - Exodus 20:8, NASB95 - ⁸ "Remember [Heb. "absolute imperfect verb" denoting 'a habitual action still in progress'] the Sabbath [Heb. שַׁבָּת, "Sa-BOT," lit., rest or the cessation from labor] day ["Sabbath day" is one of 8 biblical Sabbaths], to keep it holy [Heb. קִדְּשׁ "key-DOSH" lit., "to consecrate" meaning to set apart or make holy unto the Lord].

- The other Seven Sabbaths: Initial (Gen 2), Temporal (Ex. 16), Festival (Lev. 23), Agricultural (Lev. 25), Spiritual (Heb. 3-4), Millennial (Is. 66), and Eternal (Rev. 14).
- This commandment is the longest of all the Ten Commandments.
- Israel didn't honor the Sabbath as God desired and had to be disciplined. (cf., 2 Chron. 36:14-21; Ezek. 20; Isa 58:13-15; Jer. 17:19-27)
- The Pharisees added "forbidden acts" to this commandment so that observing the Sabbath became a *burden* instead of a *blessing*. (cf., Mark 2:23ff)
- There are 39 Hebrew words in this commandment. The Pharisees took those 39 words and multiplied it by 39 and came up with 1,521 things you could not do on the Sabbath. (e.g., You couldn't rescue a drowning man, swat a flea, etc.)

1. The *Explanation* about the Sabbath Day.

Exodus 20:8, GNB - ⁸ "Observe the Sabbath Day and keep it holy.

2. The *Transformation* of the Sabbath Day.

There are historical and theological reasons for the Sabbath now being on Sunday.

Colossians 2:14-16, NLT - ¹⁴ He canceled the record of the charges against us and took it away by nailing it to the cross. ¹⁵ In this way, he disarmed the spiritual rulers and authorities. He shamed them publicly by his victory over them on the cross. ¹⁶ So don't let anyone condemn you for what you eat or drink, or for not celebrating certain holy days or new moon ceremonies or Sabbaths.

Romans 14:5, NASB95 - ⁵ One person regards one day above another... Each person must be fully convinced in his own mind.

3. The *Application* for the Sabbath Day.

A. We are made up of mind, body and soul—each must be addressed on the Sabbath. *All three must rest.*

B. To keep this day HOLY, we must do two things every week:

_____ and _____!

Personal Request from Pastor Joe: Today, when you get home, read Hebrews 10:23-26.

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The answers to the blanks at the end of this SLG are

“ Rest and Worship ”