

**Notes: Sermon 6**  
**The Fourth Commandment**  
***Exodus 20:8-11***  
***Remember the Sabbath day by keeping it holy***

## **Introduction**

This time I am going to building on last week's foundation. What the Bible says about the fourth commandment, and how it applies, can be summarised like this:

- God requires his people to set apart one day in seven for rest, which involves not only physical rest, but also spiritual rest, which is worship.
- From the creation of the world to the resurrection of Jesus Christ, this day was the seventh day, which was called the Sabbath.
- From the resurrection of Christ to the end of the world, this day is now the first day of the week, which we call the Lord's Day.

The commandment says, "Do no work, etc." But I want to remind you of some things which I noted last time about working on the Lord's Day:

- there are works of necessity, such as done by doctors, nurses, midwives, care-workers, policemen, soldiers and so on.
- we touched on a reality of modern life. Jobs are hard to come by. "Should I take that job that requires me to work some Sundays, and if I don't, how will I support my family?" I acknowledged that difficulty the pressures you are facing!

Having said that, I think there are a few questions we should be asking ourselves:

- *Is there something else I could be doing that wouldn't require Sunday working?*
- *Are there things I could do to avoid working on a Sunday in my present job?*
- *Am I working for financial gain on a Sunday when I needn't?*
- *Is there a principle here for which I actually need to make a stand?*

You'll never know the answers to these questions until you start making enquiries. If we prayerfully seek to honour the Lord we may very well find the Lord honouring us by making ways for us to be free on Sunday that we never thought possible.

If you make a stand on a biblical principle to please God then God is not going to forget you. 1 Samuel 2:30 says, "Those who honour me, I will honour."

### ***Call the Sabbath a delight***

Let's look at Isaiah 58:13 and notice one phrase "...and call the Sabbath a delight ..." That's the key. Here are some ways we can make the Day a blessing:

- *So firstly and foundationally, worship God with God's people.*
- *Second, make Sunday the best day of the week for you and your family.*
- *Thirdly, offer and enjoy hospitality.*
- *Fourthly, visit those in need.*
- *Fifthly, relax...*

- *Sixthly, watch out for worldly distractions.*

You've got to search your heart on these issues. Pray about them, asking the Lord how you can make the Sabbath a delight!

### **Conclusion:**

Robert Murray McCheyne was a Scottish preacher. A Sunday well spent, was for him, a day of **heaven upon earth**. And it is my prayer that it will be that way for us too!