



The fourth commandment

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 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. NKJV

I. The Origin

Gen 2:1-3 Thus the heavens and the earth, and all the host of them, were finished. 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. NKJV

Lev 23:3 'Six days shall work be done, but the seventh day is a Sabbath of solemn rest, a holy convocation. You shall do no work on it; it is the Sabbath of the Lord in all your dwellings. NKJV

II. The Purpose Sabbath

A. A Sign of Covenant

Exo 31:12-13  
12 And the LORD spoke to Moses, saying, 13 "Speak also to the children of Israel, saying: 'Surely My Sabbaths you shall keep, for it is a sign between Me and you throughout your generations, that you may know that I am the LORD who sanctifies you. NKJV

Exodus 20:8 "Remember the Sabbath day, to keep it holy. NKJV

Deuteronomy 5:12 'Observe the Sabbath day, to keep it holy, as the LORD your God commanded you.

"keep/observe" = act of obedience

Obeying is keeping His covenant

## B. Strengthening the bonds

With God and family

Eating together meals at the beginning and end of Shabbat

Mary & Martha – Mary chose the better thing



## C. Prophetic Sabbath

Heb 4:9-11

9 There remains, then, a Sabbath — rest for the people of God; 10 for **anyone who enters God's rest also rests from his own work**, just as God did from his. 11 Let us, therefore, make every effort to enter that rest, so that no one will fall by following their example of disobedience. NIV

Eternity is now

John 17:3 Now this is eternal life: that they may know you, the only true God, and Jesus Christ, whom you have sent. NIV



## III. The Misunderstanding of the Sabbath

Religiousness brought a misunderstanding of the Sabbath

Mark 3:4 Then He said to them, "Is it lawful on the Sabbath to do good or to do evil, to save life or to kill?" But they kept silent. NKJV



## IV. Celebration of The Sabbath



## V. Yeshua and The Sabbath

Mark 2:23-28, 23 Now it happened that He went through the grainfields on the Sabbath; and as they went His disciples began to pluck the heads of grain. 24 And the Pharisees said to Him, "Look, why do they do what is not lawful on the Sabbath?" 25 But He said to them, "Have you never read what David did when he was in need and hungry, he and those with him: 26 how he went into the house of God in the days of Abiathar the high priest, and ate the showbread, which is not lawful to eat, except for the priests, and also gave some to those who were with him?" 27 And He said to them, "The Sabbath was made for man, and not man for the Sabbath. **28 Therefore the Son of Man is also Lord of the Sabbath.**" NKJV



Mat11:28-30, "28 Come to Me, all you who labor and are heavy laden, and I will give you rest. 29 Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For My yoke is easy and My burden is light." NKJV



### VI. When Should We Observe the Sabbath?

Rom 14:1-6

14:1 Receive one who is weak in the faith, but not to disputes over doubtful things. 2 For one believes he may eat all things, but he who is weak eats only vegetables. 3 Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him. 4 Who are you to judge another's servant? To his own master he stands or falls. Indeed, he will be made to stand, for God is able to make him stand. **5** One person esteems one day above another; another esteems every day alike. Let each be fully convinced in his own mind. **6 He who observes the day, observes it to the Lord; and he who does not observe the day, to the Lord he does not observe it.** NKJV



### VII. What Then Is The Sabbath?

- a. It is a day of rest.  
Genesis chapter 2, - God rested  
Exodus 20 – Commandment
- b. An act of faith – the manna  
Exodus 16:4 – 5. 22 – 31



### c. Different Kinds of Sabbaths

- Weekly Sabbaths
- The Feasts of the Lord (Leviticus 23)
- The seventh year (Leviticus 25:4-7)
- The fiftieth year (Leviticus 25:10-12)

### d. It Is a Time for Worship and Fellowship

Holy convocation – Lev 23:3  
Hebrews 10:24 – 25; do not forsake gathering together



Let us endeavour to keep the Sabbath

