**Bible Class Notes - Lesson 172 10 Commandments**

***God is Holy, so we must keep His Day Holy***

**This week we consider the 4th of God’s 10 Commandments**

**The 10 Commandments** – ***God’s Moral Law, His Rules for all time.***

**God’s 4th Commandment** – We must remember **(never forget)** to keep the Sabbath Day holy, (to guard, protect and set it aside for special use for the Lord).

**Introduction.**

The Israelites lived in tents in the desert. They lived as large families – Great Grandparents, Grandparents, Parents, Children – all under 1 roof. **VA**

Travelling to Canaan the Promised Land. Due to the unbelief of the grownups, they would spend 40 years in the wilderness.

They had no electricity, no running water. No shops.

Hard work. Water had to be carried in jars from wells.

But God provided Manna and Quail (like chicken) for them to eat.

In Exodus 16 we read of the promise of this miraculous provision, and God’s instructions for gathering it.

The Manna had to be collected from the area around their tents, every day. It would not keep more than 24 hours.

But God would not provide any on the 7th Day as this was His Sabbath Day, a Day of Rest and Worship.

They were instructed to collect double the day before the Sabbath, and God would preserve this for the Sabbath Day.

So, the Israelites were aware of this special day, 1 in 7.

**They would remember it every week.**

**The Sabbath is a Creation Ordinance.** **Genesis 2v2-3.** **VA *“Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God ended His work which He had made; and He rested on the seventh day from all His work which He had***

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***made. And God blessed the seventh day, and sanctified it: because that in it He had rested from all His work which God created and made.” Genesis 2v1-3***

***“Remember the sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: But the seventh day is the sabbath of the Lord thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the sabbath day, and hallowed it.” VA Exodus 20v8-12***

**The word ‘remember’ shows** that the keeping of the Sabbath did not start from when Moses was given the 10 commandments in writing.

You cannot remember something you have not done before! All the patriarchs before Moses (Adam, Noah, Abraham, Isaac, Jacob, Joseph, etc.) remembered to keep the Sabbath Day holy because it was a creation ordinance - given by God’s authority and by His example when He rested on the seventh day of Creation.

**The 4th commandment was reinforcing that they must not forget the Sabbath Day, to keep it holy. Neither should we.**

**Why should we keep The Lord’s Day Holy and Worship Him?**

1. **Firstly,** it was God’s order at Creation – From the beginning - One Day in seven. **A Creation Ordinance.**

We must stop! Think of Holy things.

 How wise God is in giving us the Sabbath.

 Without it every day would be the same. Very Boring.

**3**

As our Creator, He knows our make-up. He created us in His image with body, mind, and a living spiritual soul.

He gives us the Sabbath as a blessing to our souls, our bodies, **and** our minds. So many ignore God and His Sabbath today and suffer stress, anxiety, depression, nervous breakdowns, suicidal thoughts. **We cannot live without God.**

Over 75 years ago (1943-45), in the 2nd World War it was decided that the workers in the ammunition factories should work 7 days a week, without a break. They soon returned to a 6-day week when it was noticed that less ammunition was made in 7 days than was previously made in 6. People needed the rest.

1. It is a **Day of rest** from our everyday activities to **worship God our Creator**. So, it is not a day for doing unnecessary work, **or** our homework, shopping, partying, sport, pursuing leisure. These activities are perfectly legitimate on other days of the week, but should be avoided on the Sabbath Day.

Not only are we instructed to remember the Sabbath, but we are directed to **keep** it. Preserve it as God intended.

In Medieval Times, castles were built as fortifications.

The inner part was called ‘The Keep’.

A place of inner safety if the outer walls were breached by the enemy. **VA**

**4**

God has given us the Sabbath for us to use - **to keep** and receive the benefit of His safety and protection for our souls.

The New Testament Sabbath is Sunday, the 1st Day of the week.

The Lord Jesus rose from the dead on this Day. **Luke 24 v1-9.**

The believers began to worship on the 1st day of the Week. **John 20v19, Acts 20v7, 1 Corinthians 16v2, Revelation 1v10.**

The Holy Spirit was given to the disciples on this Day.

**(Acts 2 v1-4). The Day of Pentecost.**

**This was the beginning of the New Testament Church.**

1. **Obeying** brings peace and joy to our souls and is a foretaste of Heaven.

There is much joy in keeping the Sabbath.

We must not steal the Sabbath for our own selfish ways.

1. **To Keep it Holy**. Sanctified. Set apart for God.

Not just a holiday but a Holy Day.

Dedicated to God.

**So, what should we do on Sundays?**

1. **Stop, Think of God and Holy things. VA1 Make these our priority.**

Put the Eternal God, our Creator, first - central to the day.

Break from our usual weekday routine. Limit our duties to essential ones.

**See the clear example given by God, through Moses, about the provision of Manna - Exodus 16v22-30**

We too must avoid unnecessary work, leisure activities, sport, shopping, parties, etc.

**5**

**The epitaph of a man.** “Born a man, died a grocer.” A pointless life! **No spiritual or eternal gain!**

**Are we too busy for God?**

**Being Under Satan’s Yoke. VA**

**We must ask ourselves these questions: -**

1. What is life all about?
2. Where do I come from?
3. Where am I going when I die?
4. Who is God? and what is He like?
5. How can I find Him and know Him personally?
6. How can I find God’s forgiveness?
7. How can I know the Lord Jesus Christ as my Saviour?
8. What are God’s promises to me in the Bible?
9. What are God’s plans for the future of this world?
10. What is God’s plan for me?

**The answers to these are all in the Bible. Do you read it?**

1. **Worship God in your Local Faithful Church. VA2**

Join in the public Praise, Prayer and Reading of God’s Word.

Listen to His Word preached, enjoy it, and obey it.

We are created by God to know Him, and enjoy Him for ever.

1. **Hear about God’s Grace, Mercy, and Forgiveness – The Gospel. The Doctrine of God. VA3**

Hear God’s word explained so we can rejoice in the Gospel of God’s grace - repent, believe, and serve God**.**

The Lord loves us so much that He came to die on the cross to save us**.** Our substitute, taking His Father’s wrath that we deserve – eternally.

**Have we learnt the great answers to life and death? They are all in God’s Word of Truth.**

**6**

**Have you sought the forgiveness of the Lord?**

**How silly to ignore the Truth that will set us free!**

1. **Be A Witness to Others. VA4**

The Lord Jesus Christ is the **Lord of the Sabbath**. ***“And He said unto them, The sabbath was made for man, and not man for the sabbath: Therefore the Son of man is Lord also of the sabbath.”* (Mark 2v27-28).**

Our attending **all** the church services we can, will encourage others to do the same. If we are a Christian then we should be inviting our friends to the Gospel Service and to the Bible/College Class.

**So, Remember the Lord’s Sabbath, Keep it Holy.**

The Sabbath is given to us by God to be a wonderful blessing to our souls, as Isaiah tells us.

***“If thou turn away … from doing thy pleasure on My holy day* (The Sabbath)*; and call the sabbath a delight, the holy of the Lord, honourable; and shalt honour Him, not doing thine own ways, nor finding thine own pleasure, … Then shalt thou delight thyself in the Lord; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the Lord hath spoken it.”***

***Isaiah 58v13,14***