

The Fourth Commandment

Read: Exodus 20:8-11

Main idea: The fourth commandment reminds us that God wants us to make sure that He, not our work, remains our primary focus, our source of identity and what we trust for the future.

Key Verses: “Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work...” (20:8-10 ESV)

Key Principles:

- Israel was to take 1 day a week to remind them that they were special because God loved them, had compassion on them, called them out and had a purpose for them.
- Because our work is so central to who we are, our identity quickly becomes wrapped up in our work.
- Work is the primary instrument that God uses to meet our physical needs, so we quickly start trusting our work, rather than God, to take care of us in the future.
- In Jesus’ resurrection we see the fullness of God’s purpose for, and promises to His creation.
- God declared the 1st Sabbath after creation and rested, but because of sin God got back up from His rest, and started to work again, not on creation, but on redemption.
- In the resurrection, we see the proof of God’s promises to take care of us.
- Even though we are freed from the technicalities of Sabbath law, we are still God’s people and should still observe the principles of the Sabbath.

Discussion:

1. The fourth commandment is really about asking this question: Who do you trust to take care of you? Explain.
2. Why is this commandment concerned with the sanctity of time? What is the significance of time as it pertains to your spiritual life?
3. Read Colossians 2:16-17. What does this have to do with the fourth commandment? How has Christ coming changed the way we understand it?
4. Read Matthew 11:28-30. What does this have to do with the fourth commandment? How should we practice trust and rest in Christ now?
5. How can we observe the Sabbath today without being legalistic about specific days or times and yet still trust God to provide for our needs?

Prayer:

- Pray that we would rest, refocus and remember the Gospel weekly.
- Pray:
 - That we would remember that God provides the time that we need to serve Him.
 - That we would give thanks to God for providing for our physical and spiritual needs.
 - That we would live a life free of fear, anxiety and worry as a testimony to the world.

IV: The Sanctity of Time

Exodus 20:8-11

Exodus 20:8 - *Remember the Sabbath day, to keep it holy.*

I. What is the Sabbath?

1. It is a sign of God's covenant. Exodus 31:12-17
2. It is a time of refreshment. Exodus 23:12
3. It is a day of liberation. Luke 13:15-16
4. It is a day of testimony. Exodus 16:27-30

II. What sins are prohibited?

1. Do not be afraid. Psalm 23:4
2. Do not be anxious. Matthew 6:25, 34
3. Do not worry. Romans 8:28
4. Do not chase your independence. 2 Corinthians 3:5

III. What duties are required?

1. Put your trust in Christ. Colossians 2:16-17
2. Find your rest in Christ. Matthew 11:28-30
3. Trust your eternity to Christ. Hebrews 4:9-10

NEXT WEEK:

V: The Sanctity of Human Authority

Exodus 20:12