

## Law 4: Work and Leisure

### Exodus 20:8–11

<sup>8</sup> *“Remember the Sabbath day, to keep it holy. <sup>9</sup> Six days you shall labor, and do all your work, <sup>10</sup> 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. <sup>11</sup> 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.*

### REMEMBERING THE SABBATH

1. What Does God Command Us To Do?
2. How Are We To Keep The Sabbath Holy?
  - 1) Work The Other Six Days
  - 2) By Worshiping the Lord on His Day
  - 3) By Ceasing From Work
3. Why Are We To Keep The Sabbath Holy?
  - 1) We are called to work and rest because we serve a working, resting God.
  - 2) It reminds God's people that they had been delivered from slavery. (Deuteronomy 5:15)

### THE LORD'S DAY

Jesus is the fulfillment of the fourth commandment, as He is of all the others. The Old Testament Sabbath pointed to the full and final rest that can only be found in Him.

The apostles observed their day of worship and rest on the day that Jesus rose from the dead.

(John 20:19; Acts 20:7; 1 Corinthians 16:1-2; Revelation 1:10)

*“Christ took the Sabbath into the grave with Him and brought the Lord's Day out of the grave with Him on the resurrection morn.”*

~ B. B. Warfield

The Lord's Day is for worship.

The Lord's Day is for mercy.

The Lord's Day is for rest.

### REFLECTION

- \* Am I keeping the Sabbath principle in a way that honors God?
- \* Do I need to make some changes in how I spend my Sundays?