

Sermon Series: The Decalogue

**Sermon title:** "The 4th Commandment"

**Scripture Reading:** Exodus 20:1-17

Clearwater Bay International Baptist Church

May 22, 2022

S.C. Brown, Pastor

### **Introduction.**

My daughter Piper is in the USA now and she is working at one of America's best restaurants, Chick-Fil-A .

Chick-Fil-A is a Christian owned and run restaurant that is famous for their chicken sandwiches and they had revenue of \$5.8 billion USD in 2021.

But there's one thing about Chick-Fil-A that is unusual and that some people don't like.

**They are closed on Sundays!**

Many, like myself, have forgotten that they are closed on Sundays.

I'll never forget running through the Atlanta airport a few years ago, longing for a chicken sandwich only to forget that it was a Sunday.

They have projected that Chick Fila A could earn \$1 Billion more per year if they were open on Sundays.

Why do they close on Sundays?

*"Closing our business on Sunday, the Lord's Day, is our way of honoring God and showing our loyalty to Him,"  
Chick-fil-A's founder, Truett Cathy*

**[slide]**

Well, are Christians supposed to keep the 4th commandment today? If we are to keep this commandment, what does it mean to keep it well?

**Let's pray.**

- Command 1-      Worship the right God/only God.
- Command 2-      Worship God rightly.
- Command 3-      Worship God sincerely.
- Command 4-      Worship God timely.

### **Exodus 20:8-11**

**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 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.

**11** For in six days the LORD made heaven and earth and 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.

**Big idea:**

**From the beginning of creation, God has graciously given his creatures a day per week of worshipful rest from their labors— for their good and his glory.**

**I. The Foundation for this commandment.**

First, I want to look at verses 8 and 11 together and then we will go back and look at 9 and 10.

**8** Remember the Sabbath day to keep it holy.

**11** For in six days the LORD made heaven and earth and 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.

It says first that we are to *Remember!*

It's been mentioned before.

*"Remember to keep the Sabbath."*

It's been talked about before.

In **Exodus 16** when God was going to give them manna from heaven, they were told to not gather any on the 7th day, for it was a Sabbath, a day of rest. They've already been doing this Sabbath thing.

In **Exodus 21:10-12** and **31:12-17** God gave the Jews further reminders about the Sabbath by commanding them to be 'refreshed' on this day. And many other places God commanded them to keep the Sabbath.

But the Sabbath goes all the way back to **Genesis 2**. This is important. It means that this day of rest with God precedes the Law and therefore implies that it is something to be kept for all time in some way.

This day is blessed by God and to be kept holy. God says, "separate this day."

"Set apart this one day."

Make it different than others.

God could have commanded that people set apart 4 days and work 3.

So, God commanded the Jews to remember the Sabbath day and keep it set apart for another use than they did the other days.

## II. The Instructions of this commandment.

9 Six days you shall labor and do all your work

10 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.

Six days you shall labor and do all your work.

So, the first instruction isn't about rest at all but it's about work.

Work six days.

Six days God has given us to work.

It is God's design from the very beginning for us to 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.

Rest one day. You. Your kids. Your helpers. Your animals.

Work your tail off 6 days and rest your tail end one day.

The Puritans called the Sabbath, the "*Market Day of the Soul*".

It's a day for us to rest but since it is to be 'holy' and 'to the LORD', it is not just a day to sleep but to worship. Go to the market six days and *the market of the soul* on the seventh.

**For** in six days the LORD made heaven and earth and 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.

God did it. Aren't we to model God, since we are made in his image?

Also, God commands it. It honors him when we obey. He BLESSED it and made it HOLY.

Do we think we know more than God?

He says we need a day to not work but to worship and rest.

It takes humility to obey God in this.

### **III. The Destination of this commandment.**

The Sabbath rest points us to another rest that we have in Jesus.

The rest Jesus provides from sin in heaven is much greater than the rest the Hebrews experienced after slavery in Egypt.

It also points us and reminds us of the Final Sabbath rest we will have in heaven with God forever.

So, our obeying or not obeying the 4th Commandment now...says something about our final rest.

What does it say?

Maybe it says, "I don't want to worship and be with God. I want the things of this world more."

#### **IV. Questions about this commandment.**

Let's address some questions before we bring it all together in some application.

#### **What day is the Sabbath?**

Well, it is Saturday, the 7th day.

God created man on the 6th day and Adam's first day was a full day of rest with God.

That doesn't mean that work was a product of the Fall since God put Adam in the Garden of Eden to work it and keep it before the Fall.

But it is profound in and of itself that Adam's first full day was a Saturday of rest with God.

Jews always celebrated the Sabbath on the 7th day, Saturday.

Most Christians today celebrate the 'Sabbath' on Sunday. Why do we do that?

Because Jesus rose from the dead on the first day of the week.

To commemorate the Lord's resurrection, the early church moved their 'Sabbath' to the first day of the week, called "The Lord's Day".

### **Revelation 1:10**

I was in the Spirit on the Lord's day, and I heard behind me a loud voice like a trumpet.

## **What does the New Testament teach about the Sabbath?**

First, some of Paul's teaching shows us that we are not to pass judgment on others when it comes to the Sabbath.

### **Romans 14:5-6**

**5** One person esteems one day as better than another, while another esteems all days alike. Each one should be fully convinced in his own mind. **6** The one who observes the day, observes it in honor of the Lord. The

one who eats, eats in honor of the Lord, since he gives thanks to God, while the one who abstains, abstains in honor of the Lord and gives thanks to God.

### **Colossians 2:16**

**16** Therefore let no one pass judgment on you in questions of food and drink, or with regard to a festival or a new moon or a Sabbath.

Jesus himself helps us a lot when it comes to the Sabbath.

### **Mark 2:27**

Jesus says that, "the Sabbath was made for man not man for the Sabbath."

### **Are we still to obey the Sabbath commandment?**

Yes, but not in the way the Jews were supposed to. It was a capital offense for them, punishable by death. We are neither to throw it out like Antinomians who don't believe in the Law...

But we are also not to become legalistic and lean toward being like Pharisees where we create all kinds of rules to make it more strict.

I think.....

**From the beginning of creation, God has graciously given his creatures a day per week of worshipful rest from their labors– for their good and his glory.**

And we honor him when we do things his way.

## **V. Applications for this commandment.**

It would do us all some good to ponder how we can obey this.

Some need to work harder because their propensity is to be lazy.

Some need to stop working on Sunday because that's all you do is work.

We live in a world and particularly in a city that is overworked.

“Nothing less than a command has the power to intervene in the vicious, accelerating, self-perpetuating cycle of faithless and graceless busy-ness.”

**Eugene Peterson**

I've personally struggling with this right now.

I need to do a better job of resting one day a week.

So what do you need to do personally. Consider it.

Secondly, don't make your helper work on Sunday for you.

You should give them a day off to worship and rest.

Thirdly, this point of working 6 days is very important.

9 Six days you shall labor and do all your work

10 but the seventh day is a Sabbath to the LORD your God.

Could it be the reason why we struggle with resting and worshipping and giving ourselves totally to our Sunday is because we fritter away our time and don't work hard the other 6 days?

Work hard six days so that you can give your whole Sunday to worship and fellowship and rest.

Don't just attend the service on Sunday here and then rush home to work.

NO! Spend lunch with your brothers and sisters.

Hang out afterwards. Then go home and rest and listen to some praise music and refresh your soul.

Come early. Stay late. Love deeply.

Maybe you're here today and you are tired.

Tired of life. Tired of messing up.

Jesus promises to give rest now and has provided a place of rest, an eternal Sabbath in heaven.

You can have rest and peace in Christ alone.

Jesus said, "Come all of you who are weary and heavy burdened and I will give you rest for your souls."

Come to him. Find rest. Find forgiveness and peace.