

MONTHLY BIBLE STUDY



TEN COMMANDMENTS #4

1. Write down as many of the Ten Commandments as you can, in any order.

2. Read Exodus 20:1-17. Today's study is on Commandment # 4. Exodus 20:8-11 (NIV) "Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, 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 manservant or maidservant, nor your animals, nor the alien within your gates. 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."
3. What is your understanding of the term "Sabbath day"? (HINT: the root of Sabbath is "cessation").
 - a. What do you see as the purpose of the Sabbath day?
4. Read Exodus 20:2. The bottom line of the fourth commandment regarding the "Sabbath" or day of rest seems to be "keep it holy." But what does it mean to keep it holy?
5. God ceased creating, shaping and forming the world on the Sabbath, but He didn't cease maintaining, sustaining and redeeming it. God asks His people to set the day apart for Him, to do whatever He loves and desires – everything EXCEPT the routine labors that are normally carried out the other six days of the week. What does that mean to you?
6. With the death and resurrection of Jesus, Christians use Sunday (first day of week) as their Sabbath. What is the purpose of the day of rest for Christians?
7. Compare and discuss Isaiah 58:13-14 and Mark 2:27. Why did Jesus need to say what He said in Mark 2:27?
8. Read Genesis 2:2-3, Exodus 20:8-11, and John 5:10-17.

Jesus healed on the Sabbath and was criticized by the Pharisees and religious elite of His day. After reading the Scriptures listed, what is your understanding of the true CONCEPT or INTENT behind the Sabbath or the Lord's Day?

9. Read Romans 14:5-13. Discuss these Scriptures. Do Jesus and Paul seem to teach that Christians have a degree of latitude in how they fulfill God's intentions for the Sabbath, since every day belongs to God. But the SPIRIT of keeping the Sabbath "holy" still means to honor God in worship, to focus on the needs of others rather than ourselves, and to pursue fellowship, unity and concern for other believers and the lost alike.
10. How would you explain the Gospel of Jesus to Jews living in the first century?
- a. How would you describe what it means to trust in Christ's work on the Cross rather than working to merit it by strict adherence to the laws of the Old Testament?
 - b. Read Hebrews 4:1-13. Can you see a metaphorical comparison in these Scriptures that equates the Sabbath rest with rest in Christ?

Note: Jesus is God's Sabbath rest when it comes to salvation. On the cross, Jesus completed the work of salvation for us. As you consider how to communicate Christ to bikers and unbelievers in our culture today, what are some useful metaphors you could use?

How can you communicate the old story in new ways?

Pray for enlightenment concerning God's desires for your Sabbath rest. Ask for the words to communicate Christ to your world in a way that will lead others to His Kingdom.