

## **Making Life Make Sense** **(Transformed by the 10 Commandments)**

By this we know that we love the children of God, when we love God and obey his commandments. **1John 5:2**

### **Session 4:**

<sup>8</sup> “Remember the Sabbath day, to keep it holy. <sup>9</sup> Six days you shall labor, and do all your work, <sup>10</sup> but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. <sup>11</sup> For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

**Exodus 20:8-11**

### **The Commandment of Sanctification and Relationship**

The word Holy does mean set apart, but what makes things holy is not when we set it apart but when God does. God gave six days and asked us to rest on the seventh and sanctify it. The fourth commandment tells us one day is to be the Sabbath, its sort of a gift from God to be recognized as such. God is telling us this day of rest is needed and should be treated as special. It's a special time to reconnect with our relationships especially the most important relationship, God.

- How we treat the Sabbath is what makes it holy, it's the reverence we place on it ultimately reverencing God in the process.
- One key aspect of this commandment is when God said remember.
- This commandment concludes the section of the Ten Commandments that specifically help define a proper relationship with God,
- This is part of God defining for us how we are to love, worship and relate to him.

### **Engage:**

**Why do you think this commandment begins with the word remember?**

### **Engage:**

**In your opinion, what about this commandment should be considered important?**

### **Special sign to Israel**

Since God gave this initially to Israel, it's purpose must be understood in that context before we can understand it in another.

- This commandment was for a sign to Israel that they were a people set apart to God as his own.
- They were to set aside time in honor of God and his allowing his commitment to his people to be experienced.
- The keeping of the Sabbath would help distinguish them from all the nations around them.

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. **Deuteronomy 5:15**

### **Engage**

**Relative to the Sabbath, in what way are we like Israel?**

## **First Natural then Spiritual**

God finished the physical part of creation in six days, however the spiritual part continues. The Sabbath is a reminder of that which continues, the new person or new creation is being renewed after the image of the creator and the Sabbath is a primary day to engage in that renewal.

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.  
**2 Corinthians 5:17**

- Since this spiritual man needs to be nurtured, the Sabbath day is a day set aside to engage in that nurturing.
- Spiritual character does not come solely by our own will. The “old man” will inevitably fall to the old nature if not nurtured in a way that produces righteousness, yet the Sabbath plays an important role in all this.

<sup>22</sup> to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, <sup>23</sup> and to be renewed in the spirit of your minds, <sup>24</sup> and to put on the new self, created after the likeness of God in true righteousness and holiness. **Ephesians 4:22-23**

### **Engage:**

**What role in your opinion does the Sabbath play in the development of what the bible calls the new man?**

### **Engage:**

**Why is there such strife with Sabbath keepers over the keeping of the Sabbath?**

## **Sabbath Day Keepers**

The Sabbath begins on Friday and completes at sunset on Saturday evening. Some believe this is to be observed as more symbolic than literal. Jesus seems to make some changes to the idea of keeping the Sabbath day when he arrived.

- We must understand this vital point relative to the Sabbath-it shapes the way we perceive and worship God.
- On that basis alone, the great deceiver of humanity will have this commandment under his careful watch making sure its never interpreted the way God intended.

**Scriptures: (2 Corinthians 4:4) (Revelation 12:9)**

There are many points of contention and debate around this commandment. The debates have literally synthesized into the creation of denominations whose emphasis is the Sabbath. (e.g. Seventh Day Adventists, Messianic Churches, Church of God Worldwide). These organizations, along with many more, hold to a strong legal view of the Sabbath.

### **Engage:**

**What are your thoughts regarding the former statement?**

**If anyone has been in one of these organizations or another that holds to the Sabbath religiously, please discuss your experience?**

<sup>5</sup> Or, say, one person thinks that some days should be set aside as holy and another thinks that each day is pretty much like any other. There are good reasons either way. So, each person is free to follow the convictions of conscience. **Romans 14:5-6 Message**

The Lord's day (distinguished from "day of the Lord") is a term John used "I was in the spirit on the Lord's day" (**Revelation 1:10**)

- John does not elaborate but believes the reader would know what he's speaking about in how he uses the term - the target audience was first-century Christians already familiar with the expression.

### **Sunday Worship**

Sunday (the first day of the week) was the day Jesus rose from the dead (**John 20:1**)

This act forever distinguished Christianity from any other religion.

- Since that time believers gathered on Sunday to celebrate His victory over sin and death (**Acts 20:7 - 1 Corinthians 16:2**)

### **Jesus himself states this;**

For the Son of Man is Lord of the Sabbath." (**Matthew 12:8**)

- The Sabbath was made for man not man for the Sabbath (**Mark 2:22**), which simply means it was never to place us under an obligation but provide direction for our worship and the maintaining of a specific day and time for God.

<sup>16</sup> 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. <sup>17</sup> These are a shadow of the things to come, but the substance belongs to Christ. **Colossians 2:16 -17**

### **Engage:**

**If the Son of Man is Lord of the Sabbath, what does that mean for us?**