

## **The Fourth Commandment**

### **References:**

Ex. 20:8-11, Duet. 5:12-18.

Contemplations on the Ten Commandments. Vol.(1).

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### **Notes For Servants:**

1. The Ten Commandments are the basics of life. We must understand them memorize them and teach them to our children
2. We as servants should remember to apply them in our lives.

### **Objectives:**

**General:** Learn why did God give us these Commandments and why should we keep it.

**Specific:**

1. We should understand God=s care for us.
2. We should use this day to worship Him in other word God wants to have a day with us every week.
3. We should learn how to live with and for God.

### **Instructions:**

1. Church occasion.
2. Introduce the topic by talking about what would happen if there is no weekend and you have to go to school everyday without stopping till summer holiday.
3. Talk about how people who do not take a day off end up by getting ill or mad ...

### **Bible Verse:**

**Alf ye love me, keep my commandments.@**

(John 14:15)

### **Lesson:**

**ARemember the sabbath day, to keep it holy.**

**Six days shalt thou labour, and do all thy work:**

**But the seventh day is the sabbath of the LORD thy God:  
in it thou shalt not do any work, thou, nor thy son, nor thy daughter,  
thy manservant, nor thy maidservant, nor thy cattle,**

nor thy stranger that is within thy gates:  
For in six days the LORD made heaven and earth, the sea,  
and all that in them is, and rested the seventh day:  
wherefore the LORD blessed the sabbath day, and hallowed it. @  
**[Ex. 20:8-11]**

### **It is a Blessed Day, a Day of Rest in the Lord**

This commandment dates back to the beginning of the world when the divine inspiration said: *AAnd God blessed the seventh day, and santified it: because that in it He had rested from all His work which God created and made.* @ This commandment is carried out by the Lord Himself!

God created all the wonders of the universe, the sun, the moon, the stars, the plants and animals and the human being. At the end of each creation day, God was pleased with His creation and found it *Agood* @ or *Avery good* @. The only day that God blessed and consecrated was the day of rest to show us that labour and work, even though useful and productive, cannot be blessed as one calm day which man spends with God.

The fourth commandment was actually given in Exodus 16, i.e., before the Ten Commandments were written by the finger of God, in Exodus 20. That is when God commanded the people of Israel to gather enough manna for two days on the sixth day of the week. The blessing they had on Friday, in the manna that was given to them from heaven, was a symbol of the blessing given to the whole world by the Lord Jesus Christ *Athe Bread of Life that came down from Heaven* @. [John 6:32-51]

To understand the seriousness of the fourth commandment, let us examine what happened to those who violated it in the Old Testament:

*AYe shall keep the sabbath therefore; for it is holy unto you: every one that defileth it shall surely be put to death: for whosoever doeth any work therein, that soul shall be cut off from among his people.* @ [Ex 31:14-17 & 35:1-3]

Check also [Num 15:32-36], [Neh 13:17-18], [Jer 17:27] and [Ezek 20:21].

### **When did the Lord God rest?**

Does God get tired and needs to rest? Of course not! So what does the word *Arest* @ mean?

The creation of the world did not take from God any effort; *AFor He spake, and it was done; He commanded, and it stood fast* @ [Psalm 33:9]. But the real toil was the redemption, the salvation of mankind, His creation, from sin and eternal damnation. Therefore the true rest for God was after the salvation, while the rest of the sabbath was just a symbol of this true rest. Likewise, our rest on Sunday, is a symbol to the ultimate rest which will take place after the Judgment day!

The word *Asabbath* @ is a Hebrew word that means *Arest* @. The real rest for God was

on the Resurrection Sunday.

## **Our Nature needs Rest**

God is our Creator and He knows our nature better than we do! He knows that we need one day to rest per week. Therefore, keeping the sabbath, or the day of the Lord, is essential for us. The Lord Jesus said about it: *The sabbath was made for man, and not man for the sabbath* [Mark 2:27]. O, God gave us the sabbath as a gift for rest.

Everybody must rest, not only the masters but the slaves too, not only the old but the young too. Even the land must take rest! *Six years thou shalt sow thy land, and shalt gather in the fruits thereof: but the seventh year thou shalt let it rest and lie still* [Ex 23:10]. This way it will yield more fruit, and the Lord will bless it more as He did on Fridays when the Israelites gathered the manna in the wilderness of Sinai. *Who keeps the sabbath, not defiling it and hold fast My covenant - these I will bring to My holy mountain, and make them joyful in My house of prayer; their burnt offerings and sacrifices will be accepted on My altar I will give them an everlasting name that shall not be cut off* [Isa 56:2-7].

## **The Sabbath was given as a Sign**

As Circumcision was given as a sign or symbol in the Old Testament [Gen 17:10,11] that was replaced by Baptism in the New Testament, so is the sabbath or the sanctification of Saturday was replaced by keeping the Sunday holy because *this is the day that the Lord has made*, this is the day on which the Lord resurrected and abolished death.

The sabbath was a sign, but of what?

*Verily My sabbaths ye shall keep: for it is a sign between Me and you throughout your generations; that ye may know that I am the Lord that doth sanctify you.* [Ex 31:13]

On Sunday, we actually feel this sanctification because we remember how the Lord sanctified us by His Holy Blood, putting an end to the grip of sin and death over us, when we celebrate the Liturgy and participate in the Lord's Holy Body and Blood in the communion.

## **You shalt not do any Work**

The Jews used to carry out this commandment literally and neglected the spirit of mercy in the Law. They got very angry with our Lord Jesus Christ when he healed anyone on a sabbath day. The Lord, as if intentionally, healed many people on the sabbath: the man born blind [John 9], the man with the withered hand [Mat 12:10-13], the crippled woman for eighteen years [Luke 13:10-16], the man who had the dropsy [Luke 14:1-6], and the paralysed man at Bethesda, who was paralysed for 38 years [Jn 5].

By not doing Aany@ work means the usual labour of the week, this is a special day, a day that the Lord blessed. Christ Himself tried to persuade the obstinate Jews that doing good on the sabbath was not violating the fourth commandment, in fact it is required to do more good in the Lord=s day. When the priests circumcised a male born on a sabbath, that was not wrong, in fact it was obeying God=s law of circumcising the male born on the eighth day. [Mat 12:5,6; Jn 7:21-23]

In cases of emergencies, such as urgent surgeries, extinguishing fire, etc the doctor or the fire-men cannot excuse themselves on Sundays! This would be absurd! But a doctor should not keep his clinic working on Sundays to make more money. It is mercy not empty sacrifices that the Lord expects from us.

## **Worship on the Lord=s Day**

God has commanded that the sabbath be sanctified and to be a day of rest *in the Lord*. It is not a day to be lazy in, or relaxing and sleeping, or shopping or cleaning, or doing whatever we missed during the week, it is a day of rest in the Lord. The expression AKeep Holy@ means Adesignating@, Aconsecrating@.

How would we sanctify the day of the Lord? *AFrom one sabbath to another, shall all flesh come to worship before Me, saith the Lord.*@ [Isa 66:23] Not only was the sabbath a day for worship, but also for teaching. The Lord Jesus Christ taught on the sabbath [Mark 6:2] and so did His Apostles. Therefore, the Holy Scriptures are read in the Church during the Mass every Sunday, and sermons are delivered, and children are taught in the Sunday schools.

## **Conclusions**

Have I stayed away from the Church on Sunday or prevented others from going? Have I done unnecessary work on Sunday? Have I spent the day in unwholesome fashion or profaned it by improper conduct? If I could not go to Church because of illness or other grave cause, have I prayed at home? Have I caused anyone else to profane the Lord=s Day? Have I kept the Fasts and festivals prescribed by the Church?