



Keep the Sabbath

6th in the “10 Commandments” Series

Exodus 20:8-11 & Colossians 2:16-17

February 20, 2022

Pastor Mickey Klink

Introduction

In this passage we learn about the fourth of the Ten Commandments.

The Text:

Exodus 20:8-11

⁸ “Remember the Sabbath day, to keep it holy. ⁹ Six days you shall labor, and do all your work, ¹⁰ 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. ¹¹ 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.”

Colossians 2:16-17

¹⁶ “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. ¹⁷ These are a shadow of the things to come, but the substance belongs to Christ.”

1. The fourth commandment requires us to set apart Sunday as “the Lord’s Day.”

2. The fourth commandment demands that Christians rest their bodies and their souls in God alone.

Heidelberg Catechism Q/A 103:

Q. What is God’s will for you in the fourth commandment?

A. First, that the gospel ministry and education for it be maintained, and that, especially on the festive day of rest, I diligently attend the assembly of God’s people to learn what God’s Word teaches, to participate in the sacraments, to pray to God publicly, and to bring Christian offerings for the poor.

Second, that every day of my life I rest from my evil ways, let the Lord work in me through his Spirit, and so begin in this life the eternal Sabbath.

3. The fourth commandment shepherds us to see that Christ is our true rest – the sustainer of our bodies and the Savior of our souls.

APP: What does obeying the fourth commandment look like?

- (1) Keep the Sabbath by making the Lord’s Day a spiritual priority for you and your family.
- (2) Keep the Sabbath by regularly embracing your finitude – God is our provider and sustainer.
- (3) Keep the Sabbath by pursuing the biblical wisdom of a rhythm of labor and rest.

Response

Lord, you are our Savior and our Sustainer. Help us to make you the source of our rest.

Sunday Text Questions for (“Ten Commandments” Series)

Exodus 20:8-11 & Colossians 2:16-17

February 20, 2022

Pastor Mickey Klink

- 1) Starter Question: If you were raised in a Christian context, how did your family treat church on Sunday?
- 2) Read the text aloud and discuss together any significant observations or issues needing clarification.
- 3) The fourth commandment begins with the word “remember.” What does it mean to “Remember the Sabbath day” (v. 8)?
- 4) What does the word “holy” mean when the commandment adds: “to keep it holy” (v. 8)?
- 5) Based upon v. 9 and v. 11, how does the fourth commandment relate to God’s creation of the world?
- 6) How does v. 10 imply that the fourth commandment is intended to instruct our family life, not simply our individual life?
- 7) Read Colossians 2:16-17. How do these verses imply that Jesus fulfills the Sabbath command without abolishing it?
- 8) What does Colossians 2:17 mean when it says that “the substance [of the Sabbath] belongs to Christ?”
- 9) In what ways should a Christian obey the fourth commandment?
- 10) Based upon the fourth commandment, how important is a Christian’s participation in a local church and on Sunday mornings at corporate worship?

Further study this week: Passages related to the fourth commandment: Exodus 31:12-18 (Mon); Matthew 12:1-8 (Tues); Hebrews 4 (Wed); Romans 14:1-12 (Thurs); Hebrews 10:24-25 (Fri).