

# Torah Studies

# Exodus: *Shemot* or Names

## The Fourth Commandment Exodus 20:8-11



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# The Fourth Commandment

## Exodus 20:8-11

Introduction



# The Fourth Commandment

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Previously in Exodus:



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Previously in Exodus:

- We've been going through the Ten Commandments one by one.
- So far, we've looked at Commandments One, Two and Three.



# The Fourth Commandment

Exodus 20:8-11

Introduction

What to expect in Exodus 20:8-11:



# The Fourth Commandment

## Exodus 20:8-11

## Introduction

What to expect in Exodus 20:8-11:

- The Fourth Commandment deals with the Sabbath.
- We'll see that God not only commanded a day of rest, but He tied the logic of it back to the creation story.



Torah Studies

Confidence in God's Word



## Torah Studies

## Confidence in God's Word

- Psalm 119:149-152 (NKJV)

149 Hear my voice according to Your lovingkindness;  
O Lord, revive me according to Your justice.

150 They draw near who follow after wickedness;  
They are far from Your law.



## Torah Studies

## Confidence in God's Word

- Psalm 119:149-152 (NKJV)

151 You are near, O Lord,

And all Your commandments are truth.

152 Concerning Your testimonies,

I have known of old that You have founded them  
forever.



# The Fourth Commandment

## Exodus 20:8-11

The Text





# The Fourth Commandment

Exodus 20:8-11

The Text



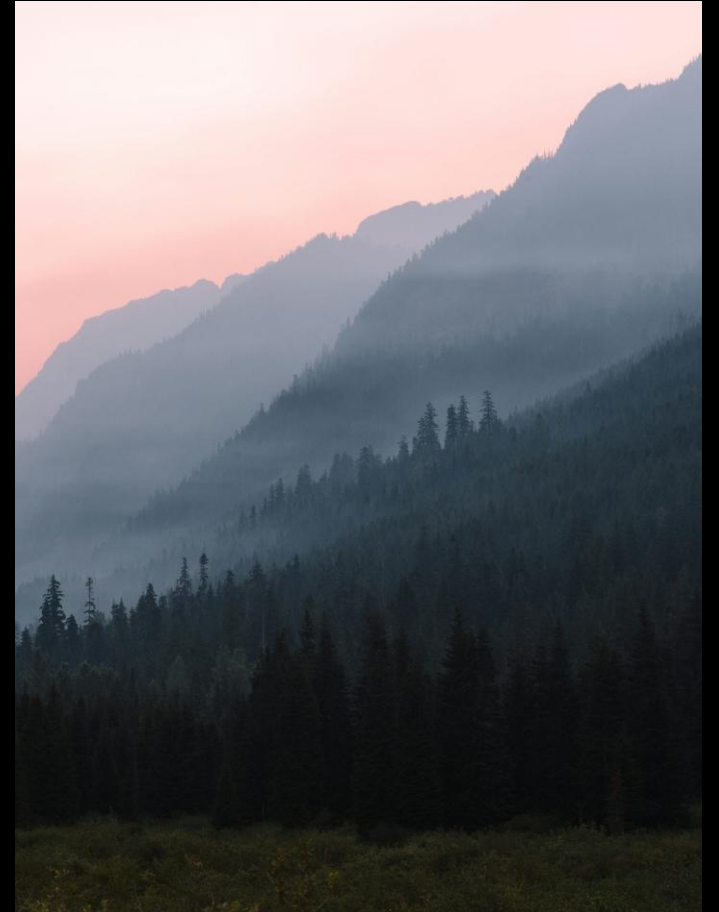
- Let's read the text of this commandment together.
- I'm reading from the ESV.



# The Fourth Commandment

## Exodus 20:8-11

## Message Outline



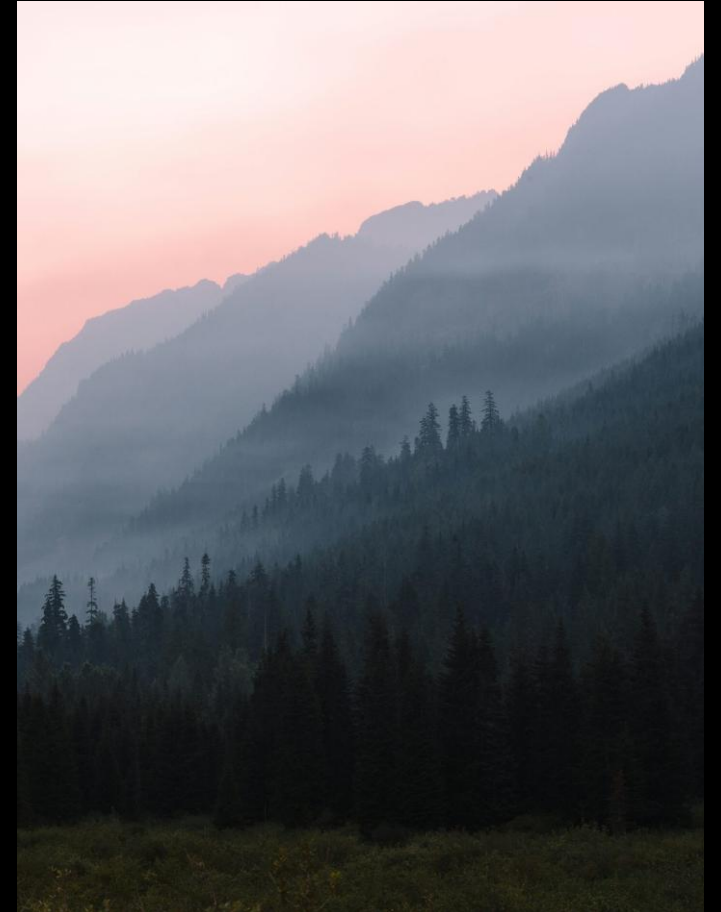


# The Fourth Commandment

## Exodus 20:8-11

## Message Outline

- I. Discussion of the Text
- II. A Gift of Rest
- III. A Day of Worship
- IV. Fulfillment in Christ





# I. Discussion of the Text





# I. Discussion of the Text



- 20:8 Remember the Sabbath day, to keep it holy
- The command is to “remember” (*zakar*) the Sabbath by keeping it “holy” (*qadosh*).



# I. Discussion of the Text



- **20:8** This calls us to actively honor the Sabbath as a holy pause.
- Israel was supposed to see it as part of God's redemptive relationship with them.



# I. Discussion of the Text



- **Deuteronomy 5:15**

You shall remember that you were a slave in the land of Egypt, and the Lord your God brought you out from there with a mighty hand and an outstretched arm. Therefore the Lord your God commanded you to keep the Sabbath day.



# I. Discussion of the Text



- **20:8** We too can see it as a time to remember God's saving relationship with us in Christ.



# I. Discussion of the Text



- **20:9-10** These verses establish six days for work and one for rest.
- “Sabbath” (*shabbat*, from *shavat*, “cease”) means stopping productive labor (*melakhah*).
- This includes family, servants, animals, and sojourners (foreign residents).



# I. Discussion of the Text



- **20:9-10** The Sabbath's inclusive rest promotes a fair and just society.
- God's provision is for everyone.



# I. Discussion of the Text



- **20:11** The commandment grounds the Sabbath in God's six-day creation and seventh-day rest.
- At that time, He blessed and sanctified the seventh day.
- He set a divine rhythm.



# I. Discussion of the Text



- **Genesis 2:2-3**

2 And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done.

3 So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.



# I. Discussion of the Text



- **20:11** The Sabbath was a covenant sign, with neglect of that sign carrying consequences.
- God expected His people to express obedience by honoring the rhythm that He established.



# I. Discussion of the Text



- Exodus 31:12-13

12 And the Lord said to Moses,  
13 “You are to speak to the people of Israel and say, ‘Above all you shall keep my Sabbaths, for this is a sign between me and you throughout your generations, that you may know that I, the Lord, sanctify you.’”



# I. Discussion of the Text



- **Jeremiah 17:27**

But if you do not listen to me, to keep the Sabbath day holy, and not to bear a burden and enter by the gates of Jerusalem on the Sabbath day, then I will kindle a fire in its gates, and it shall devour the palaces of Jerusalem and shall not be quenched.



# I. Discussion of the Text



- Also see **Nehemiah 13:15-22** for an example of Sabbath violations after the people returned from exile.
- Nehemiah, as governor under the Persian king, struggled to fulfill this law in Jerusalem.



# I. Discussion of the Text



- God expects us take the 6 + 1 pattern seriously.
- By grounding it on the creation story, He makes a day of rest part of His original design.



## II. A Gift of Rest





## II. A Gift of Rest

- The Sabbath is a divine gift to prevent burnout and restore us physically, emotionally, and spiritually.
- Keeping it is a way to reflect trust in God's sufficiency.





## II. A Gift of Rest

- **Mark 2:27**

And he said to them, “The Sabbath was made for man, not man for the Sabbath.”





## II. A Gift of Rest

- God gave the Sabbath as a gift to bless us with rest, not to burden us with rules.





## II. A Gift of Rest

- Colossians 2:16

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.





## II. A Gift of Rest

- The Sabbath is not framed as a rigid requirement in the New Testament.
- Still, ceasing work on the Sabbath is an act of faith, trusting God to provide.
- We see this in the manna story where God told Israel to rest.





## II. A Gift of Rest

- Exodus 16:27-30

27 On the seventh day some of the people went out to gather, but they found none. 28 And the Lord said to Moses, “How long will you refuse to keep my commandments and my laws? 29 See! The Lord has given you the Sabbath ...





## II. A Gift of Rest

- Exodus 16:27-30

... therefore on the sixth day he gives you bread for two days. Remain each of you in his place; let no one go out of his place on the seventh day.” 30 So the people rested on the seventh day.





## II. A Gift of Rest

- God provided enough manna on the sixth day to get people through the seventh.
- Stopping work one day per week shows we trust Him to meet our needs.





## II. A Gift of Rest

- Once again, the command extends rest to all – family, servants, animals, sojourners.
- This promoted equality and care in God's covenant community.





## II. A Gift of Rest

- Exodus 23:12

Six days you shall do your work, but on the seventh day you shall rest; that your ox and your donkey may have rest, and the son of your servant woman, and the alien, may be refreshed.





## II. A Gift of Rest

- Maybe you are asking, “What about the seventh day – Saturday – for the Sabbath?”
- We keep Sunday separate, is that OK?
- If anything, the New Testament de-emphasizes the Sabbath.





## II. A Gift of Rest



*The principle is still a good one.  
We should rest one day a week.  
But Paul exhorted the Colossian  
Christians to not let anyone  
judge them concerning sabbaths  
(Col. 2:15) ...*

*– Chuck Smith,  
Calvary Chapel Costa Mesa*



## II. A Gift of Rest



*... So I won't judge those who choose to make Saturday their day of rest, and they shouldn't judge me if my day of rest is usually Tuesday.*

*— Chuck Smith,  
Calvary Chapel Costa Mesa*



## II. A Gift of Rest

- The Sabbath is God's gift of rest, calling us to pause, trust Him, and extend rest to others.





### III. A Day of Worship





### III. A Day of Worship



- Keeping the Sabbath holy means dedicating it to worship, delighting in God's presence rather than treating it as ordinary.
- See 20:8.



### III. A Day of Worship



- **Isaiah 58:13-14**

13 “If you turn back your foot from the Sabbath,

from doing your pleasure on my holy day,

and call the Sabbath a delight and the holy day of the Lord honorable ...



### III. A Day of Worship



- **Isaiah 58:13-14**

... if you honor it, not going your own ways,

or seeking your own pleasure, or talking idly;

14 then you shall take delight in the Lord ...



### III. A Day of Worship



- **Isaiah 58:13-14**

... and I will make you ride on the heights of the earth;

I will feed you with the heritage of Jacob your father,

for the mouth of the Lord has spoken.”



### III. A Day of Worship



- The Sabbath is a day to worship God joyfully, setting it apart as His holy time.



### III. A Day of Worship



- Worship flows from a grateful heart.
- Remember our “Inside and Out” rule.
- It recalls God’s creation and redemption.
- Earlier we cited **Deuteronomy 5:15**.



### III. A Day of Worship



- Deuteronomy 5:15

You shall remember that you were a slave in the land of Egypt, and the Lord your God brought you out from there with a mighty hand and an outstretched arm. Therefore the Lord your God commanded you to keep the Sabbath day.



### III. A Day of Worship



- Sabbath worship involves remembering our salvation, meditating on God's Word and gathering with His people.
- This has the effect of strengthening our New Covenant bonds.



### III. A Day of Worship



- Make Sunday a day to intentionally connect with God and with other believers in Jesus Christ.



## IV. Fulfillment in Christ





## IV. Fulfillment in Christ

- Jesus fulfills the Sabbath's purpose as its Lord.
- He teaches that it serves humanity's good.
- It is not a legalistic burden.





## IV. Fulfillment in Christ

- Mark 2:27-28

27 And he said to them, “The Sabbath was made for man, not man for the Sabbath. 28 So the Son of Man is lord even of the Sabbath.”





## IV. Fulfillment in Christ

- Jesus fulfills the Sabbath, guiding us to its heart – rest and worship, not rigidity.





## IV. Fulfillment in Christ

- The Sabbath points to the ultimate rest Jesus offers, freeing us from sin's liability.





## IV. Fulfillment in Christ

- John 19:28-30

28 After this, Jesus, knowing that all was now finished, said (to fulfill the Scripture), "I thirst."

29 A jar full of sour wine stood there, so they put a sponge full of the sour wine on a hyssop branch and held it to his mouth ...





## IV. Fulfillment in Christ

- John 19:28-30

... 30 When Jesus had received the sour wine, he said, “It is finished,” and he bowed his head and gave up his spirit.





## IV. Fulfillment in Christ

- Through the cross, Christ completed the work of atonement for us.
- The burden of our sin has been lifted, and we are free.





## IV. Fulfillment in Christ

- **Matthew 11:28-30**

28 Come to me, all 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.





## IV. Fulfillment in Christ

- 2 Corinthians 5:19-20

19 ... in Christ God was reconciling the world to himself, not counting their trespasses against them, and entrusting to us the message of reconciliation ...





## IV. Fulfillment in Christ

- 2 Corinthians 5:19-20

... 20 Therefore, we are ambassadors for Christ, God making his appeal through us. We implore you on behalf of Christ, be reconciled to God.





## IV. Fulfillment in Christ

- Jesus is our true Sabbath, offering eternal rest through His grace.





## IV. Fulfillment in Christ

- In Christ, we live out Sabbath rest every day, trusting His finished work.
- Any sense of striving toward God on our part is gone.
- We achieve that relationship by resting in Him.

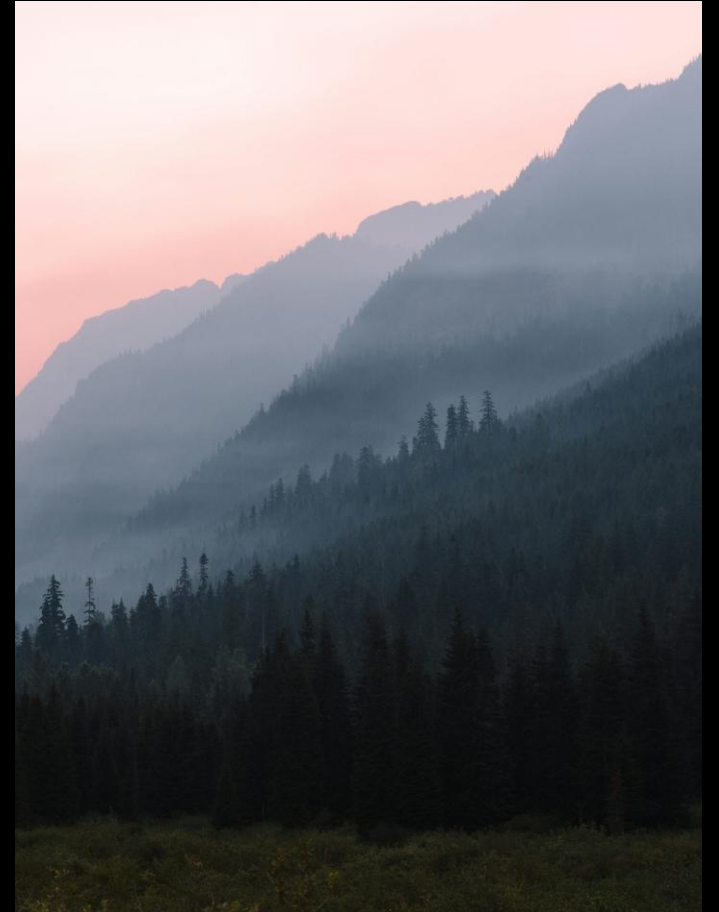




# The Fourth Commandment

## Exodus 20:8-11

## Conclusions



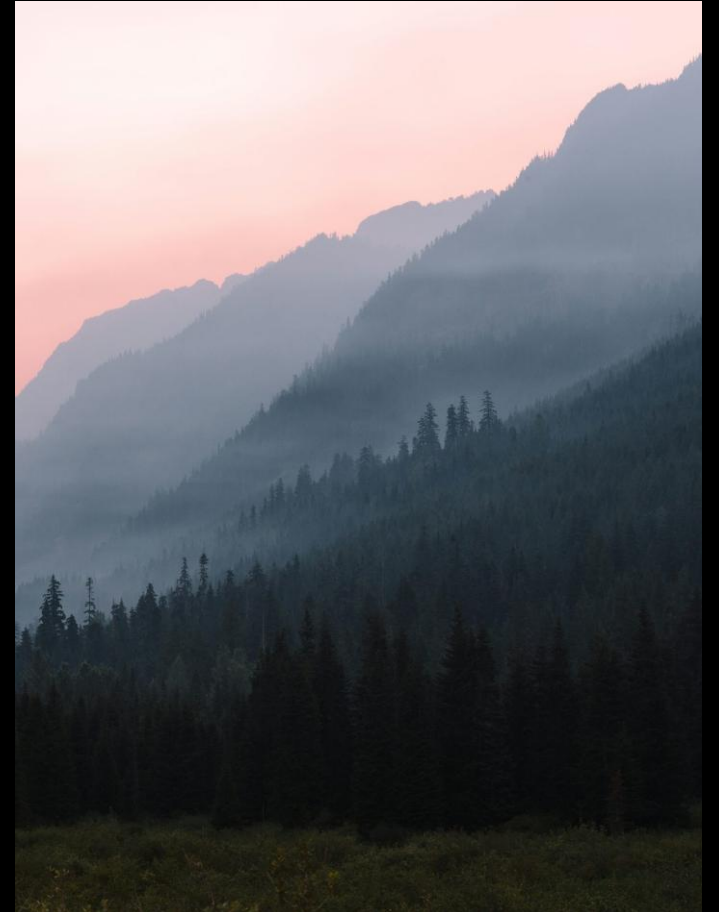


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A Gift of Rest





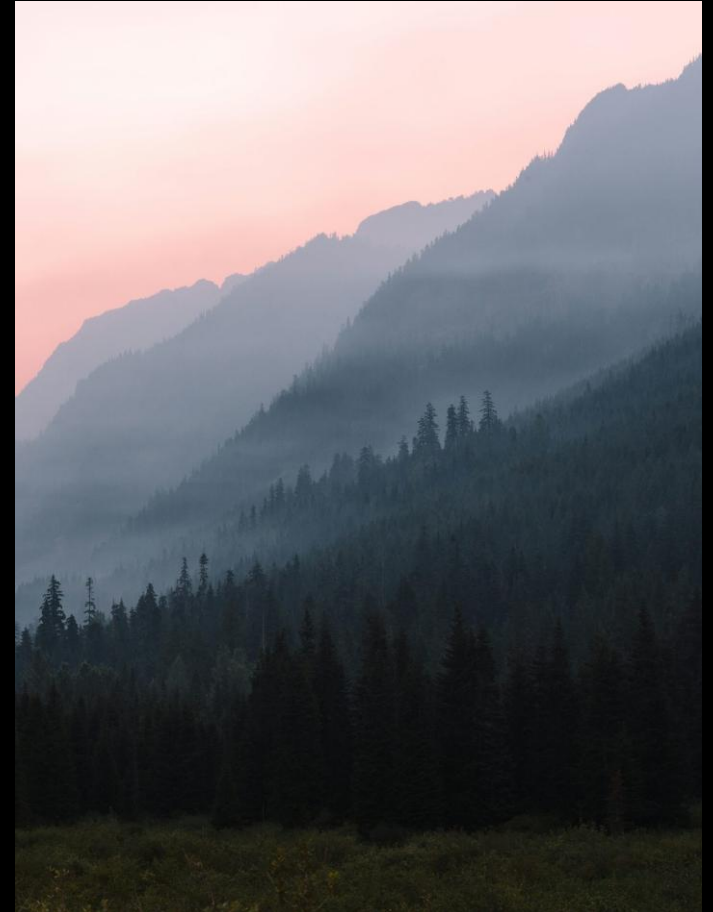
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### A Gift of Rest

- The Sabbath is God's gracious gift, inviting us to pause from work and trust His provision.
- By resting, we honor Him as our Provider and extend His care to others.





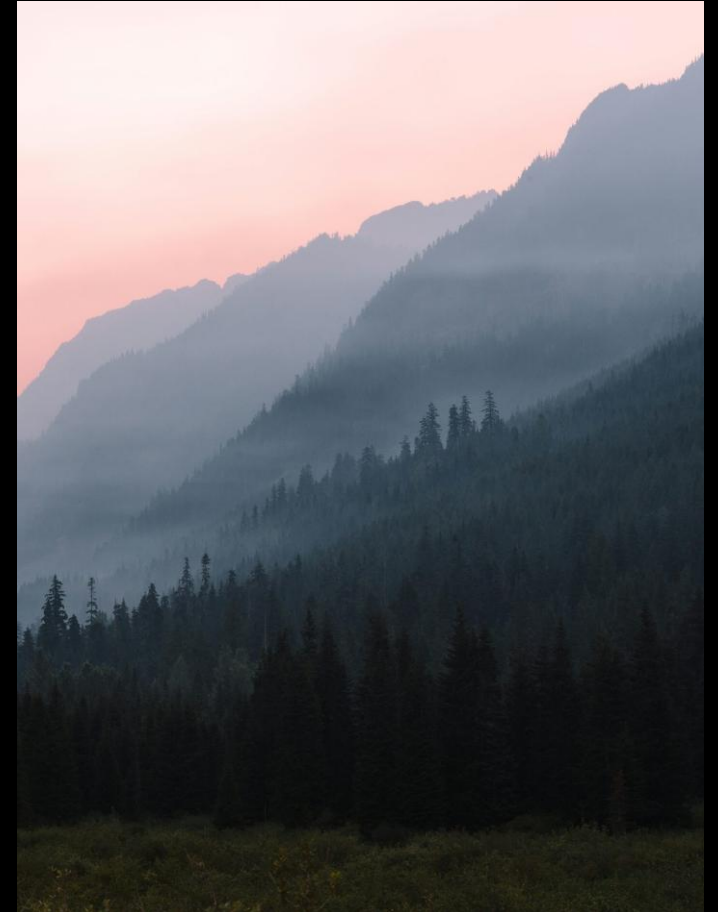
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## Conclusions

### A Gift of Rest

- God's gift of Sabbath rest frees us from endless striving, renewing our trust in Him.
- Sabbath rest refreshes us for His service.



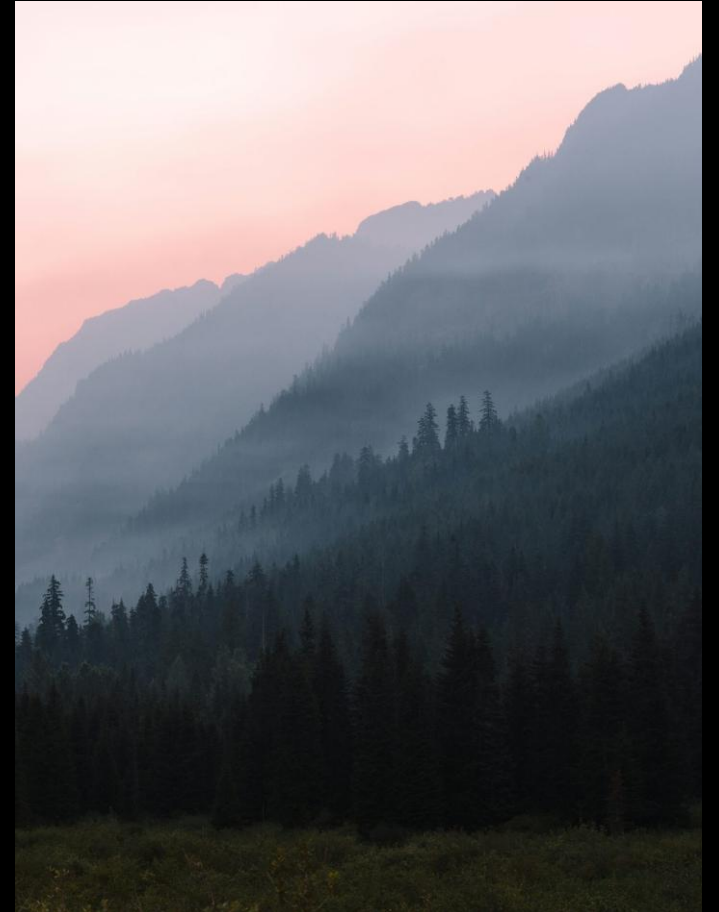


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Exodus 20:8-11

A Day of Worship

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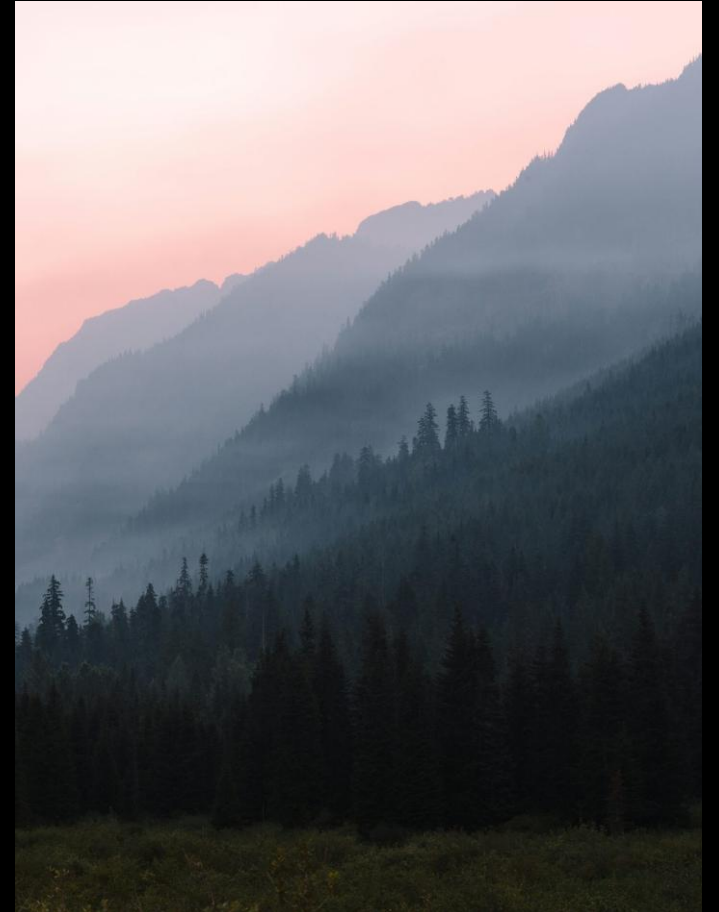
# The Fourth Commandment

## Exodus 20:8-11

## Conclusions

### A Day of Worship

- The Sabbath calls us to set apart a day for joyful worship, delighting in God's presence and Word with a grateful heart.
- Through worship, we honor His holiness and strengthen our covenant bond.





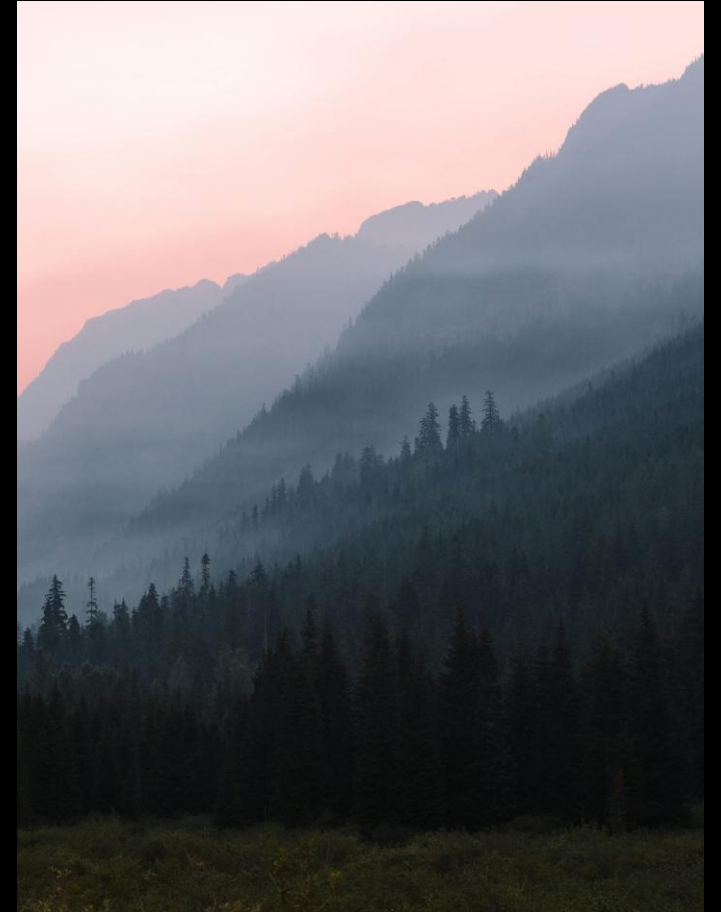
# The Fourth Commandment

## Exodus 20:8-11

## Conclusions

### A Day of Worship

- The Sabbath is a day to worship God with joy, deepening our love for Him and His people.



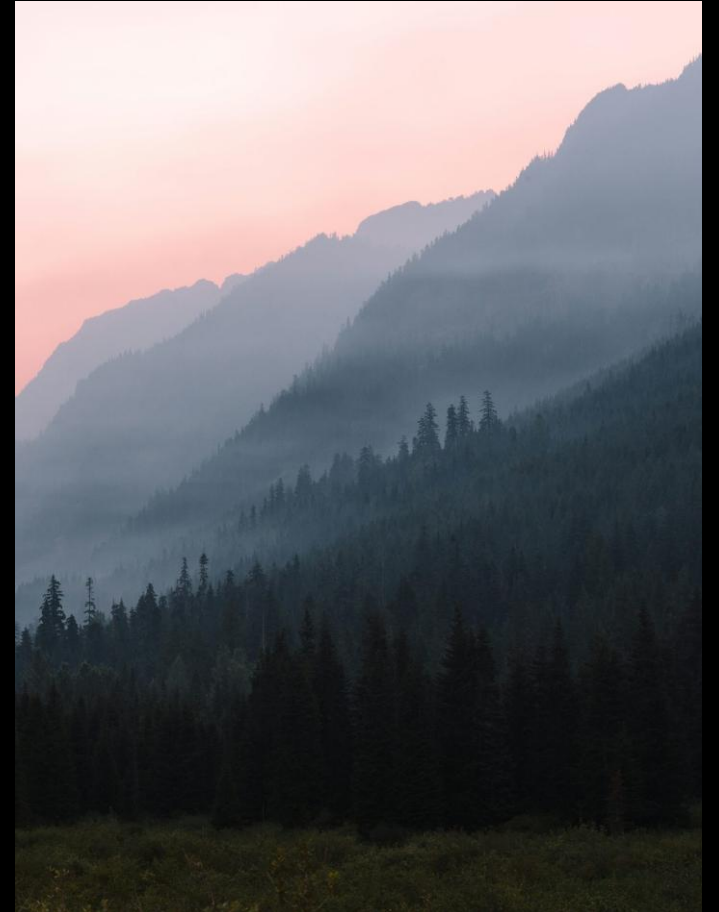


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Exodus 20:8-11

Fulfillment in Christ

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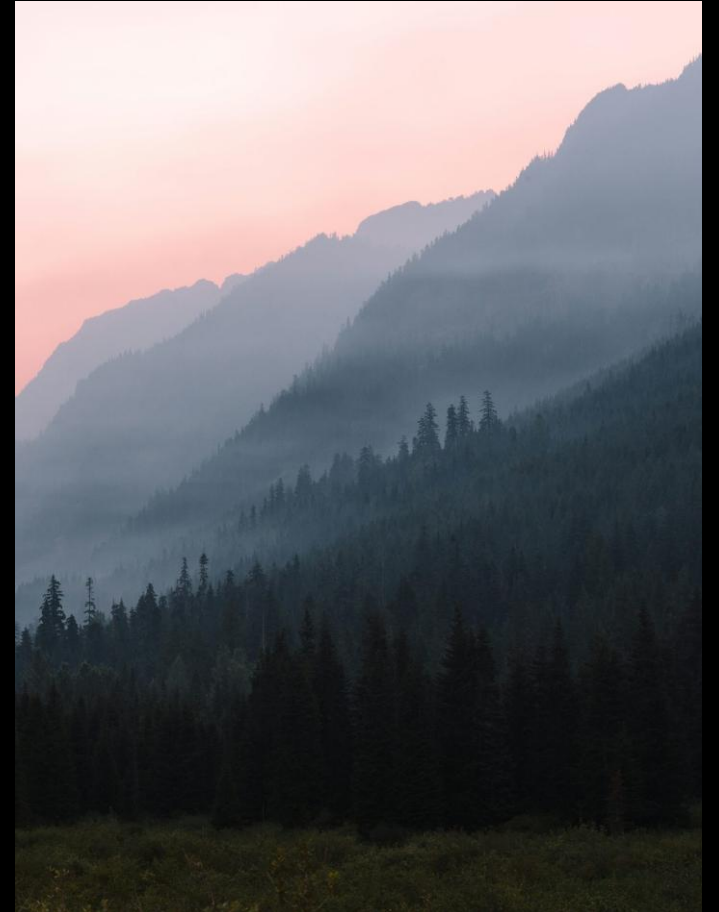
# The Fourth Commandment

## Exodus 20:8-11

## Conclusions

### Fulfillment in Christ

- Jesus, the Lord of the Sabbath, fulfills its purpose, offering eternal rest through His grace.
- He calls us to live His rest daily.





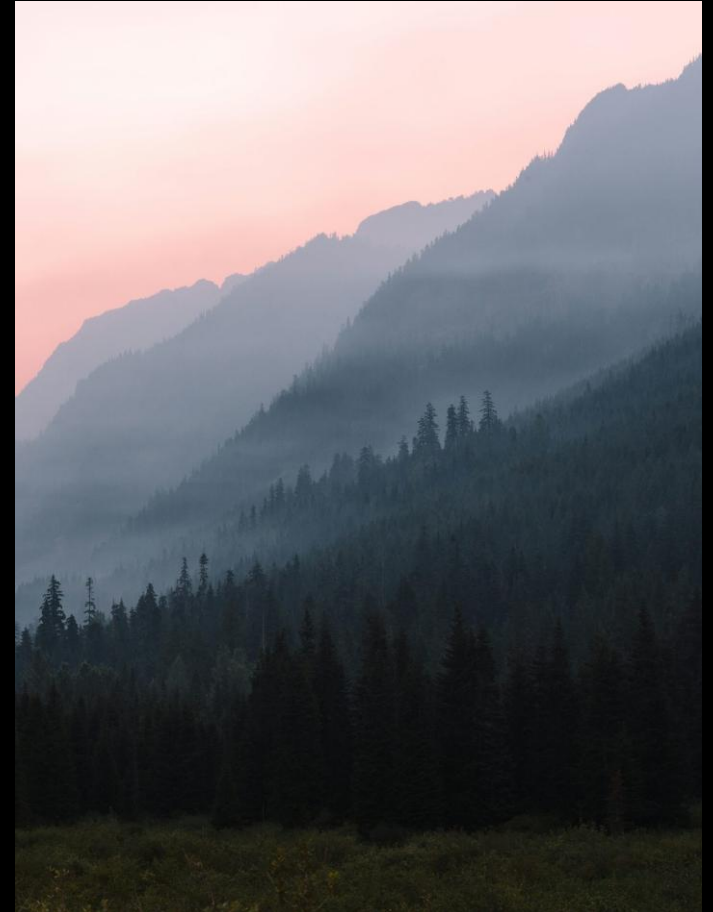
# The Fourth Commandment

## Exodus 20:8-11

## Conclusions

### Fulfillment in Christ

- In Him, we find true peace and purpose, honoring the original heart of the Sabbath.
- Jesus fulfills the Sabbath, inviting us to rest in His salvation every day.
- We look forward to the fulfillment of our eternal life in Him.





# The Fourth Commandment

## Exodus 20:8-11

## Conclusions

### Fulfillment in Christ

- Hebrews 4:9-10

9 So then, there remains a Sabbath rest for the people of God, 10 for whoever has entered God's rest has also rested from his works as God did from his.

