

10 Commandments Pt 5: “The Sabbath” -Aug 24, 2025, Ex 20:8; Dt 5:12-15; Is 56:1-8

Intro: We are continuing study of the 10 commandments found in Exodus 20 and Deuteronomy 5. Today, we are talking about the fourth commandment to “Remember the sabbath and keep it holy.” Since we are reading the commandments during our confession of sin and the catechism during our confession of faith, we will be looking at other passages that accentuate the commandments in some meaningful way.

READ TEXT: “**1**Thus says Yahweh, “Keep justice and do righteousness, For My salvation is about to come And My righteousness to be revealed. **2**How blessed is the man who does this, And the son of man who takes hold of it, Who keeps from profaning the sabbath, And keeps his hand from doing any evil.” **3**Let not the foreigner who has joined himself to Yahweh say, “Yahweh will surely separate me from His people.” Nor let the eunuch say, “Behold, I am a dry tree.” **4**For thus says Yahweh, “To the eunuchs who keep My sabbaths, And choose what pleases Me, And hold fast My covenant, **5**To them I will give in My house and within My walls a memorial, And a name better than that of sons and daughters; I will give them an everlasting name which will not be cut off. **6**“Also the foreigners who join themselves to Yahweh, To minister to Him, and to love the name of Yahweh, To be His slaves, every one who keeps from profaning the sabbath And takes hold of My covenant, **7**Even those I will bring to My holy mountain And make them glad in My house of prayer. Their burnt offerings and their sacrifices will be acceptable on My altar; For My house will be called a house of prayer for all the peoples.” **8**Lord Yahweh, who gathers the banished of Israel, declares, “Yet *others* I will gather to them, to those *already* gathered.”

Review and Introduction: The **two tables**, 1. For God, (1-4); 2. For Man (6-10).

To disobey any of the first table is to disobey the first commandment to have no other Gods before the LORD. It is also the first positive command. To disobey the fourth, is to be an idolator worshiping another God. More to come on that.

Structurally, the fourth and fifth commandments connect the two tables. The first three commandments are prohibitions telling us what not to do concerning our relationship with God. Now we get a positive command as to what to do. Likewise, as the focus of the two tables shifts to the human relationships, the other only positive command comes as the fifth command.

Additionally, there is large disagreement over whether or not New Testament Christians are to be Sabbatarians. We will show the Biblical, historical, and practical reasons for Sabbatarianism.

I. The theology of the **sabbath**.

A. Old Testament

1. Origin: Creation (Gen 2:1-3) Man did not institute this nor did he codify it.
2. Individual **Consequences** (Ex 35:2; Num 15:32-36) Death penalty. This highlights for us the dire consequences of its violation and also displays for us the serious nature of this commandment.
3. National Consequences (Is 56:2, 58:13-14; Jer 17:27; Ez 22:26; Neh 13:18)

B. New Testament **understanding**.

1. Gospels (Mt 12:1-8; Mk 2:27; Lk 6:1-5;
2. **"The Lord's Day"** as Sunday: Resurrection, Acts 20:7, 1 Cor 16:2, Rev 1:10

C. Church History:

The idea that Sunday fully replaces the Sabbath developed more clearly in post-New Testament writings (e.g., Justin Martyr's First Apology 67, c. 150 AD, which describes Sunday worship). The Council of Laodicea (c. 363 AD) later formalized Sunday as the Christian day of rest, discouraging Sabbath observance among Christians.

D. All inclusive, without exception.

1. **Objections**: No NT Jesus juke

Col 2:16-17; "Therefore, no one is to judge you in food and drink, or in respect to a festival or a new moon or a Sabbath day—¹⁷ things which are *only* a shadow of what is to come; but the substance belongs to Christ."

In the Greek of [Colossians 2:16](#), Paul actually speaks of sabbaths *plural*, not *the* Sabbath *singular*, likely indicating additional Sabbaths, such as Sabbatical years and Sabbaths of the land (e.g., [Lev. 25:2–13](#)). ["sabbaths" not "the sabbath"] In Paul's mind, the Christian is free from the extended complex of Sabbatical regulation, not from the weekly observance of a Sabbath day. Even if we insist he's including the weekly Sabbath, he's focusing on the ongoing observation of the distinctively Jewish seventh day. He was responding, after all, to the Judaizing tendency that troubled the Colossian church. However we read it, then, the text says nothing whatsoever about the status and character of *Sunday* observance.¹

Rom 14:5-6: "One person judges one day above another, another judges every day *alike*. Each person must be fully convinced in his own mind."

2. Creational Spheres (WLC: Q118)

¹ <https://www.thegospelcoalition.org/article/christians-sabbatarians/>

Q. 118. Why is the charge of keeping the sabbath more specially directed to governors of families and other superiors?

A. The charge of keeping the sabbath is more specially directed to governors of families and other superiors, because they are bound not only to keep it themselves, but to see that it be observed by all those that are under their charge; and because they are prone oftentimes to hinder them by employments of their own.

[Ex. 20:10](#); [Josh. 24:15](#); [Neh. 13:15, 17](#); [Jer. 17:20-22](#); [Ex. 23:12](#).

- a. Home
- b. Church
- c. Civil: Blue laws, etc.

What happens when a culture abandons God's design? Chaos. One of the most obvious defining characteristics of a Christian culture is sabbath observance.

II. Specific Requirements

- A. What to do: **Rest and Worship**

Rest: Refreshing for the soul.

No personal mental health days needed. Observe the sabbath.

Worship: Personal, Family, and Corporate.

All day. It is not the LORD's hour or morning or whatever. It is the LORD's day.

- B. What **not** to do: Work and worldly recreation. What would happen if all Christians refused to work on Sunday? If you have a job that requires sabbath breaking, perhaps you should pray and look for another job. Are you going to obey man or obey God? I came face to face with this reality as a teenager. My first real job was working for a moving company in the DFW metroplex. Our weekends were obviously the most busy time and it was when I was not in school. It was also the time I could make the most money. Having been convicted by the Holy Spirit of the need to be in church on Sundays, I notified my boss that I would no longer be available on Sundays and said he respected my choice and never called me to work again. I had to find another way to provide. I'm not telling you to immediately quit your job if you are required to work on Sunday. You should pray, seek counsel, and find another job first. That is wisdom. However, you should have for yourself and your family, a commitment to the Lord's Day that is unwavering.

If a work related issue comes up on a Sunday, as it does with me with some regularity, I check to make sure it is not a life threatening issue, which it very much can be in the oilfield, and after clearing that up, try to dispense with the issue with as little effort as possible and will push anything that can be pushed until Monday.

Do your best to keep others from having to work also. Do your shopping on another day. Go out to eat on another day. Do not incentivize businesses to be open and violate the sabbath. Dt 5 very specifically and obviously implies that we should not require others to work on this day. The WLC recognizes this truth and reinforces it.

Sports: Viewing and participating in.

Viewing: do not support. If we all 224 million professed Christians in America observed the sabbath and boycotted all professional sports. The industry would be forced to change. For a good article on this, see [here](#).

Participating: obviously not allowed. Travel ball for kids is stupid. We had a family at swim that were actually impressive and observed this. I was shocked. If you were a Muslim, you would have no problem claiming religious exemption from work or obligation.

C. **Exceptions**: Necessity and Mercy (Matt 12:1-8).

Certain duties must be carried out such as emergencies, life saving services. But even then, there can and should be worship services observed and offered.

Summary from Greg Bahnsen:

"Although ceremonial days are no longer to be distinguished, the New Testament does distinguish the *first* day of the week from the other six ([1 Cor 16:2](#); [Acts 20:7](#)) and denominates it \"the Lord's Day\" ([Rev. 1:20](#)). In observing the weekly Sabbath we honor Christ who is the \"Lord\" of the Sabbath ([Mark 2:28](#)), and we anticipate the coming Sabbath rest which our Lord has secured for us (in this, parallels can be seen with the \"Lord's Supper\"). In [Mark 2:23-28](#), Christ and his disciples are accused of \"doing what is not lawful\" on the Sabbath, but because they had only violated a rabbinical tradition Christ does not bother to contest the accusation; it simply amounted to nothing. There was no contest, for Christ did not recognize the traditions of the elders as \"lawful\". However, Christ does take this as an opportunity to assert that He is \"Lord even of the Sabbath.\" Thereby Christ definitely and positively confirmed the Sabbath; otherwise Christ would be grandly proclaiming His lordship over something which was non-existent. The Sabbath did not pass away with Christ's advent or Messianic work; until our eternal rest the weekly Sabbath continues to be \"lorded\" by Christ and is a type of the coming reality. \"The Sabbath was made for man\" ([Mark 2:27](#)), and man

still needs the benefit of it. The issue of the Sabbath poses no contradiction to the abiding validity of God's moral law.”²

Application:

1. **Repent** of any violation of the fourth commandment.
2. **Prepare** for the sabbath. Take care of any and all pressing business.
3. **Trust** God's provision and goodness.

Jesus is Lord of the Sabbath. Oh that the nations would be refreshed by His glorious gospel. For Christ and His kingdom, for a thousand years. Amen!

Closing prayer: Yes, Lord, today we recognize our frailty and thank you for this Lord's day. Make us people who understand the commandments and obey you faithfully. Thank you for this instruction. Would your Spirit apply it to our lives that we may be pleasing to You. Find us people informed and equipped by Your word, empowered by Your Spirit to make disciples of all nations, starting with these United States, The Great State of Texas, and our home here in the Permian Basin. May You use us in our generation, to destroy the works of the devil and build the glorious kingdom of our God and King. As we come to the table of communion, meet with us as we remember that Christ gave His life as a ransom for many. In Jesus' name, Amen.

² Bahnsen, Greg; Theonomy in Christian Ethics p 230.