

The Ten Commandments (4): The Believer's Special Day

Exodus 20:8-11

I. Two Observations on the Fourth Commandment

- A. The Fourth Commandment is the longest commandment.
- B. The Fourth Commandment is the only commandment not repeated in the New Testament.

II. The Purpose of the Sabbath

- A. The Fourth Commandment directs us to be involved in productive labor (Exodus 20:9; Genesis 2:15; Ecclesiastes 5:12).
- B. The Fourth Commandment directs us to make time to rest (Exodus 20:10; Mark 2:27).
 - 1. God instituted the Sabbath for our physical well-being (Exodus 20:11; Genesis 2:2-3).
 - 2. God instituted the Sabbath for our emotional well-being (Exodus 31:17).
 - 3. God instituted the Sabbath for our spiritual well-being (Deuteronomy 5:12-15).

III. The Challenge of the Sabbath

- A. God Focus: Reflect on Jesus' finished work.
- B. You Focus: Enjoy a relaxing activity.
- C. Others Focus: Build relationships and do good deeds.