



## REMEMBER THE SABBATH

### Introduction:

#### I. THE PRINCIPLE OF REST

##### A. *Shabbat* as a verb.

Genesis 2:1-3

Exodus 31:17

##### B. *Shabbat* as a proper noun (Exodus 20:8-11; Deuteronomy 5:12-15)

Exodus 31:14-17

*m<sup>e</sup>lakha* =

##### C. *Shabbat* as a theological principle (Hebrews 4:9-11)

#### II. THE PRINCIPLE WRESTED

##### A. By breaking the Sabbath.

##### B. By making Sabbath the Queen.

##### C. By ignoring *shabbat* altogether.

“This commandment must not be lightly regarded as a piece of antique history or as conventional wisdom that may be used as one sees fit. Rather, it calls for an imitation of God’s own action, and it carries a blessing for all who will observe it.”  
Walter Kaiser

### III. THE PRINCIPLE RESTORED

A. Should we keep a sabbath?

1)

2)

3)

4)

B. Why *wouldn't* you keep a sabbath?

1)

2)

3)

C. *How* should you keep a sabbath?

1)

2)

3)

Parenthesis: Sunday is “the Lord’s Day” for most Christians today.

#### **Food for Thought:**

- 1) What does this commandment imply about the relationship between God and humanity?
- 2) What do you think it means to keep the sabbath holy?
- 3) What do Christians lose by treating Sunday as just another day of the week?
- 4) What arrangements (or rearrangements) do you need to make to obey God’s commandment?