**THE TEN COMMANDMENTS: ETCHED IN STONE**

**Remember the Sabbath Day, to Keep it Holy**

The Fourth Commandment

*Exodus 20:8-11*

**Last Week:** God had told his people to have no other gods, nor any kind of idol. Then he commanded them to never take his name in vain. A name speaks to reputation, character, authority, identity, and other important characteristics of someone's essence. To take the Lord’s name in vain is to use his name apart from his person, presence and power. It is a vain attempt to lessen God, and raise up the individual. It is a powerful temptation, with devastating consequences.

**This Week:** No other gods. No idols. Don’t take God’s name in vain. Now God tells them to remember the Sabbath, to keep it holy. He tells them they have six days to get their work done, and on the seventh they, and all their household, including animals, are to rest from their work. God reminds them that he created the world in six days, and rested on the seventh. Therefore, he blessed that day and made it holy.

**Guardrails:** Remember that Christians are not saved by keeping the 10 Commandments. They are saved by grace through faith. At the same time, the 10 Commandments can teach about God’s character, and his expectations for his people.

The early church met on the first day of the week, not the last day, because Jesus rose from the dead on the first day of the week. Even though Sunday was a work day for many of them, they gathered to worship on that day, to help them remember Jesus’ resurrection. So God’s people moved from Saturday to Sunday as their special day. Yet the principle remains the same: You have six days for business as usual; keep one day to rest, remember, and worship.

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**For the Family**

**Read Exodus 20:8-11 together**

**Explain** how God wanted his people to get all their work done the first six days of the week and to rest on the seventh day. They called that day “Sabbath” which means “rest.”

**Explain** that when God created the world, he did it in six days, and then he rested on the seventh day. He said the seventh day would be a holy day of rest.

**Tell the Story** of Manna from Exodus 16.

Include the following:

- The people were in the wilderness, and they were hungry. When they complained to God, he provided quail in the evening and manna in the morning.
- God told the people to go out each morning and gather enough manna for one day.
- If they tried to keep it for more than a day, it got worms and smelled horrible.
- God told them that on the sixth day, they were to gather two days’ worth of manna.

**Read Exodus 16:23 (NCV):** “This is what the Lord commanded, because tomorrow is the Sabbath, the Lord’s holy day of rest. Bake what you want to bake, and boil what you want to boil today. Save the rest of the food until tomorrow morning.”

**Talk about** how important it is to learn how to trust God to provide for our daily needs.

**Talk about** how important it is to take a day each week, to rest and to remember what God has done for us.

**Review** the first four commandments:

- Put God First
- Worship Him Only
- Keep God’s Name Holy
- Keep the Lord’s Day Holy

**Pray together** that you will always remember to take a day each week to rest and to remember what God has done for you.
Observing
1. What is the basic command in verse 8?
   What does “remember” mean?

2. How is the basic command expanded on in verses 9-10?
   How are we to “remember”?

3. What is the reason given in verse 11 for the command?
   Why are we to “remember”?

4. What do we learn about God in this commandment?

Connecting the Dots
1. Manna: God institutes the Sabbath
   Note especially verses 22-30
   What was God asking his people to do?
   What was he teaching them with this exercise?
   How does Jesus’ model prayer: “Give us this day our daily bread,” relate to this story?

2. The Sabbath was a sign
   Read Exodus 31:12-17
   How would keeping the Sabbath be a sign between God and his people?

3. The Sabbath is for people, not people for the Sabbath
   Read Mark 2:23-28
   What is Jesus’ rationale for working on the Sabbath?
   Read Mark 3:1-6
   What is Jesus’ rationale for healing on the Sabbath?
   What does it mean that the Sabbath was made for people, and not people for the Sabbath?

4. It was difficult for some to keep the Sabbath
   Read Amos 8:4-8
   Why was it difficult for some to keep the Sabbath?

Continuing the Journey
1. What does the commandment to remember the Sabbath teach us about God’s character?
   What is the principle from this commandment we can carry forward into our world?

2. How much do you trust God for your “daily bread”?

3. What is the value of Sabbath rest in your life right now?
   How do you recharge?

   How can God help you rest and recharge?

4. Is it difficult for you to keep the Sabbath?

   Are you afraid you might be missing out on a chance to make more money, or acquire more goods, or have more good times?

   What would it take for you to rest in God’s provision?

Next Steps:
- I am thankful that God cares enough for me to give me this command.
- I will spend one day each week on things that recharge me rather than things that consume me.
- Count me in on the “One Month Sabbath Challenge” – I will set aside one day a week for the purpose of rest, relationships, and worship.

Memory Verse – Exodus 20:8-10a – 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.

During this series we will be memorizing a simplified version of the 10 Commandments. Here are the first four:

You shall have no other gods before me.
You shall not make or worship any idol.
You shall not take the name of the LORD your God in vain.
Remember the Sabbath day, to keep it holy.