

# family matters

gimmie a break

## the fourth commandment

"Remember the Sabbath day by keeping it holy. <sup>9</sup> Six days you shall labor and do all your work, <sup>10</sup> but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. <sup>11</sup> For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy."

*Exodus 20:8-11*

## how serious was violating this commandment?

While the Israelites were in the wilderness, a man was found gathering wood on the Sabbath day. <sup>33</sup> Those who found him gathering wood brought him to Moses and Aaron and the whole assembly, <sup>34</sup> and they kept him in custody, because it was not clear what should be done to him. <sup>35</sup> Then the LORD said to Moses, "The man must die. The whole assembly must stone him outside the camp." <sup>36</sup> So the assembly took him outside the camp and stoned him to death, as the LORD commanded Moses.

*Numbers 15:32-36*

## what blessings followed compliance?

"If you keep your feet from breaking the Sabbath  
and from doing as you please on my holy day,  
if you call the Sabbath a delight  
and the LORD's holy day honorable,  
and if you honor it by not going your own way  
and not doing as you please or speaking idle words,  
<sup>14</sup> then you will find your joy in the LORD,  
and I will cause you to ride in triumph on the heights of the land  
and to feast on the inheritance of your father Jacob."  
For the mouth of the LORD has spoken.

*Isaiah 58:13-14*

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**NOTES** - The icons below may be helpful as you take notes on the outline.



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## what is the two-fold purpose of the Sabbath?

The LORD said to Moses, <sup>2</sup> "Speak to the Israelites and say to them: 'These are my appointed festivals, the appointed festivals of the LORD, which you are to proclaim as sacred assemblies. <sup>3</sup> "'There are six days when you may work, but the seventh day is a day of Sabbath rest, a day of sacred assembly. You are not to do any work; wherever you live, it is a Sabbath to the LORD.'"

*Leviticus 23:1-3*

## why were the Pharisees critical of Jesus?

One Sabbath Jesus was going through the grain fields, and as his disciples walked along, they began to pick some heads of grain. <sup>24</sup> The Pharisees said to Him, "Look, why are they doing what is unlawful on the Sabbath?"

<sup>25</sup> He answered, "Have you never read what David did when he and his companions were hungry and in need? <sup>26</sup> In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his companions."

<sup>27</sup> Then He said to them, "The Sabbath was made for man, not man for the Sabbath. <sup>28</sup> So the Son of Man is Lord even of the Sabbath."

*Mark 2:23-28*

## how did He respond to them?

## what is His summation of the Sabbath principle?

## so what's the bottom line for me?

## next steps

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