

“REMEMBER THE SABBATH”

Lesson 9 ☐ For week ending November 29, 2014

The word Sabbath in Hebrew means to desist, cease, rest. The Sabbath is the day on which God told man to leave off his secular labors and to keep it holy to the Lord. In the fourth commandment, God commands us to observe the seventh day as His holy day. We are told to remember this day. God has never commanded anyone anywhere to keep any other day as a weekly holy day.

– Minister Marlene M. Carney

KEY TEXT: “Remember the Sabbath day, to keep it holy” (Exodus 20:8).

1. The first express mention of the Sabbath is found in Exodus 16:23-30, in connection with the giving of the manna. God taught the people in the wilderness to observe the 7th day as a Sabbath of rest by sending no manna on that day. Later, the Ten Commandments were spoken by God from Sinai and afterward written on two tables of stone. It is in the 4th commandment that God gives the command concerning the Sabbath day (Exodus 20:8-11). Why did God say that man should rest on the 7th day?

• Exodus 16:23-30

23 *“Then he said to them, “This is what the Lord has said: ‘Tomorrow is a Sabbath rest, a holy Sabbath to the Lord. Bake what you will bake today, and boil what you will boil; and lay up for yourselves all that remains, to be kept until morning.’”*

24 *So they laid it up till morning, as Moses commanded; and it did not stink, nor were there any worms in it.*

25 *Then Moses said, “Eat that today, for today is a Sabbath to the Lord; today you will not find it in the field.*

26 *Six days you shall gather it, but on the seventh day, the Sabbath, there will be none.”*

27 *Now it happened that some of the people went out on the seventh day to gather, but they found none.*

28 *And the Lord said to Moses, “How long do you refuse to keep My commandments and My laws?*

29 *See! For the Lord has given you the Sabbath; therefore He gives you on the sixth day bread for two days. Let every man remain in his place; let no man go out of his place on the seventh day.”*

30 *So the people rested on the seventh day.”*

• Exodus 20:8-11

8 *“Remember the Sabbath day, to keep it holy.*

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

10 *but the seventh day is the Sabbath of the Lord your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates.*

11 *For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the Lord blessed the Sabbath day and hallowed it.”*

2. Under the Old Covenant, the keeping of the Sabbath was a sign that God truly ruled Israel. To break His Sabbath law, was to rebel against Him. All work except acts of mercy, necessity, and worship were forbidden on the Sabbath (Matthew 12:10-13). Consider what the Old Testament prophets had to say about the proper observance of the Sabbath as you read Isaiah 58:13,14. It was the custom of both Jesus and the apostles to observe the Sabbath day (Luke 4:16; Acts 13:27,42-44; 16:13; 18:4).

• **Matthew 12:10-13**

- 10 *“And behold, there was a man who had a withered hand. And they asked Him, saying, “Is it lawful to heal on the Sabbath?”—that they might accuse Him.*
- 11 *Then He said to them, “What man is there among you who has one sheep, and if it falls into a pit on the Sabbath, will not lay hold of it and lift it out?*
- 12 *Of how much more value then is a man than a sheep? Therefore it is lawful to do good on the Sabbath.”*
- 13 *Then He said to the man, “Stretch out your hand.” And he stretched it out, and it was restored as whole as the other.”*

• **Isaiah 58:13-14**

- 13 *“If you turn away your foot from the Sabbath,
From doing your pleasure on My holy day,
And call the Sabbath a delight,
The holy day of the Lord honorable,
And shall honor Him, not doing your own ways,
Nor finding your own pleasure,
Nor speaking your own words,
14 Then you shall delight yourself in the Lord;
And I will cause you to ride on the high hills of the earth,
And feed you with the heritage of Jacob your father.
The mouth of the Lord has spoken.”*

• **Luke 4:16**

- 16 *“So He came to Nazareth, where He had been brought up. And as His custom was, He went into the synagogue on the Sabbath day, and stood up to read.”*

• **Acts 13:27**

- 27 *“For those who dwell in Jerusalem, and their rulers, because they did not know Him, nor even the voices of the Prophets which are read every Sabbath, have fulfilled them in condemning Him.”*

• **Acts 13:42-44**

- 42 *“So when the Jews went out of the synagogue, the Gentiles begged that these words might be preached to them the next Sabbath.*
- 43 *Now when the congregation had broken up, many of the Jews and devout proselytes followed Paul and Barnabas, who, speaking to them, persuaded them to continue in the grace of God.*
- 44 *On the next Sabbath almost the whole city came together to hear the word of God.”*

• **Acts 16:13**

- 13 *“And on the Sabbath day we went out of the city to the riverside, where prayer was customarily made; and we sat down and spoke to the women who met there.”*

• **Acts 18:4**

- 4 *“And he reasoned in the synagogue every Sabbath, and persuaded both Jews and Greeks.*

3. Jesus held the Sabbath in high regard and taught that the Sabbath was made for man’s benefit (Mark 2:27,28). As Lord of the Sabbath, Jesus brushed aside the traditions of men so that He might reveal the Sabbath of the commandment as God gave it: It was a blessing—and not a burden (Luke 13:10-17; John 5:5-18). Jesus never sought to do away with the Sabbath, but only to deliver it from the false methods of keeping it which prevented it from bestowing upon men the spiritual blessings it was ordained to do.

• **Mark 2:27,28**

27 *“And He said to them, “The Sabbath was made for man, and not man for the Sabbath.
28 Therefore the Son of Man is also Lord of the Sabbath.”*

• **Luke 13:10-17**

10 *“Now He was teaching in one of the synagogues on the Sabbath.
11 And behold, there was a woman who had a spirit of infirmity eighteen years, and was bent over and could in no way raise herself up.
12 But when Jesus saw her, He called her to Him and said to her, “Woman, you are loosed from your infirmity.”
13 And He laid His hands on her, and immediately she was made straight, and glorified God.
14 But the ruler of the synagogue answered with indignation, because Jesus had healed on the Sabbath; and he said to the crowd, “There are six days on which men ought to work; therefore come and be healed on them, and not on the Sabbath day.”
15 The Lord then answered him and said, “Hypocrite![a] Does not each one of you on the Sabbath loose his ox or donkey from the stall, and lead it away to water it?
16 So ought not this woman, being a daughter of Abraham, whom Satan has bound—think of it—for eighteen years, be loosed from this bond on the Sabbath?”
17 And when He said these things, all His adversaries were put to shame; and all the multitude rejoiced for all the glorious things that were done by Him.”*

• **John 5:5-18**

5 *“Now a certain man was there who had an infirmity thirty-eight years.
6 When Jesus saw him lying there, and knew that he already had been in that condition a long time, He said to him, “Do you want to be made well?”
7 The sick man answered Him, “Sir, I have no man to put me into the pool when the water is stirred up; but while I am coming, another steps down before me.”
8 Jesus said to him, “Rise, take up your bed and walk.”
9 And immediately the man was made well, took up his bed, and walked. And that day was the Sabbath.
10 The Jews therefore said to him who was cured, “It is the Sabbath; it is not lawful for you to carry your bed.”
11 He answered them, “He who made me well said to me, ‘Take up your bed and walk.’”
12 Then they asked him, “Who is the Man who said to you, ‘Take up your bed and walk’?”
13 But the one who was healed did not know who it was, for Jesus had withdrawn, a multitude being in that place.
14 Afterward Jesus found him in the temple, and said to him, “See, you have been made well. Sin no more, lest a worse thing come upon you.”
15 The man departed and told the Jews that it was Jesus who had made him well.
16 For this reason the Jews persecuted Jesus, and sought to kill Him, because He had done these things on the Sabbath.
17 But Jesus answered them, “My Father has been working until now, and I have been working.”
18 Therefore the Jews sought all the more to kill Him, because He not only broke the Sabbath, but also said that God was His Father, making Himself equal with God.”*

4. God declared that His Sabbath was to be a day of public convocation, a special time for His people to gather together in worship to show their submission to Him (Leviticus 23:1-3; 19:30). The Sabbath is a perpetual sign and covenant between God and His chosen holy people (Exodus 31:12,13,16,17; Ezekiel 20:12). The Sabbath is not meant to restrict our freedom, but rather to allow the beauty of a time of rest, tranquility, and worship of the Father.

• **Leviticus 23:1-3**

1 *“And the Lord spoke to Moses, saying,*

2 *“Speak to the children of Israel, and say to them: ‘The feasts of the Lord, which you shall proclaim to be holy convocations, these are My feasts.*

3 *‘Six days shall work be done, but the seventh day is a Sabbath of solemn rest, a holy convocation. You shall do no work on it; it is the Sabbath of the Lord in all your dwellings.’”*

• **Leviticus 19:30**

30 *“You shall keep My Sabbaths and reverence My sanctuary: I am the Lord.”*

• **Exodus 31:12,13,16,17**

12 *“And the Lord spoke to Moses, saying,*

13 *“Speak also to the children of Israel, saying: ‘Surely My Sabbaths you shall keep, for it is a sign between Me and you throughout your generations, that you may know that I am the Lord who sanctifies you*

16 *Therefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations as a perpetual covenant.*

17 *It is a sign between Me and the children of Israel forever; for in six days the Lord made the heavens and the earth, and on the seventh day He rested and was refreshed.’”*

• **Ezekiel 20:12**

12 *“Moreover I also gave them My Sabbaths, to be a sign between them and Me, that they might know that I am the Lord who sanctifies them.”*