



# Defending Your Faith

*Expository Apologetics*

“Always being ready to make a defense to everyone who asks you to give an account for the hope that is in you.”

PROVIDENCE REFORMED

BAPTIST CHURCH



# Lesson 15 – The Fourth Commandment

## A Puritan Catechism

49 Q. Which is the fourth commandment?

A. The fourth commandment is, “Remember the sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath of Yahweh your God; in it you shall not do any work, you or your son or your daughter, your male or your female slave or your cattle or your sojourner who is within your gates. For in six days Yahweh made the heavens and the earth, the sea and all that is in them, and rested on the seventh day; therefore Yahweh blessed the sabbath day and made it holy.”



# Lesson 15 – The Fourth Commandment

## A Puritan Catechism

50 Q. What is required in the fourth commandment?

A. The fourth commandment requires the keeping holy to God such set times as he has appointed in his Word, expressly one whole day in seven, to be a holy Sabbath to himself (Lev. 19:30; Deut. 5:12).

51 Q. How is the Sabbath to be sanctified?

A. The Sabbath is to be sanctified by a holy resting all that day, even from such worldly employments and recreations as are lawful on other days (Lev. 23:3), and spending the whole time in the public and private exercises of God's worship (Ps. 92:1-2; Isa. 58:13-14), except so much as is taken up in the works of necessity and mercy (Matt. 12:11-12).



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## Westminster Larger Catechism

Q. 116. What is required in the fourth commandment?

A. The fourth commandment requireth of all men the sanctifying or keeping holy to God such set times as he hath appointed in his word, expressly one whole day in seven; which was the seventh from the beginning of the world to the resurrection of Christ, and the first day of the week ever since, and so to continue to the end of the world; which is the Christian sabbath, and in the New Testament called The Lord's Day.





# Lesson 15 – The Fourth Commandment

## \* Sabbath Rest is a Creation Ordinance

The principle of one day in seven set aside for rest from work is based on what God did in Creation.

Exodus 20:11 For in six days Yahweh made the heavens and the earth, the sea and all that is in them, and rested on the seventh day; therefore Yahweh blessed the sabbath day and made it holy.

During the French Revolution, they attempted to change the calendar and set up three 10-day weeks in each month. The tenth day was the day off. It didn't work. Horses and other working animals, and even people started to fall over dead in the streets. A 10-day work week was an act of rebellion against God and His design, and the consequences were very literally deadly.



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By the way, have you noticed that we in the US now do not work 6 days a week? We have a 5 day work week and 2 days off on the “weekend.”

The Creation ordinance and principle is to work 6 days and rest 1 day. And by work, this isn't just getting up and going to a job. Many things are work.

The trust is that being able to enjoy a break from the rigors of life is a design established by God that points to multiple things. The Sabbath is a shadow that finds its substance in Christ!



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\* Sabbath Rest points to Christ and His finished Work of Redemption. True Sabbath Rest is resting in Christ from our own works for salvation and sanctification.

Colossians 2:16 Therefore, no one is to judge you in food and drink, or in respect to a festival or a new moon or a Sabbath day— 17 things which are only a shadow of what is to come; but the substance belongs to Christ.

Now we get a foretaste of that rest, in eternity we will see the true fulfillment.



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\* Sabbath Rest (and the Promised Land) foreshadows the New Heavens and New Earth.

Hebrews 4: Therefore, let us fear, lest, while a promise remains of entering His rest, any one of you may seem to have fallen short of it. 2 For indeed we have had good news proclaimed to us, just as they also; but the word that was heard did not profit those who were not united with faith among those who heard. 3 For we who have believed enter that rest, just as He has said, “As I swore in My wrath, They shall not enter My rest,” although His works were finished from the foundation of the world. 4 For He has spoken somewhere in this way concerning the seventh day: “And God rested on the seventh day from all His works”; 5 and again in this passage, “They shall not enter My rest.”





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\* What day of the week is the Sabbath now?

Note: In the Old Testament, it was designated by God's Law that the Sabbath was the seventh day of the week.

In the New Testament, the church met for worship on the first day of the week in remembrance of Jesus' resurrection. However, they did not take the whole day off. It was the first day of the week and they had to go to work!

A letter from Pliny the younger to Emperor Trajan gives us a look at the early church on Sunday:

“They were in the habit of meeting on a certain fixed day before it was light, when they sang in alternate verses a hymn to Christ, as to a god, and bound themselves by a solemn oath, not to any wicked deeds, but never to commit any fraud, theft or adultery, never to falsify their word, nor deny a trust when they should be called upon to deliver it up; after which it was their custom to separate, and then reassemble to partake of food of an ordinary and innocent kind.”



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In some parts of the world under Islamic rule, Friday is the holy day where all businesses are closed. Sunday is just another day. Believers there may be able to meet on Sunday, but they do not have the luxury of having the whole day off.

We must be careful not to let our history, influenced by the Puritans, cause us to make demands on people in other cultures. We defeat the purpose and miss the motivation behind the need for a day of rest otherwise.

Keep in mind also, in the NT, believers met together daily in each others houses (Acts 2:46-47).



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Hebrews 4:4 For He has spoken somewhere in this way concerning the seventh day: “And God rested on the seventh day from all His works”; 5 and again in this passage, “They shall not enter My rest.” 6 Therefore, since it remains for some to enter it, and those who formerly had good news proclaimed to them failed to enter because of disobedience, 7 He again determines a certain day, “Today,” saying through David after so long a time just as has been said before, “Today if you hear His voice, Do not harden your hearts.”



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So as we look at that rest now, we see that this rest is the finished work of God. We've entered into something that is started, it's continuing, and it will be finished. Think about how we describe salvation.

We are saved. Past tense, we have been converted, justified. We are saved when we believe.

We are being saved as we are sanctified. Throughout this process of mortifying sin, putting off sin, growing in righteousness, we're being sanctified.

We will be saved. Then finally, all of us will be redeemed, body, soul, and spirit in glorification. So our salvation has begun, it continues, and it will be completed, and then we will enjoy the fruit of that salvation forever.

This is the rest of God. When we believe, we enter into that rest. As we learn to rest through sanctification, we are resting in His work, not our own. As we rest in His work, we are made more and more like Him.





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Jesus had a work to do, and he finished his work too. Where did he go after that? After he ascended, what did he do? He sat down at the right hand of the throne of God. Why did he sit down? His work was done.

He's resting. Now, he still intercedes for us, he still cares for us, but you understand, rest is not an absence of caring for us, we can rest because he does care for us. In his providential care, we have every reason to find peace and contentment.

Then we also know in Revelation 21:6, “He said to me,” this is Christ speaking, “it is done. I am the Alpha and the Omega, the beginning and the end. I will give of the fountain of water of life freely to him who thirsts.”

At the end of all things, what does Jesus declare from heaven? It's finished. It's done. The work is complete, and now we enter into rest.

So this is the promise. There was a day that was set aside to show us, to demonstrate for us, to foreshadow this resting in Christ, one day in seven, the last day of the week.



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So looking at the Sabbath ordinance, resting on the seventh day, resting for eternity, resting one day on seven, resting in the Promised Land, resting even now, what is the day of rest?

All through the Old Testament, what day is the Sabbath day? Saturday, the last day of the week. Is there a verse anywhere in the Bible that ever tells us that the Sabbath day changes? Yes, there is. Now some will say, well the church met on Sunday. So it was Saturday, but now it's Sunday, the first day of the week.

That's not what the Bible says. We just read what day is the Sabbath day there in Hebrews 4. Since therefore it remains that some must enter it. And to those who it was first preached, they did not enter because of disobedience. Again, He designates a certain day. There is a day to enter into the rest of God. He gave it to us in Psalm 95 in the Old Testament. You know what that day is?

Today. You see, the Sabbath for the Christian, the Sabbath in the New Covenant is not just one out of seven. It is every day. It is every day resting in the finished work of Christ.



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Sabbath Rest should be a daily reality for the believer.

Mark 2:27 And Jesus was saying to them, “The Sabbath was made for man, and not man for the Sabbath. 28 Consequently the Son of Man is Lord even of the Sabbath.”

Today and every day, we rest in Christ!