

On Keeping the Sabbath Day
Exodus 20:8-11; Isaiah 58:13-14

Main Point:

Knowing that it is pleasing to God and a blessing to you, keep the Sabbath day as you are commanded.

1. God wants you to keep the Sabbath day.
2. Keeping the Sabbath day entails worshiping and serving your Creator and Savior.
3. Keeping the Sabbath day entails ceasing from your ordinary labors and recreations.
4. Keeping the Sabbath day entails planning, preparation, and faith.
5. Keeping the Sabbath day brings rich blessing to you in Jesus Christ.

Exodus 16:26 ²⁶ "Six days you shall gather it, but on the seventh day, *which is* the Sabbath, there will be none." (NKJV)

Matthew 5:17-18 ¹⁷ "Do not think that I came to destroy the Law or the Prophets. I did not come to destroy but to fulfill. ¹⁸ "For assuredly, I say to you, till heaven and earth pass away, one jot or one tittle will by no means pass from the law till all is fulfilled. (NKJV)

Joseph Pipa "Christ Himself taught six times about the Sabbath, whereas He taught on only one occasion about murder and three times on marriage. If this commandment [to keep the Sabbath] were destined for the dustbin of ceremonial law, why do the Gospel writers devote so much attention to it? Can you think of any ceremonial law regarding which Jesus spent so much time trying to correct people's practice?"

John 14:15 ¹⁵ "If you love Me, keep My commandments. (NKJV)

Philip Ryken "To keep something holy in the biblical sense is to dedicate it exclusively for worship."

Leviticus 23:3 ³ "Six days shall work be done, but the seventh day *is* a Sabbath of solemn rest, a holy convocation ... (NKJV)

WCF 21.8 This Sabbath is then kept holy unto the Lord, when men, after a due preparing of their hearts, and ordering of their common affairs beforehand, do not only observe an holy rest, all the day, from their own works, words, and thoughts about their worldly employments and recreations; but also are taken up, the whole time, in the public and private exercises of His worship, and in the duties of necessity and mercy.

Deuteronomy 5:15 ¹⁵ And remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there by a mighty hand and by an outstretched arm; therefore the LORD your God commanded you to keep the Sabbath day. (NKJV)

Philip Ryken "[The Sabbath] ... is God's memorandum to his people, reminding us to give him glory for his grace."

Walter Chantry "Without love for God such a requirement will seem narrow and a heavy burden. But for the godly it is a broad road of liberty and joy. There is an entire day each week liberated from my ordinary recreations and labours to serve the lover of my soul and to be with him."

Robert Reymond "'Rest' cannot mean mere cessation from labor, much less recovery from fatigue ... 'Rest' then means involvement in *new*, in the sense of *different*, activity. It means cessation of the labor of the six days and the taking up of different labors appropriate to the Lord's Day."

Robert Murray McCheyne "[The Sabbath] should be the busiest day of the seven; but only in the business of eternity."

Exodus 16:23 ²³ Then he said to them, "This *is what* the LORD has said: `Tomorrow *is* a Sabbath rest, a holy Sabbath to the LORD. Bake what you will bake *today*, and boil what you will boil; and lay up for yourselves all that remains, to be kept until morning.'" (NKJV)

Matthew Henry, "This ... directs us to contrive our family affairs so that they may hinder us as little as possible in the work of the sabbath."

Chad Van Dixhoorn "We need to find a way during the week to get the recreation we need. If we do not, we will almost inevitably find ourselves and our children pining for a second Saturday instead of enjoying our Sunday."

Mark 2:27 ²⁷ ... "The Sabbath was made for man, and not man for the Sabbath. (NKJV)