

10 Words of Grace. A Study of the Ten Commandments.

Week #5: Exodus 20. Remember the Sabbath Day

October 14, 2018

Opening Questions

Share with each other your normal Sunday routine. Is it different now from when you were young? How does your Sunday compare with what your parents and grandparents did on Sunday? In which direction is our society moving with regards to treating Sunday with special respect?

Commandment in Old Testament Context

Our Sabbath keeping is rooted in God's creative work. **Read Gen 2:1-3.**

On the seventh day God rested. What did he rest from? Why might He have rested? What does it mean that God blessed the seventh day and made it holy?

Look at the fourth commandment in **Exodus 20:8**. The commandment is expansive in terms of who God asks to keep the Sabbath. Why would foreigners, slaves and even animals be required to keep Sabbath?

How was Sabbath well kept? See **Isa 58:13**.

How was Sabbath broken? See **Jer 17:22**, **Eze 20:21** esp. **Amos 8:4-5**.

What was the intended result of Sabbath for those who obeyed? See **Exod 23:12**.

By the time of Christ, Sabbath laws had evolved into a complicated set of legalistic customs and rules. These continue today in Israel with the Sabbath elevator as an example. This elevator's doors open automatically and it stops at every floor in order that the user not have to "work" by opening the door or pressing a button.

New Testament Comments on Sabbath

Read Matt 12:9-13 and/or Mark 2:23-28. What statement was Jesus making about how Sabbath was being used?

Read Colossians 2:16-17. What would you say if someone said this passage means we are free to treat every day the same?

Application

Many Christians apply a liberal attitude toward Sunday. Sports, work and other commitments often interfere with resting, being refreshed and spending the day honoring God. Are you moving in a direction of increasing obedience to Sabbath or a direction away from resting, relaxing and honoring God?

Could you or should you as a business owner close on Sunday to allow your staff and customers to rest and possibly attend church? What would you say to a Christian burdened with guilt because they had to work on Sunday or risk losing their employment?

Jesus seemed to have no qualms adjusting people's schedules. "Follow me," He said to the fishermen. If you could email your weekly schedule to Jesus with the comment "Lord, please amend as appropriate." What do you think He would send you back? What activities would be crossed out? And what new things would be found?

Memorize the 4th Commandment this week.