

The Fourth Commandment
Exodus 20:1-17
Sunday, 10th October '21

- **There does seem to be something special about the Lord's Day**

Sunday = a rest + a reset

- Do we honour God with our time?

Take my life and let it be
Consecrated, Lord, to Thee.
Take my moments and my days,
Let them flow in endless praise.

3. Come to Jesus and rest in him

Matthew 11:28-30

I heard the voice of Jesus say, "Come unto me and rest
Lay down thou weary one, lay down thy head upon my chest."
I came to Jesus as I was, weary and worn and sad
I found in him a resting place and he has made me glad.

Introduction

1. God wants his people to rest

vv8-11

Sabbath =

- **a duty**

v8

- Remember

- **a sign**

v10

Exodus 31:12-13

Exodus 31:14-17

- **a gift**

Exodus 20:11

Exodus 23:12

Deuteronomy 5:12-15

- **A physical rest**

- **A spiritual reset**

2. Jesus offers true rest to everyone who trusts in him

"Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfil them."
(Matthew 5:17)

4 things stand out in the NT:

- **Jesus never broke the 4th commandment**

"The Sabbath was made for man, not man for the Sabbath."
(Mark 2:27)

- **The Sabbath itself is no longer binding on Christians as a holy day**

"Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day. These are a shadow of the things that were to come; the reality, however, is found in Christ." (Colossians 2:16-17)

- **Jesus is the One who gives us true rest**

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." (Matthew 11:28-30)