

Keeping the Lord's Day Holy ***(Exodus 20:8-11)***

The Fourth Commandment of God exhorts every believer to “Remember the Sabbath day, to keep it holy.” Do you live with a fervent desire to keep the Sabbath rest? What is the Sabbath? The word in Old Testament means “to cease or to rest.” In the New Testament, the word means “the seventh day of the week.” The concept of Sabbath or rest is first mentioned in Genesis 2:2-3. Sabbath is an ordinance instituted by God for man in which He has set apart the seventh day for rest. There are three significant aspects of the Sabbath which are noteworthy.

1. *The _____ the Sabbath*

It's obvious that keeping the Sabbath or the Lord's Day is given as a command. “Remember the Sabbath day.” To remember means not to forget or neglect something. It also means to observe or celebrate an occasion (Luke 22:19; Deut. 5:12-15). God's people observed the Sabbath from the time it was instituted by God, both in the Old (Gen. 4:3; Exodus 16:29; 31:16-17) and New Testaments (Acts 20:7; 1 Cor. 16:1,2; Rev. 1:10).

2. *The _____ the Sabbath*

The Sabbath is the Lord's Day, not our day. It belongs to Him. He has set it apart. He has consecrated it, He blessed it and sanctified it. God gave us the Sabbath to free us from our daily physical business so that we may do spiritual business with God. The Sabbath is God's gift to man (Mark 2:27). It is meant to be a blessing, not a burden; a delight and not a deprivation. Man needed Sabbath to be reminded of his dependence upon God for physical and spiritual rest (Exo. 31:17; Matt. 11:28-29). The Sabbath reminds us of God's work of redemption (Deut. 5:15).

3. *The _____ the Sabbath*

In Isaiah 58:13-14, God gave three promises to those who keep the Sabbath a delight. First, He promised unsurpassed communion with God (Psalm 16:11). Second, He promised to give us victory over our enemies (Deut. 32:12-13; 33:29; Romans 8:37). Third, He promised that we will practically enjoy the benefits of our salvation. God promised Israel that they will enjoy the same inheritance promised to Abraham, Isaac and Jacob (Psalm 105:10-11). God applies these same promises to us today (Heb.10:19-25).

Sabbath observance should not be a cold, ritualistic action that we perform for the sake of doing it. If we begin to understand the privileges of the Sabbath as the day of special communion and fellowship with God, it will be your favorite day. Learn to see it as the Psalmist does:
Psalm 18:24, “This is the day that the Lord has made, we will rejoice and be glad in it.”

Personal Reflection

1. Do I see and realize the importance and the sanctity of the Lord's Day?
2. Do I prioritize the Lord's Day by setting it apart for God?
3. Is there any legitimate reason why I should break God's commandment on the Sabbath?