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**REST FROM YOUR WORK AND SEEK YOUR GOD**

**Exodus 20:8-11**

Probably no other of the Ten Commandments has caused more controversy, not only between Christians and non-Christians, but between Christians themselves, than the Fourth Commandment. For example, does God consider it a sin for you to work on Sunday? Is it sinful for you to watch TV—including sports—on Sunday? What about shopping or eating out? What’s the relationship between the Sabbath day and Sunday? Saturday was the Sabbath to the people to whom God first gave the Fourth Commandment. Should we still keep the Sabbath on Saturday as Jews and some Christian groups do? Is Sunday now somehow the “Christian Sabbath,” or is it not really a Sabbath at all? Let’s look more closely at what God has said in Exo. 20:8-11.

1. **THE FOURTH COMMANDMENT INSTRUCTED THE JEWS TO REST FROM THEIR WORK AND SEEK THEIR GOD**

In the Sabbath, God commanded the Jews to follow His pattern at creation of six days of work followed by a day of rest from His finished work (Exo. 20:11). Resting from work and worshiping God in prescribed ways on the Sabbath (Saturday) was also a sign of God’s covenant with the Jews (Exo. 31:16-17; Ezek. 20:12).

1. **WHAT RELEVANCE DOES THE FOURTH COMMANDMENT HAVE TO NEW T. BELIEVERS?**

1. **The Old Covenant Sabbath Practices Are Not Binding for New Covenant Believers.**

The Fourth Commandment is not repeated in the NT (as are others in places such as Mt. 5:21; Eph. 6:2, etc.). We never read in the NT of post-Pentecost believers observing the Sabbath. We never read of the apostles teaching Gentiles to observe the Sabbath. See also Gal. 4:9-11 and Col. 2:16-17.

1. **The Old Covenant Sabbath Is Fulfilled in the Finished, New Covenant Work of Jesus Christ.**

But it isn’t a sign of the New Covenant, and isn’t for Christians (Gal. 4:9-11). The Sabbath is a shadowy symbol, the substance of which came in Christ (Col. 2:16-17). The symbolism of the Sabbath is fulfilled when we rest from trying to work our way to God and rest in Christ’s work (Heb. 4:9-10).

1. **WHY WE SHOULD REST FROM OUR WORK AND SEEK OUR GOD**
2. **Because of who God is**
3. **Because of the consequences if we don’t**
4. **Because of the benefits if we do**
5. **HOW WE BREAK THIS COMMANDMENT**

1. **By trying to work our way to Heaven and earn God’s acceptance**
2. **By not setting aside time exclusively for the worship of God**
3. **By not recognizing the God-given principle of work and rest**
4. **HOW WE KEEP THIS COMMANDMENT**
5. **By resting from trying to work for salvation and resting in Christ’s work**
6. **By setting aside time exclusively for the worship of God**
7. **By recognizing the God-given principle of work and rest**

***MORE APPLICATION***

1. ***Are you trusting in your work or Christ’s work?***
2. ***Do you keep holy a regular time that is exclusively for the worship of God?***
3. ***Does your work call for rest and your rest call for work?***

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