

Ye Shall Keep My Sabbaths

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Leviticus 19:1-3 And the LORD spake unto Moses, saying, Speak unto all the congregation of the children of Israel, and say unto them, Ye shall be holy: for I the LORD your God am holy. Ye shall fear every man his mother, and his father, and keep my sabbaths: I am the LORD your God.

Remember 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. (Exodus 20:8-11)

- I. What we must keep in mind is that this is about the basic moral law of God.
 - A. God's design in this is to define and establish the basic standards for morality among men on this earth.

Moral - Relating to the practice, manners or conduct of men as social beings in relation to each other, and with reference to right and wrong. The word moral is applicable to actions that are good or evil, virtuous or vicious, and has reference to the law of God as the standard by which their character is to be determined. (Webster's 1828 Dictionary)

- B. So the law of God is given to define what is good and what is evil.
 - 1. It is *written* – so it never changes.
 - C. The matter of morality concerning the Sabbath Day takes some deeper thought and searching.
 - D. Since it is always included in the moral law, to regard or to disregard the Sabbath Day is a basic moral issue – it is a matter of doing good or doing evil.
 - 1. Generally, those who have no regard for the Sabbath have no regard for the rights or needs of others either – they will be a basically selfish person.
 - 2. Something about honoring and regarding the Sabbath Day instills in us a spirit of benevolence and regard for others – not just God.
- II. The Sabbath was made FOR man.
 - A. The matter of the Sabbath is not just a legal rule that God imposed upon us to burden us.
 - 1. Jesus said clearly that the Sabbath was made for man – not man for the Sabbath.

And he said unto them, **The sabbath was made for man, and not man for the sabbath: Therefore the Son of man is Lord also of the sabbath.** (Mark 2:27-28)

- B. God's plan is for us to work 6 days and rest from all our labor on the 7th.
 - 1. God made our bodies and designed our minds and He knows what will work best.
 - 2. We can accomplish more in 6 days with a day of rest than we can in 7 with no rest.
 - 3. Everything works better if it is allowed to rest one day out of seven.
 - C. God meant it for a benefit and blessing to us – not a burden or a weapon to use against one another.
 - 1. The seventh day is not the only Sabbath Day in the Bible.
 - 2. There are many days and weeks and even years that are named as Sabbaths.
 - D. The business of life consumes our minds and hearts and wears out our bodies.
 - E. God gave the Sabbath to put some order in our lives.

1. It is a major thing that puts a break in the cycle of our vain everyday work and drudgery.
2. Without this command, we would eventually cease to regard the Sabbath at all because of the business of life and how it consumes us.
3. Since our society has thrown out the law of God this is exactly what has happened – the sabbath has been completely forsaken and it is if it never existed or was a part of life in our society.
4. But it was – and things worked much better when it was.

III. God's command "Ye... shalt keep my sabbaths" is very important in the example we set for our children and the influence we have over them.

- A. The command to fear mother and father is connected with keeping the sabbath.
- B. It instills in them a reverence and regard for God.
- C. It teaches them that there is something more important than work and money and worldly cares.
- D. It shows them the great benefit of regularly stepping away from the drudgery, the busy-ness, the cares, and the enticements of this world.
- E. It is a day to come away from the cares of life and the things that we do every other day.
 1. Remembering and honoring the Lord's Day keeps in the forefront of our minds, and is a testimony to our children and others, that there is something more important than the vanity and drudgery of life.
- F. It is a day that we are to consecrate to the worship of God and the fellowship of his people – but that is not all the day is about.
- G. We cease from our labors and business, and worship together on the first day of the week, because that is the example we have from the New Testament.
 1. The early church met on the first day of the week, broke bread together, and took up collections.
- H. It is referred to in the Bible as "The Lord's Day."

I was in the Spirit on the Lord's day, and heard behind me a great voice, as of a trumpet, (Revelation 1:10)

- I. Those who try to put the Sabbath aside because we are "not under the law" anymore are badly mistaken.
 1. If the Sabbath doesn't matter anymore then stealing, murder, adultery, covetousness, and lying don't matter anymore either.
 2. The Lord's Day has always been considered the "Christian Sabbath" by the churches through the ages, and has been observed as a Sabbath Day.
 3. It is a basic principle of God's moral law and we must remember that and observe it like God means for us to.
 4. Not as a religious duty, but as a privilege and blessing from the mind of God to us.
- J. Keeping the Sabbath Day is a moral issue and so to disregard the Sabbath is plainly a sin before God and also before others – especially our children.
 1. Whether our children honor us is greatly dependent upon whether we honor God's Sabbath.
 2. What we are molding them into is affected greatly by how they watch us treat this very important and basic moral law of God.