

Lesson 18 – Keeping the Sabbath Holy

- 1) What does God promise to those who keep the Sabbath?

Isaiah 56:2 > “_____ is the man *that* doeth this, and the son of man *that* layeth hold on it; that keepeth the sabbath from polluting it, and keepeth his hand from doing any evil.”

NOTE: There is a special blessing pronounced on those who keep the Sabbath holy.

- 2) Why does God want us to obey Him in the first place?

Deuteronomy 28:1-2 > “And it shall come to pass, if thou shalt hearken diligently unto the voice of the LORD thy God, to _____ and to ___ all his _____ which I command thee this day, that the LORD thy God will set thee on high above all nations of the earth: And all these blessings shall come on thee, and overtake thee, if thou shalt hearken unto the voice of the LORD thy God.”

NOTE: God wants to bless us and that is the precise reason why He wants us to obey Him.

- 3) Which commandment is the longest of the ten commandments?

Exodus 20:8-11 > “_____ the _____ day, to keep it holy. Six days shalt thou labour, and do all thy work: But the seventh day *is* the sabbath of the LORD thy God: *in it* thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that *is* within thy gates: For *in* six days the LORD made heaven and earth, the sea, and all that in them *is* , and rested the _____ : wherefore the LORD blessed the sabbath day, and hallowed it.”

NOTE: It is a fascinating fact that the only commandment that begins with the word “remember” is the one that most of the preachers today are telling people to forget about. It is also the longest of the ten commandments. Obviously, this commandment is not to be forgotten.

- 4) What should God’s People do on the Sabbath day?

Leviticus 23:3 > “Six days shall work be done: but the seventh day *is* the Sabbath of rest, an holy _____; ye shall do no work *therein* : *it is* the Sabbath of the LORD in all your dwellings.”

NOTE: The Sabbath is a holy convocation. The word “convocation” means gathering. It is a day in which God’s People are to come together to worship

Him. This is an important part of keeping the Sabbath holy.

- 5) What did Jesus and Paul do each Sabbath?

Luke 4:16 > “And he came to Nazareth, where he had been brought up: and, as his _____ was, he went into the synagogue on the _____ day, and stood up for to read.”

Acts 18:4 > “And he reasoned in the synagogue _____, and persuaded the Jews and the Greeks.”

NOTE: Both Jesus and Paul kept the Sabbath. They attended the church (synagogue) on the Sabbath. And we would do well to follow their example.

- 6) When does the Sabbath day begin?

Leviticus 23:32 > “It *shall be* unto you a Sabbath of rest, and ye shall afflict your souls: in the ninth *day* of the month at even, from ___ unto ___, shall ye celebrate your Sabbath.”

Mark 1:32 > “And at ___, when the ___ did ___, they brought unto him all that were diseased, and them that were possessed with devils.”

NOTE: A day in the Bible does not begin at twelve midnight. It begins at sunset and it ends the sunset after that. So, the Sabbath is kept from Friday sunset to Saturday sunset.

- 7) What type of work is forbidden on the Sabbath?

Exodus 20:8-10 > “Remember the Sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: But the seventh day *is* the Sabbath of the LORD thy God: *in it* thou shalt not do ___ ___, thou, nor thy son, nor thy daughter, thy _____, nor thy _____, nor thy cattle, nor thy stranger that *is* within thy gates:”

NOTE: On the Sabbath day secular work is prohibited. Paying someone for services on the Sabbath is also forbidden by the Scriptures. There are however some exceptions to this rule. Consider Physicians for a moment, there services are needed on the Sabbath hours. So those who work in the health field are permitted to work for the benefit of those who want service from them.

- 8) What is the Sabbath all about?

Isaiah 58:13-14 > “If thou turn away thy foot from the Sabbath, *from* doing thy pleasure on my holy day; and call the Sabbath a _____, the holy of the LORD, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking *thine own* words: Then shalt thou

_____ in the LORD; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the LORD hath spoken it .”

NOTE: The Sabbath is all about delighting yourself in the Lord. In other words, find joy in the things of God, and the promise is if you will do this God will cause you to ride upon the high places of the earth.

- 9) Are buying and selling permissible on the Sabbath day?

Nehemiah 13:15-22 > “In those days saw I in Judah *some* treading wine presses on the _____, and bringing in sheaves, and lading asses; as also wine, grapes, and figs, and all *manner of* burdens, which they brought into Jerusalem on the _____ day: and I testified *against them* in the day wherein they sold victuals. There dwelt men of Tyre also therein, which brought fish, and all manner of ware, and sold on the _____ unto the children of Judah, and in Jerusalem. Then I contended with the nobles of Judah, and said unto them, What _____ is this that ye do, and _____ the _____ day? Did not your fathers thus, and did not our God bring all this evil upon us, and upon this city? yet ye bring more wrath upon Israel by _____ the _____. And it came to pass, that when the gates of Jerusalem began to be dark before the _____, I commanded that the gates should be shut, and charged that they should not be opened till after the _____: and *some* of my servants set I at the gates, *that* there should no burden be brought in on _____ the merchants and sellers of all kind of ware lodged without Jerusalem once or twice. Then I testified against them, and said unto them, Why lodge ye about the wall? if ye do *so* again, I will lay hands on you. From that time forth came they no *more* on the _____. And I commanded the Levites that they should cleanse themselves, and *that* they should come *and* keep the gates, to sanctify the _____ day. Remember me, O my God, *concerning* this also, and spare me according to the greatness of thy mercy.”

NOTE: The Bible declares that buying and selling on the Sabbath day is an evil thing, and it is profaning the Sabbath. Just think of which day is usually the one in which most people buy and sell. Usually it is Saturday, the Sabbath. It is sad that most of the world is missing out on such a blessing by keeping the Sabbath holy.

- 10) What did Jesus show us about keeping the Sabbath?

Matthew 12:11-13 > “And he said unto them, What man shall there be among you, that shall have one sheep, and if it fall into a pit on the Sabbath day, will he not lay hold on it, and lift *it* out? How much then is a man better than a sheep? Wherefore it is _____ to do _____ on the Sabbath days. Then saith he to the man, Stretch forth thine hand. And he stretched *it* forth; and it was restored whole, like as the other.”

NOTE: One reason that Jesus came to this earth was to show us how to keep the Sabbath holy. The majority of His healing miracles took place on the Sabbath day. What do we learn from this? It is good to relieve the suffering on the Sabbath day. To teach those who are ignorant, to help heal the sick, the same ministry that Jesus did on the Sabbath we are to partake in as well.

11) When we respond to the invitation of keeping the Sabbath who are we responding to?

Matthew 11:28-30 > “Come unto me, all ye that labour and are heavy laden, and I will give you _____. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find _____ unto your souls. For my yoke is easy, and my burden is light.”

NOTE: When we respond to the invitation of keeping the Sabbath, we are responding to the invitation of Jesus Himself. It is more than just a day, it is a day that God has blessed, and it is a day in which He wants to spend a very special day with you.

IS IT YOUR DESIRE...

To, by God's grace, keep His Sabbath day holy? Yes or No