

# Sunday is the Son's Day Notes

Exodus 20:8-11

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**Main Point:** Set apart one day in seven to stop what you are doing to remember the Lord as Creator and Redeemer as you look forward to the eternal rest only Christ provides.

## Observations

1. This is the first \_\_\_\_\_ command.
2. This is the \_\_\_\_\_ vertical command.
3. This is the longest of the Ten Commandments.
4. This commandment is mentioned in the Old Testament more than any other.
5. This commandment is difficult to interpret and the most controversial.
6. This is the \_\_\_\_\_ one of the Ten Commandments not quoted in the New Testament.
7. This command meant a lot to the Israelites.

## The Purposes of the Command

1. Remember to \_\_\_\_\_ (vs. 8).
  - Remember means “to recall, to mark, to set \_\_\_\_\_.”
  - In Hebrew, “remembering” is not just recalling something, it implies a change of \_\_\_\_\_, so our lives line up with what we’ve been reminded of.
  - To remember is “to embrace and own for ourselves.
  - Sabbath is defined as “a cessation from \_\_\_\_\_, a day to desist from exertion.”
  - Rest means “to \_\_\_\_\_ down and be quiet.”
  - The Sabbath is designed to be a \_\_\_\_\_, not a grind (Exodus 23:12).
  - God found \_\_\_\_\_ when He rested (Exodus 31:17).
  - God rested not because he was exhausted but to \_\_\_\_\_ what He created (Genesis 1:31).
2. Remember God’s \_\_\_\_\_ (vs. 9-10).
  - The phrase “shall labor” carries the idea of “\_\_\_\_\_.”
  - Labor refers to the general things we do in and outside the \_\_\_\_\_ to keep things going.
  - Work is what we do for our \_\_\_\_\_.
  - God calls us to be a people who are productive by doing an \_\_\_\_\_ week’s work (2 Thessalonians 3:10).
  - Labor has always been part of God’s plan for us. Work is not part of the \_\_\_\_\_.
3. Remember to \_\_\_\_\_.
  - The purpose of remembering the Sabbath is to “keep it \_\_\_\_\_.”
  - The root means to “\_\_\_\_\_ , to set apart.”
  - It is also translated as “to \_\_\_\_\_.”
  - According to Leviticus 23:3, God’s people are to congregate one day a week to \_\_\_\_\_ themselves.
  - The word “blessed” means “to bow and show \_\_\_\_\_.”
4. Remember God’s \_\_\_\_\_ (Deuteronomy 5:15).
  - It’s good to set aside a day to focus on how God has redeemed us from the slavery of \_\_\_\_\_.
  - If you don’t have this weekly reminder, you’ll forget all God has done for you and you’ll end up taking His grace for \_\_\_\_\_.

5. Remember to \_\_\_\_\_.
  - It is a way to rely on \_\_\_\_\_ to provide for our needs (Exodus 16:29-30).
  - To take one day to rest was a \_\_\_\_\_ test.
  - God showed them they didn't have to frantically work seven days a week to provide for their own needs.
  - The Sabbath was a sign to the Israelites they \_\_\_\_\_ to God and He would take care of them (Exodus 31:12-13).

### **The Principles of the Command**

1. Jesus gathered for public worship one day a week (Luke 4:16).
2. Jesus \_\_\_\_\_ on the Sabbath (Matthew 12:12).
3. Jesus proclaimed Himself as \_\_\_\_\_ of the Sabbath.
4. Jesus taught the Sabbath was for our \_\_\_\_\_ (Mark 2:27).
  - He did follow the Sabbath commandment, but He purposely showed the emptiness of man-made rules and regulations.

### **The Parameters of the Commandment**

1. Saturday Sabbath view – holds that worship should take place on the Sabbath which is \_\_\_\_\_.
2. Sunday Sabbath view – Believe \_\_\_\_\_ has replaced the Sabbath, so its rules and regulations should still be followed.
3. Weekend Worship view – the celebration of our salvation culminates in a \_\_\_\_\_ worship service any day of the week (Acts 2:46).
  - Theologian B.B. Warfield put it like this: "Christ took the Sabbath into the grave with Him and brought the Lord's Day out of the grave with Him on the Resurrection."
  - Acts 20:7, 1 Corinthians 16:2, and Revelation 1:10 show believers gathered on Sundays.
  - Christians are under no \_\_\_\_\_ to go back to calendar feast days or the observance of Saturday Sabbath because all of this was part of the Mosaic covenant.
  - Paul gives us freedom to worship on \_\_\_\_\_ day of the week (Romans 14:5-6).

### **Practicing the Commandment**

1. One day in seven we stop what you are doing and remember the Lord as Creator and Redeemer as you look forward to the eternal rest only Christ provides.
2. Do you have one day a week in which you unplug in order to rest?
3. What one decision will you make to get your calendar back in rhythm?
4. What disciplines will you implement in order to revere God on one specific day?
5. Who can you share your redemption story with this week?
6. What one activity will you stop doing and what's one thing you'll start doing to demonstrate you're ready to rely on the Lord?
7. Begin tithing the \_\_\_\_\_ God has given you.
8. Prepare for worship \_\_\_\_\_ you arrive.
9. Discipline yourself to gather \_\_\_\_\_ with God's people (Hebrews 10:25).
10. Deliberately \_\_\_\_\_ the pace in your family.
11. Spend time with your \_\_\_\_\_ on your day of rest (Matthew 12:12).
12. Repent and receive the salvation \_\_\_\_\_ Jesus offers.
  - The promise of a temporary Sabbath rest is a picture of the eternal rest only Christ provides (Hebrews 4:9-11, Matthew 11:28-29).