

**Commandment #4 – "Keep My Day Holy"**  
**Exodus 20:8-11**

**INTRODUCTION:** Why do we need a special Commandment to "**rest**"?

**I. THE COMMAND – 20:8**

- When we disobey, we self-destruct.

**A. Physically – 20:9-10**

- "**Sabbath**" means 'to rest'.
- Satan, like a roaring lion, will attack the sick & weak.

**B. Spiritually**

- God "**rested**" on the 7<sup>th</sup> Day – **Genesis 2:1-3, 1:31**
- We need to take Spiritual inventory 1 day a week.
- The "**Sabbath**" was given to the Jews –  
Exodus 31:16-17.
- While not bound by the Ceremonial Laws of the Sabbath, we are to keep the PRINCIPLE of the Sabbath – Col. 2:16-17.
- Christians began to worship on Sunday, to celebrate Christ's resurrection – Rev. 1:10, Acts 20:7, 1 Cor. 16:2.

**II. THE CHALLENGE**

**A. What We Should Do – 20:9** – "**work**" 6 days.

**B. What We Should Not Do – 20:10**

- Not To Work – **20:8** – 1 day is set aside to be "**holy**".
- Sometimes, we have to "**work**" on Sunday –  
Luke 14:3-6.
- We don't need RULES ... we need REST.
- God wants to spend some time together with you.
- Don't schedule God out of your Sunday.
- God took time to reflect on Himself – **20:11** –  
Ps. 46:10.
- Jesus told His Disciples to "**rest**" – Mark 6:31

**CONCLUSION:**

- Are you keeping God's day "**holy**"?