

# New Mount Zion M.B. Church



New Mount Zion Missionary Baptist Church  
140 West Maple Street  
Jackson, MS 39203  
Rev. Willie Tobias, Jr. Pastor

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**New Mount Zion M.B. Church Bible Class  
April 20, 2020**

***“Understanding The Ten Commandments”  
#4<sup>th</sup> Commandment***

*What is the fourth commandment? Exodus 20: 8-11,  
“Remember the Sabbath Day, to keep it Holy”*

*Six days shall you labor and do all your work. But the seventh day is the Sabbath of the LORD your God: in it you shall not do any work, you, nor your son, nor your daughter, your manservant, nor your maidservant, nor your cattle, nor your stranger that is within your gates (Ex 20:9-10).*

*God gave the definition of Sabbath in creation. Six days He did the work of creation and in the seventh day He rested. “For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the Sabbath day, and hallowed it.”*

# *What are two things we should do on the Sabbath Day?*

*Rest and Worship. The word Sabbath in the Hebrew means to cease. Therefore, the Sabbath is the day when a person suspends or ceases his normal routine of labor. The prohibition of work on the seventh day also applies to those who may be under one's authority including animals. This animal is to be given a break.*

## *Is it ok to work on the Sabbath Day (John 7:21)?*

*Luke 13: 10-17. This commandment refers not to man spiritual work but to man physical work. JESUS did work on the Sabbath day, but it was spiritual work. The Sabbath day ought to be different from other days. GOD declared that the first six days of creation were good only the Sabbath day he declared to be holy. The Sabbath belongs to the LORD and it must be used for GOD's purposes not ours. Isaiah 58:13.*

*There are some benefits for observing the Sabbath day: Exodus 16: 23-30 Manna...Exodus 31: 12-18. Jesus Christ allowed works of necessity, charity and piety to be done on Sabbath day.*

*All works of luxury, vanity or self-indulgence in any form are forbidden. Trading, paying wages, settling accounts, writing letters of business, worldly studies are not in the spirit of keeping the Sabbath day holy. The Sabbath day should be a day of rest from worldly labor.*

*Does it matter if we observe the Sabbath Saturday or Sunday? No, it doesn't. By Jewish reckoning a day begins at sunset. So the phrase "first day of the week" started on Saturday evening at sunset. Therefore, the body of JESUS had to be taking off the cross. John 19:31*

*God is the first to introduce Sabbath and bring it down to the children of Israel. He knew and knows that man's tendency is to work and work with no rest. Israel had gone 400 years in bondage without a day of rest in Egypt and being told by God to take a day in rest was radical to them. No other part of the world or community used to take rest.*

## *Read and Explain Exodus 20:11*

*What was the punishment for those who did not rest from the labor on the Sabbath Day? Exodus 31: 14-45*

*The reactions to this command are different and it is through these reactions that all sorts of arguments, controversies, perversions and twists are brought out. There are different groups of people according to their reactions of Sabbath day.*

*There are those who:*

*Deplore the day*

*Ignore the day*

*Worship on the day*

*There are those who deplore the Sabbath Day.*

*This group of people say that they cannot take a day of rest because it is exceedingly bad.*

*Bad to their economy, military gain, power, fame, money etc.. They are busy, they have a lot to do, busy conquering the world; they are against this day. Especially as it relates to taking a day of rest.*

*China, Japan, Russian and many other nations are busy deploring the Sabbath day, but many people will say that they do not need a rest. To many people, taking a break is laziness, as the Russians used to tell Israel, and it is not surprising to see or hear someone coming to you and calling you lazy when you are resting on the Sabbath Day.*

## *Israel ignoring Sabbath*

*The children of Israel were told by God that bread (manna) will only rain from heaven six days and on the sixth day, God will rain twice as much, so that the people could gather enough to take them through the next day which was the seventh (Sabbath) day. Exodus 16:4-5. On the seventh day, no bread was to rain from heaven, so the children of Israel had to eat what they had collected the previous day (sixth day) which was twice as much. Ex 16:25-26.*

*On the Sabbath day, some people disobeyed God and went out early in the morning to gather manna, but they found none. Ex 16:27: Those who went to gather bread on the seventh day knew and agreed with the Sabbath, but they ignored it.*

*Many of us are like these people who went to gather bread on the Sabbath day. We accept the Sabbath day but when the day comes, we ignore it and instead wake up early in the morning to gather bread.*

*The children of Israel who disobeyed God and went to gather bread on the seventh day found nothing. God declares that what you do on the seventh day has the possibility to amount to nothing. Yes! What we do on Sabbath day can amount to nothing.*

*You say you're working rely hard, seven days in a week not keeping the Sabbath day, but what you're collecting is nothing. You say you cannot take rest, close your business, stop and quit all your work, that you will get a loss, your finances will decrease etc. but all what you're busy gathering will amount to nothing.*

*You will get all the money, all the material wealth you can gather, but soon it will amount to nothing. You will look at your work, all what you have been doing disobeying God and cry. You will feel empty in your heart; a void all the money, world pleasure and wealth cannot fill. Those idols you are busy building and protecting disobeying God will not save or give you joy or happiness.*

*A day of rest is not because of physical fatigue or limiting creativity. God neither stopped creating on the seventh day because He was fatigued nor because He was limited in creativity or run out of ideas. At a certain point enough is enough and we must stop. If God did not stop creating, this world will be a disaster; fully crowded.*

*Many people are busy disobeying God creating disasters in their life. They claim that they have kids to feed, bread to put in the table, bills to pay, targets to meet and so on and so on. Their work has become a god to them; they choose to disobey God by not keeping His command. Watch out because that god (idol) your serving and worshiping will only stare at you as trouble consumes you like wild-fire.*

*There are consequences of disobeying God; ignoring the Sabbath day. The children of Israel were told by God to sow the land for seven years and in the sixth year God will double their field yields for them to rest on the seventh year (Sabbath day). Leviticus 25:3-4.*

*For 70 years they disobeyed God and the consequence was them being carried to captivity in Babylon for the same 70 years. God gave the land rest in those 70 years. This is what awaits you when you ignore the Sabbath day.*