



THE SABBATH



COMMANDMENT: “Remember the Sabbath day, to keep it holy: . . . For the LORD made the heavens and the earth, the sea, and everything in them in six days; then he rested on the seventh day.” (Exodus 20:8-11)

GIFT	TEST	REST
<ul style="list-style-type: none">• Sabbath was a gift from the Lord (Isaiah 58:13).• Sabbath was a reminder of God’s deliverance (Deuteronomy 5:15).• Sabbath was a reminder that God consecrated them (Exodus 31:13).	<ul style="list-style-type: none">• Sabbath laws were a test to see if the Hebrews would obey and trust His provision (Exodus 16:4-5, 14-30).• Failure of God’s people to keep the Sabbath led to judgment (Jeremiah 17:24-27; Ezekiel 20:16).	<ul style="list-style-type: none">• The Sabbath was a day of complete rest as a reminder of God’s rest (Exodus 31:16-17; cf. Genesis 2:1-3).• The land was to have a Sabbath year of rest from growing and harvesting (Leviticus 25:4-5).

COMPLAINT: “There are six days when work should be done; therefore come on those days and be healed and not on the Sabbath day.” (Luke 13:14; cf. Matthew 12:2, 10; Luke 14:1-3; John 5:9-16; 9:14-16)

INTERPRETATIONS OF THE LAW	THE PHARISEES’ EXCEPTIONS	THE PHARISEES’ HYPOCRISY
<ul style="list-style-type: none">• Pharisees prohibited any kind of harvesting, threshing, gathering of grain, and accused Jesus’s disciples (Matthew 12:1-2).• Pharisees prohibited carrying items, and accused the man who carried his mat (John 5:9-10).• Pharisees had 39 categories of work forbidden for the Sabbath, including healing or pain management.¹	<ul style="list-style-type: none">• Following other laws, such as temple service (Matthew 12:5) and circumcision on the eighth day (John 7:22-23).• Caring for children or animals in distress (Matthew 12:11; Luke 13:15; 14:5).	<ul style="list-style-type: none">• Sabbath was supposed to be a blessing for Israel, not a burden (Mark 2:27).• Jesus pointed out exceptions in Jewish history and practice that the Jews didn’t consider sinful (Matthew 12:3-5).• Pharisees refused to answer about doing good on the Sabbath (Mark 3:4).

REST IN CHRIST: “Therefore, since the promise to enter his rest remains, let us beware that none of you be found to have fallen short. For we also have received the good news just as they did. But the message they heard did not benefit them, since they were not united with those who heard it in faith. For we who have believed enter the rest.” (Hebrews 4:1-3)

JUSTIFICATION	SANCTIFICATION	GLORIFICATION
Jesus justified us through His atoning sacrifice and rested from His work (Hebrews 10:11-12; cf. John 19:30).	Jesus made us holy by taking our sin and giving us His righteousness (2 Corinthians 5:21).	Jesus will glorify us and bring us into eternal rest at His return (2 Corinthians 4:17; Colossians 3:4).

ITEM 9

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