

Deuteronomy

A Call to Covenant Renewal



Word #4
Remember the
Sabbath to Keep it Holy

Deuteronomy 5:12-15

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Observe the Sabbath day, to keep it holy, as the LORD your God commanded you. Six days you shall labor and do all your work, 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 or your male servant or your female servant, or your ox or your donkey or any of your livestock, or the sojourner who is within your gates, that your male servant and your female servant may rest as well as you.

Deuteronomy 5:12-15

You shall remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there with a mighty hand and an outstretched arm. Therefore the LORD your God commanded you to keep the Sabbath day.

Main Idea

The 4th Word teaches us that God is perfectly satisfied and at rest in Himself and that rest for our souls can only be found when we are most satisfied in Him.

Some Preliminary Work

Exodus 20:8-10

Remember the Sabbath day, to keep it holy.
Six days you shall labor, and do all your work,
but the seventh day is a Sabbath
to the LORD your God.

Deuteronomy 5:12-14

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Biblical remembrance is bringing back to mind a covenant relationship for the purpose of honoring and keeping it.

Genesis 9:15

I will remember my covenant that is between me and you and every living creature of all flesh.

So when Israel is commanded to remember the Sabbath, they are being commanded to bring back to mind the relationship they have with the LORD so as to honor Him and love Him.

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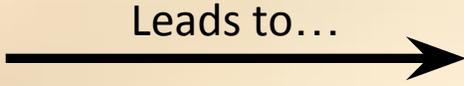
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to the LORD your God.

To *observe* or *keep* is to take great care to do what is required of a covenant.

Deuteronomy 29:9

So **keep** the words of this covenant to do them.

Remembering  Leads to... Keeping

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Deuteronomy 5:12-14

Observe **the Sabbath day**, to keep it holy,
as the LORD your God commanded you.
Six days you shall labor and do all your work,
but the seventh day is a Sabbath
to the LORD your God.

Sabbath is translated as rest,
but it literally means
to cease or stop work.

Genesis 2:1-2

Thus the heavens and the earth were finished,
and all the host of them. And on the seventh day
God finished His work that He had done,
and He rested on the seventh day from
all His work that He had done.

He sabbathed.

Genesis 2:1-2

Thus the heavens and the earth were finished,
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God finished His work that He had done,
and **He rested** on the seventh day from
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Notice that God's rest or cessation of work
was due to His *completion* of creation.

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God finished His work that He had done,

and **He rested** on the seventh day **from**
all His work that He had done.

Notice that God's rest or cessation of work
was due to His completion of creation.

God's rest is **NOT** rejuvenation!
He rests in the sense that He
takes delight in and is fully
satisfied with His work.

Genesis 1:31

And God saw all that He had made,
and behold, it was very good.

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And God saw all that He had made,

and behold, it was very good.

Sabbathing, then, is taking time to meditate on and delight in God and His works, to the satisfaction, refreshment, and rest of the soul.

Exodus 31:17

“...but on the seventh day the LORD sabbathed,
and was refreshed.”

What the Sabbath is Not

Sabbath \neq Saturday

Genesis 2:1-2

Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God finished His work that He had done, and He **Sabbathed** on the seventh day from all His work that He had done.

What the Sabbath is Not

Sabbath \neq Saturday

Genesis 2:1-2

Thus the heavens and the earth were finished,
and all the host of them. And on the seventh day
God finished His work that He had done,

and He Sabbatheth **on the seventh day** from
all His work that He had done.

Nothing in this account or
in the 4th Word requires that the
seventh day be *Saturday*;
it only requires that it be the day
after six days of work.

Deuteronomy 5:12-14

Observe the Sabbath day, to keep it holy,
as the LORD your God commanded you.

**Six days you shall labor and do
all your work,**

but the seventh day is a Sabbath
to the LORD your God.

Deuteronomy 5:12-14

Observe the Sabbath day, to keep it holy,
as the LORD your God commanded you.

Six days you shall labor and do all your work,

but the seventh day is a Sabbath

to the LORD your God.

What the Sabbath is Not

The Sabbath was not simply a day off, although rest from work was important.

It was a time for the rest and refreshment that comes from sincere and genuine worship.

Deuteronomy 5:12-14

Observe the “Refreshment” day, to keep it holy,

as the LORD your God commanded you.

Six days you shall labor and do all your work,
but the seventh day is a “refreshment day”
to the LORD your God.

Deuteronomy 5:12-14

Observe the “Refreshment” day, **to keep it holy**,
as the LORD your God commanded you.
Six days you shall labor and do all your work,
but the seventh day is a “refreshment day”
to the LORD your God.

Genesis 2:1-3

Thus the heavens and the earth were finished,
and all the host of them. And on the seventh day
God finished His work that He had done,
and He sabbathed on the seventh day from
all His work that He had done.

So **God** blessed the seventh day and **made it holy**,
because on it God sabbathed from all his work
that he had done in creation.

God made the seventh day *holy*,
that is, He set it aside as a day
of worship and delight.

Deuteronomy 5:12-14

Observe the Refreshment day, **to keep it holy,**
as the LORD your God commanded you.
Six days you shall labor and do all your work,
but the seventh day is a refreshment day
to the LORD your God.

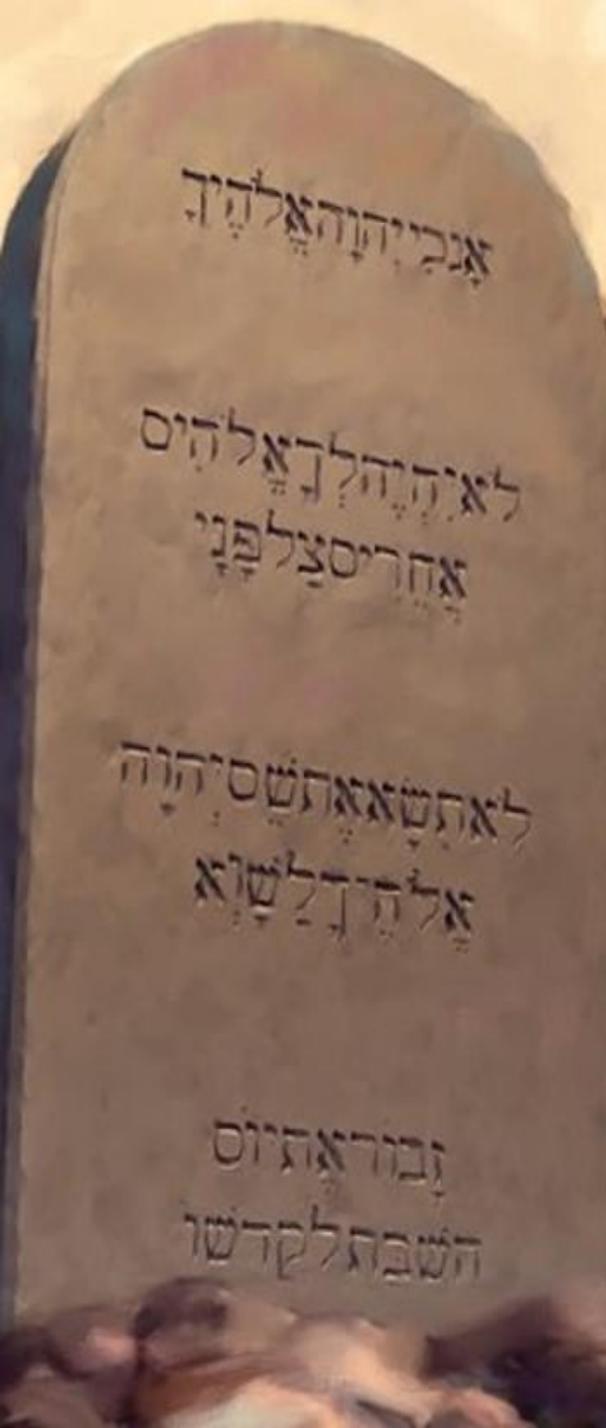
Deuteronomy 5:12-14

Observe the Refreshment day, to keep it holy,
as the LORD your God commanded you.

Six days you shall labor and do all your work,

but the seventh day is **a refreshment day**
to the LORD your God.

The Sabbath was “to the LORD” in that it was dedicated ***to Him*** and set aside for the refreshment that comes from worshipping ***Him***.



The Sabbath Day

**What does the 4th Word
teach about the LORD?**

What does the 4th Word teach about God?

**The LORD's works are perfect
and perfectly delightful.**

Genesis 1:31

And God saw all that He had made,
and behold, **it was very good.**

Genesis 2:1-2

Thus the heavens and the earth were finished,
and all the host of them. And on the seventh day
God finished His work that He had done,
and He sabbathed on the seventh day from
all His work that He had done.

Deuteronomy 32:3-4

For I proclaim the name of the LORD;
Ascribe greatness to our God!
The Rock! **His work is perfect.**

Psalm 92:4

For You, O LORD, have made me glad by what You have
done, I will sing for joy at the works of Your hands.

What does the 4th Word teach about God?

The LORD's works are perfect and perfectly delightful.

**The LORD is perfectly satisfied
and at rest in Himself.**

Genesis 2:1-2

Thus the heavens and the earth were finished,
and all the host of them. And on the seventh day
God finished His work that He had done,
and He **rested** on the seventh day from
all His work that He had done.

True rest cannot be had apart
from full satisfaction.

God doesn't need us to be fully satisfied; He is perfectly satisfied in Himself.

Acts 17:24-25

The God who made the world and all things in it, since He is Lord of heaven and earth, does not dwell in temples made with hands; neither is He served by human hands, **as though He needed anything**, since He Himself gives to all life and breath and all things.

What does the 4th Word teach about God?

The LORD's works are perfect and perfectly delightful.

The LORD is perfectly satisfied and at rest in Himself.

**The LORD is perfectly impartial
in His gifts of mercy.**

Deuteronomy 5:13-14

Six days you shall labor and do all your work,
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 or your male servant or your female servant,
or your ox or your donkey or any of your livestock,
or the sojourner who is within your gates,
that your male servant and your female servant
may rest as well as you.

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that your male servant and your female servant
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Deuteronomy 5:13-14

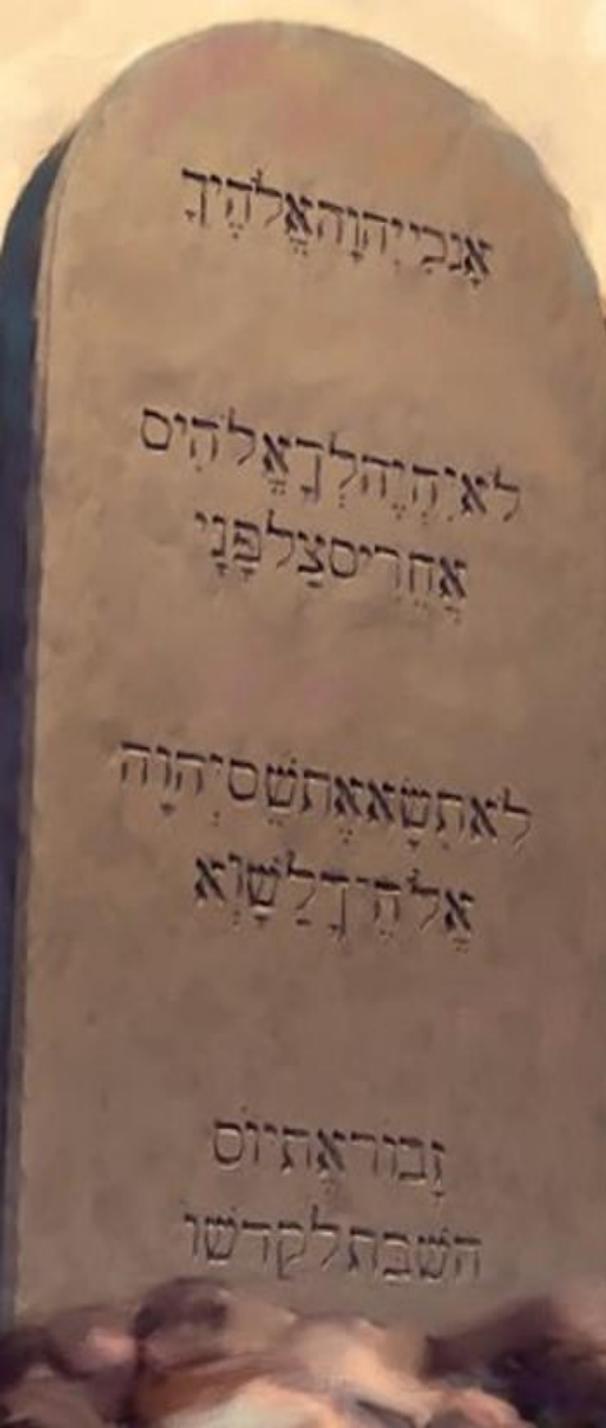
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or the sojourner who is within your gates,

**that your male servant and
your female servant
may rest as well as you.**

Acts 10:34-35

And opening his mouth, Peter said:

“I most certainly understand now that **God is not one to show partiality**, but in every nation the man who fears Him and does what is right, is welcome to Him.”



The Sabbath Day

What does the 4th Word teach about the LORD?

How do you break the 4th Word?

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**By disdainning or even neglecting
your need for physical rest.**

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On it **you shall not do any work**, you or your son or your
daughter or your male servant or your female servant,
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or the sojourner who is within your gates,
that your male servant and your female servant
may rest as well as you.

Psalm 127:2

It is in vain that you rise up early
and go late to rest,
eating the bread of anxious toil;
for he gives to his beloved sleep.

Sleep is a gift of mercy from God.

Sleep reminds us of our
humanity and of our utter
dependence upon the LORD.

Only He is omnipotent!

How do you break the 4th Word?

By disdainning or even neglecting your need for physical rest.

**By not observing and taking delight
in the beauty of God's creation.**

Genesis 1:31

And God saw all that He had made,
and behold, it was very good.

If God observes His creation and delights
in it, should we not do the same!

Psalm 19:1

The heavens are telling of the glory of God;
And their expanse is declaring the work of His hands.

When you see beauty around you,
does it delight your soul Godward?

How do you break the 4th Word?

By disdaining or even neglecting your need for physical rest.

By not observing and taking delight in the beauty of God's creation.

**By not setting time aside for the
specific purpose of personal and
corporate worship.**

Deuteronomy 5:13

Six days you shall labor and do all your work,
but the seventh day is a Sabbath to the LORD your God.

The 4th Word clearly requires
that time be set aside and
devoted to sincere worship.

Psalm 1:2

But **his delight** is in the law of the LORD,
And in His law he meditates day and night.

How do you break the 4th Word?

By disdainning or even neglecting your need for physical rest.

By not observing and taking delight in the beauty of God's creation.

By not setting time aside for the specific purpose of personal and corporate worship.

By not delighting in the Lord of the Sabbath as the ultimate source of your satisfaction.

Deuteronomy 5:13

Six days you shall labor and do all your work,
but the seventh day is a **Sabbath** to the LORD your God.

The Sabbath is broken if there is no sabbath!

**And there is no sabbath if there
is no delight and satisfaction
in the Lord Himself.**

The sabbath is about rest,
But it's about the rest that
comes from having been
satisfied in the Lord.

Psalm 17:15

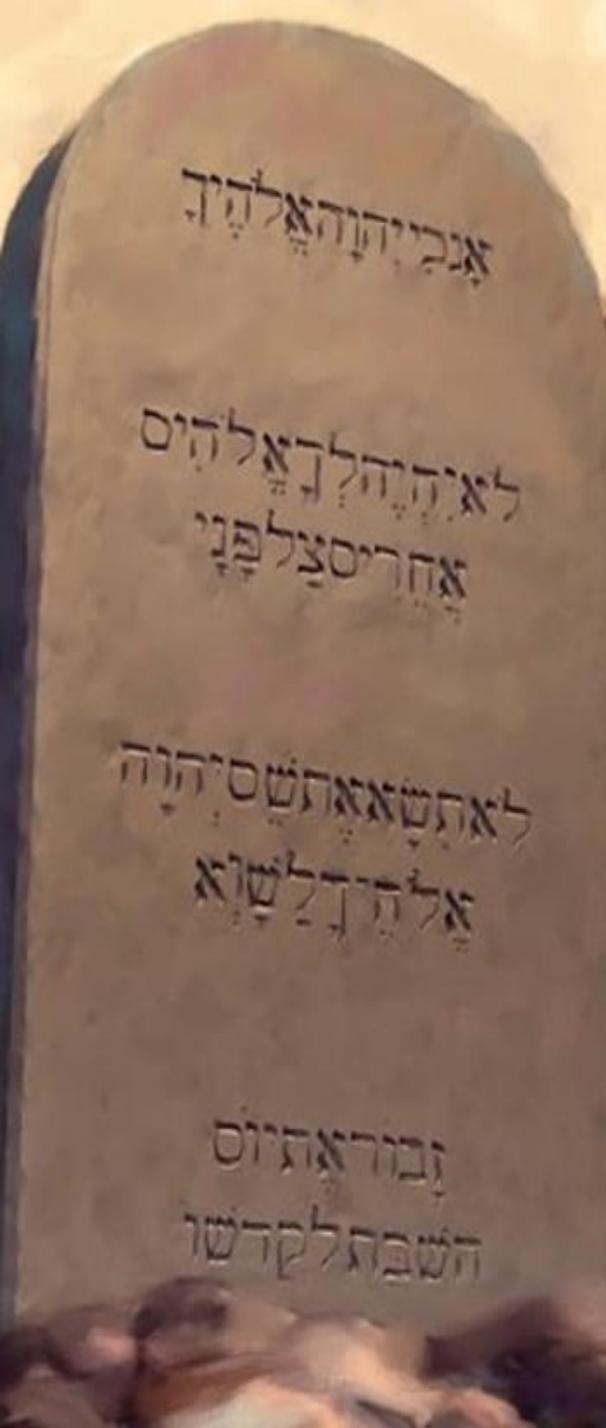
As for me, I shall behold Your face in righteousness;
I will be satisfied with Your likeness when I awake.

Psalm 63:5

My soul is satisfied as with marrow and fatness,
And my mouth offers praises with joyful lips.

Psalm 65:4

How blessed is the one whom You choose,
and bring near to You, to dwell in Your courts.
We will be satisfied with the goodness
of Your house, Your holy temple.



The Sabbath Day

What does the 4th Word teach about the LORD?

How do you break the 4th Word?

**Gentle words of warning
from the 4th Word.**

Warning One

You do not obey this Word or any Word
in order to make yourself righteous
so as to gain God's approval.

**You cannot make yourself
righteous or gain His approval!**

Isaiah 64:6

For all of us have become like one who is unclean,
And all our righteous deeds are like a filthy garment.

Romans 3:10

There is **none** righteous,
not even one.

Galatians 2:16 and 21

“...man is not justified by the works of the Law
but through faith in Christ Jesus...
since by the works of the Law no flesh will be justified.

...if righteousness comes through the Law,
then Christ died needlessly.”

If you believe your works are needed
for God's approval, you despise
Christ and His cross!

Warning Two

You do not keep God's commands to be saved, but if you are saved you will be concerned to keep His commands.

John 14:15

**“If you love Me, you will keep
My commandments.”**

Warning Three

If you do not delight in Christ
and are not interested in knowing
Him more and are not moved
to worship Him and *will not*
be satisfied by Him,
you may not yet be His!

John 15:9-11

Just as the Father has loved Me, I have also loved you; abide in My love. If you keep My commandments, you will abide in My love; just as I have kept My Father's commandments, and abide in His love.

These things I have spoken to you,
that My joy may be in you,
and that your joy may be made full.

Concluding Exhortations:

Turn your heart away from the temporal pleasures of this world that lead only to restless dissatisfaction.

Turn your heart instead to Christ and delight in Him and be satisfied for your everlasting joy!