

WORD

“Remember the Sabbath day, to keep it holy.” **EXODUS 20:8**

(Read also **EXODUS 20:9-11**.)

God’s Word commands us to be mindful of the Sabbath day. Some of us may mistake this as one specific, immovable day of the week, as a day of doing nothing, or as an outdated commandment that has no present application. In such a busy and fast-paced world, some of us wonder how can we dedicate this one day of rest unto the Lord. However, this is the fourth commandment, and we need to obey what God says. In this lesson, we will learn three truths about the Sabbath.

1 The Sabbath is a day of rest.

⁹“Six days you shall labor, and do all your work, ¹⁰but 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.” **EXODUS 20:9,10**

God commands us to set aside a day in a week for a time of rest. When we rest from our work, we acknowledge that God is sovereign over everything, and that He can provide for all that we need, even when we are not laboring for it (Exodus 23:12). How did God provide food for the Israelites when they were in the desert? (Exodus 16:22-26)

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2 The Sabbath is devoted to the Lord.

“ . . . but the seventh day is a Sabbath to the Lord your God. . . . ” **EXODUS 20:10**

The Sabbath is not merely a free day at our disposal, to do whatever we want. Rather, it is a day meant for us to rest, worship Him, and enjoy His creation. This is why God regards this day as *holy* (Exodus 20:8). God set this pattern of rest when He created the world (Genesis 2:2,3), and He expects us to do the same. How do you devote the Sabbath to the Lord?

3 The Sabbath is for our benefit.

And he said to them, “The Sabbath was made for man, not man for the Sabbath.” **MARK 2:27**

Remembering the Sabbath day is not only a commandment we need to follow—it is also for our benefit. God gave it to us as a gift, so we can enjoy and be refreshed physically, mentally, emotionally, and spiritually. Moreover, we need to understand that we can only find true rest in Jesus (Matthew 11:28-30). In what ways has taking a Sabbath been beneficial for you?

APPLICATION

- How have you been spending your Sabbath? Knowing the truth about the Sabbath, how can you apply what you've learned, starting today? What changes can you make so you can obey God's command to rest?
- Do you acknowledge Jesus as Lord of every area of your life? How can you walk in His Lordship over your life this week, particularly in the area of rest?
- Who can you encourage about remembering the Sabbath? Ask God for an opportunity to share God's truth to a family member or friend this week.

PRAYER

- Thank God for giving us a day of rest every week. Ask Him for wisdom on how you can best spend this day, in obedience to His command.
- Acknowledge God's sovereignty in your life, and declare your trust in Him and His provision for you daily.
- Pray for true rest and peace in your life—not only in taking a Sabbath day, but in a relationship with Jesus. Pray that you would share God's truth to others as well.



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