

Ambassador

Lesson 9



Resting Allowed

As we continue in our Bible study, we are going to focus now on the Fourth Commandment. Let's take a look in Exodus 20: 8-11:

“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 of the Lord your God; in it you shall not do any work...For in six days the Lord made the heavens and the earth, the sea and all that is in them, and rested on the seventh day; therefore the Lord blessed the Sabbath day and made it holy.”

To understand what this commandment is instructing, it is important for us to go back into Genesis. Let's read Genesis 2: 2-3:

“And by the seventh day God completed His work which He had done; and He rested on the seventh day from all His work which He had done. Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.”

It is important for us to not take this commandment lightly. For example, if God Himself, the Creator of the universe, the One who placed the stars in their place, the One who also spoke light into existence, who formed mankind from the dust of the ground decided to take a day and rest...I believe that it is important. God set an example for us to follow for our benefit.

Another point to look at about this day that the Lord created was that this was a day that He not only blessed but sanctified. This was a day that He **set apart** for us to examine.

Now that we understand where the Sabbath observance comes from, let's look at what exactly that looks like for us today.

If we were to read on in Exodus 31:15 we might have a more sensitive outlook on observing the Sabbath.



“For six days work may be done, but on the seventh day there is a Sabbath of complete rest, holy to the Lord; whoever does any work on the Sabbath day shall surely be put to death.”

Before you began writing out your will and saying your last goodbyes because you work on Sundays, or you might've accidentally taken out the garbage, slow down. In Mark 2:23-28 we find a more refreshing look at the Sabbath. In this passage, Jesus is confronted

by some Pharisees because the disciples of Jesus were “working” on the Sabbath day. And Jesus responded in verse 27-28:

“The Sabbath was made for man, and not man for the Sabbath. Consequently, the Son of Man is Lord even of the Sabbath.”

It’s important to note that Jesus wasn’t dismissing the Sabbath, but rather He was distinguishing what is really important. Remember that God’s Commandments, or even our Christian walk, is not meant to be a rigid, lifeless experience; it is meant to be an exciting, real, and authentic relationship with our Creator.



When it comes to the Sabbath day it’s important to note the purpose and reason behind it. God desires for us to take time out to rest and acknowledge Him. Jesus set this example in His life. Jesus would often go away to pray and rest. We can also read in Luke 4:16 about Jesus going to church on the Sabbath:

“And He came to Nazareth, where He had been brought up; and as was His custom, He entered the synagogue on the Sabbath, and stood up to read.”

In our culture, Sunday is the day that most Christians set apart to observe the Sabbath. We do this by attending Church services, spending time with family and friends, and just plain resting. Is Sunday the only day to observe the Sabbath? No, but there should be a day in which one does. Being involved in a local fellowship is crucial to the life of a believer. We can read in Hebrews 10: 24-25:

“...and let us consider how to stimulate one another to love and good deeds, not forsaking our own assembling together, as is the habit of some, but encouraging one another and all the more, as you see the day drawing near.”

The Word is very clear that we should look to and always stay in fellowship with a group of believers. This is one of the ways one might be rested and refreshed by on the Sabbath.

And the last thing to point out is that the Lord did not create the Sabbath just for physical rest, but also for spiritual rest. As a believer, it is crucial for us to always nurture and grow our spiritual lives. We can do this by staying connected with God daily through His word and prayer. But we can also keep ourselves fed through fellowship and Sabbath rest. In Hebrews 4: 9-16 we are given instruction to be diligent and set an example of Sabbath rest. And through this we may receive spiritual refreshment.



“Let us therefore draw near with confidence to the throne of grace, that we may receive mercy and may find grace to help in time of need.” Hebrews 4:16

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Think About It



Click here if you are taking your quiz online, then send the email you receive to your mentor to grade and discuss: <https://forms.gle/HN9MenShvj1LZxG58>

Complete this assignment and set up a time to meet with an adult mentor who will go over this with you. Mentor, after you have graded this lesson using the Answer Key, please enter the lesson online using the links that are on our website in order to receive credit. Thanks.

Student Name: _____

1. Do you think it is important for you to follow the Sabbath? Why or why not?
2. Why did God rest on the seventh day? (see Exodus 31:17)
3. Did Jesus observe the Sabbath?
4. What do think Jesus meant in Mark 2:27-28?
5. What are some benefits to observing the Sabbath?