



The Law of Work and Rest The Fourth Commandment

God's Creative Work and Rest

And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. Gen 2:2

Introduction: The 4th Commandment ends the commandments regarding our relationship to God. God is our example in all things and He is both a working and resting God. Here's the what, how and why of keeping the sabbath wholly.

A. What — Remember

Concerning the Lord's Supper Jesus said, "Do this in remembrance of me." *Lk 22:19* Here God tells us to 'remember' the Sabbath. As God gave us the Lord's Supper so He gave manna [*Exo 16:26*] (before the Law was given) as a shadow of work and rest and the 'rest' that would come from knowing the Messiah as Savior and Lord.

B. How — Follow God's Pattern

- 1. Work:** This part of the commandment does not get much attention. But God set a pattern of 'work' and has a lot to say about work in His Word. [*Pro 18:9; 22:29; 2 Thes 3:10*]
- 2. Rest:** A prescribed solemn rest, a 'holy convocation' unlike the other six days. *Lev 23:3* The Sabbath was also a 'sign' and a covenant to the Jewish people *Exo 31:12-18*.
[NOTE: Heb 4 does not replace the 4th Commandment. Cannan and heaven are pictured as the ultimate rest.]

C. Why — Made for Man

- 1. Sabbath and Redemption:** Moses added a redemptive aspect to the Sabbath in his summary of the Law in *Deut 5:15*. In Egypt they worked 7-days. When they were delivered—they were given the manna principle then the 4th Commandment. When the Messiah came—He delivered us into His redemptive rest.
- 2. Made for Man:** Jesus said, "The Sabbath was made for man, and not man for the Sabbath." *Mark 2:27*. We are called to work and rest because God is a working-resting God.
- 3. Lord of the Sabbath:** In *Mark 2:27* Jesus said, "Therefore the Son of Man is also Lord of the Sabbath." And Paul says in *Col 2:17* that the Sabbath "...was a shadow of the things to come, but the substance belongs to Christ."

Saturday or Sunday?

- The Lord's Day (Sunday) does not replace the 7th day Sabbath.
- The first day of the week observance:
John 20:19; Acts 20:7; I Cor 16:2; Rev 1:10
- Shadow and substance from *Col 2:16-17*:

<u>Shadow</u> (what was to come)	<u>Substance</u> (sign of what came)
Circumcision	Baptism
Passover	Lord's Super
Old Covenant	New Covenant
Sabbath (Saturday)	Lord's Day (Sunday)

Exodus 20:8-11 (NKJV)

(4) :8 "Remember the Sabbath day, to keep it holy. :9 Six days you shall labor and do all your work, :10 but the seventh day is the Sabbath of the LORD your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. :11 For in six days the LORD made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it.

Deuteronomy 5:12-15 (NKJV)

:12 'Observe the Sabbath day, to keep it holy, as the LORD your God commanded you.
:13 Six days you shall labor and do all your work,
:14 but the seventh day is the Sabbath of the LORD your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your ox, nor your donkey, nor any of your cattle, nor your stranger who is within your gates, that your male servant and your female servant may rest as well as you.
:15 And remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there by a mighty hand and by an outstretched arm; therefore the LORD your God commanded you to keep the Sabbath day.

Genesis 2:2-3 (NKJV)

:2 And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done.
:3 Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.