

Bible/College 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

**"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." Exodus 20 v8-10.**

Bible Readings for this week

Choose a regular time each day to read the bible and pray whether it be when you first wake up or just before you go to sleep

Day	Bible Reading	Tick When Read
Sunday	Genesis 2v1-3 & Isaiah 58v13-14 (Sabbath blessing)	
Monday	Exodus 20v8-10 (Remember the Sabbath Day)	
Tuesday	Exodus 16v1-18 (Quail and Manna for 40 years)	
Wednesday	Exodus 16v19-36 (God's 6 day provision for 7 days)	
Thursday	Mark 2v23-28 (The Sabbath was made for man)	
Friday	Mark 3v1-6 (It was lawful for Jesus to heal)	
Saturday	Psalm 29 (Worship the Lord in the beauty of holiness)	

Important thought for all of us: 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 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.**

Hymn 92 speaks of the joy of praising the Lord on the Sabbath.

1. Sweet is the work, my God, my King,
To praise Thy name, give thanks, and sing,
To show Thy love by morning light,
And talk of all Thy Truth at night.
2. Sweet is the day of sacred rest:
No earthly cares shall here molest;
O, may my heart in tune be found,
Like David's harp of festive sound!
The eternal 'Sabbath' (Heaven)
4. Soon shall I share a glorious part
And new supplies of joy are shed,
- When grace has well refined my heart,
Like holy oil, to cheer my head.

EDT Bible/College Class Take Home Sheet

This sheet is given to remind you of the lesson and to encourage you to read your Bible.

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).

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

- o It was God's order at Creation – From the beginning - One Day in seven.
- o It is a **Day of rest** from our everyday activities to worship our Creator.
- o We are created in God's image - a living soul. We need to worship God.
- o The New Testament Sabbath is Sunday, the 1st Day of the week.
- o The Lord Jesus rose from the dead on this Day. (**Luke 24 v1-9**).
- o The Holy Spirit was given to the disciples on this Day. (**Acts 2 v1-4**).
- o Obeying brings peace and joy to our souls and is a foretaste of Heaven.

So, what should we do on Sundays?

- 1. Stop, Think of God and Holy things. Make these our priority.**
 - o Put the Eternal God, our Creator, first - central to the day.
 - o Break from our usual weekday routine. Limit our duties to essential ones.
See the clear example given by God, through Moses, in Exodus 16v22-30
We too must avoid unnecessary work, leisure activities, shopping, parties, etc.

2. Worship God in your Local Faithful Church.

- o Join in the public Praise, Prayer and Reading of God's Word.
- 3. Hear about His Grace, Mercy, and Forgiveness – The Gospel.**
 - o Hear God's word explained so we can repent, believe, and serve God.
Learn of God's holy character, and the vital Doctrines of the Bible.

4. Be A Witness to Others.

- o The Lord Jesus Christ is the Lord of the Sabbath. (**Mark 2 v27-28**).
Our attending all the church services we can will encourage others to do the same. Inviting friends to the Gospel and Bible/College Class Meetings.

"If thou turn away thy foot from the sabbath, from doing thy pleasure on My holy day; 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.