ONE DAY A WEEK

**DATE: 2/18/2018 am**

**TEXT: Exodus 20:8-11**

**INTRODUCTION**

We are continuing to Study the 10 Commandments

A Perfect Ten for a Perfect Life

We now come to the 4th Commandment

**v. 8 –** ***“Remember the sabbath day, to keep it holy”***

I’ve told this story before, but it’s worth repeating here

**Ill.** The Scotsman Eric Liddell served God as a missionary in China, where he would die in an internment camp in 1945. Many years ago his name became known through the movie *Chariots of Fire.* The movie is built around the 1924 Olympics and Liddell’s refusal to run on Sunday. He was the British record holder for the 100-meters and when he discovered that the 100-meters race was scheduled to run on Sunday, he quietly, but firmly stated he would not run. He was criticized by his teammates, and even questioned by his country’s leaders. Yet, nothing or no one could persuade him to run on Sunday. To solve the dilemma, a teammate ran the 100-meters on Sunday and he ran the 400-meters during a weekday. Many felt that he had no chance at winning the 400-meter race, but not only did he win, he broke a world-record in the process. Just before he ran, someone handed him a note that quoted **I Sam. 2:3 - *“for them that honour Me I will honour”***

For Eric Liddell, running on Sunday would have broken the 4th Commandment (That was something he wasn’t willing to do)

What would you have done if you had been faced with such a choice?

I have to ask myself the same question

Would we have run, or like Eric Liddell, refused to run because we felt it would have violated God’s Command?

**Quote:** William Gladstone (British Statesman) said *– “Tell me what the young men of England are doing on Sunday, and I will tell what the future of England will be”*

**Quote:** The noted agnostic Voltaire said – *“I can never hope to destroy Christianity until I first destroy the Christian Sabbath”*

**Quote:** More than 100 years ago D. L. Moody said - *“There has been an awful letting down in this country regarding the Sabbath during the last 25 years, and many a man has been shorn of spiritual power, like Samson, because he is not straight on this question.”*

I wonder what Moody would say about it today?

As Moody suggested, we need to be straight on this matter

As we continue looking at the 10 Commandments,

The 4th Commandment speaks to us about …

**“O*ne Day a Week”***

That’s the thought I want to preach on this morning

What is this Day, and what does this Commandment say to us about this Day?

Let’s Pray and then find out

**~~~Prayer~~~**

First, let’s look at …

**I. THE SABBATH AND “OUR WEEK”**

**v. 8** tell us to - ***“Remember the Sabbath day”***

This Commandment is referring to a Particular Day in our week

So what are we talking about when we are talking about the Sabbath?

Let’s briefly look at what the Sabbath *Is* and *Isn’t*

**A. The ‘Sabbath and the Covenant’**

God’s Covenant People is Israel

God as a special relationship with them that He does not have with anyone else

God has made several Solemn agreements (Covenants) with them

One of these agreements is found in them keeping the 4th Commandment

In the 4th Commandment they are told to - ***“Remember the Sabbath day”*** and that the Lord (**v. 11**) ***“blessed the Sabbath day”***

The Sabbath Day as it relates to the 4th Commandment and the Jewish people is Saturday, the seventh day, the last day of the week

**v. 9** specifically states that the Sabbath is the ***“seventh day”***

As we study Scripture we find that the Sabbath, as the seventh day, was a sign between the LORD and the Children of Israel

**Exodus 31:16, 17 - *“Wherefore the children of Israel shall keep the sabbath, to observe the sabbath throughout their generations, for a perpetual covenant” “It is a sign between Me and the children of Israel for ever: for in six days the LORD made heaven and earth, and on the seventh day He rested, and was refreshed”***

The Sabbath Day was the sign of the Covenant between God and the nation of Israel

Let me just clarify something here

The Sabbath and the Lord’s Day are designed for 2 different sets of people and for different reasons

I know the old timer talked a lot about the “Christian Sabbath”

When they did they were referencing a Principle

I think this is so important to understand because there are those who tell you that worshipping on Sunday is the mark of the beast and is associated with the anti-Christ (7th Day Adventist)

Down South they buy up billboard space claiming this

However, the Bible clearly states that keeping the Sabbath (Saturday) was a sign …

A sign of a Covenant between God and the Children of Israel (Not the Church)

Understanding that, let me explain next …

**B. The ‘Sabbath and the Christian’**

Christians Worship on Sunday, the first day of the week, rather than Saturday, the last day

When you come to the New Testament you find the Church meeting together, breaking bread together, worshipping together and collecting offerings on the first day of the week, not the seventh

**Acts 20:7 *– “And upon the first day of the week, when the disciples came together to break bread, Paul preached unto them, ready to depart on the morrow; and continued his speech until midnight”***  
**I Corinthians 16:2 –** ***“Upon the first day of the week let every one of you lay by him in store, as God hath prospered him, that there be no gatherings when I come”***

Why is that? What’s changed?

The change of the day in the New Testament (Covenant) from the seventh to the first is of great symbolic value

Just as the Sabbath (Saturday) was a symbol of the Covenant between the Lord and the children of Israel,

The Day the LORD Rested

Sunday is symbolic of the relationship of Christ with His Church

It was on the first day of the week that Jesus rose again from the dead

Calvary and the resurrection of Jesus Christ transformed the Sabbath into Sunday as an everlasting symbol of the finished work of Jesus Christ

The Bible clearly teaches that Sunday is the Church’s day of Worship, not Saturday

Saturday is the day of Rest for the Jewish people

Sunday is the day of Worship for Christians

In my opinion, to worship on Saturday is to worship on the wrong side of Calvary

Saturday is a Covenant day for the Jewish people

A Day of Rest

Sunday is a Celebration day for the Christian!

A Day of Worship

**THE SABBATH AND “OUR WEEK”**

Next let’s look at …

**II. THE SABBATH AND “OUR WORK”**

When we look at the 4th Commandment we find that our work schedule is plainly addressed

We read in **vs. 9, 10 - *“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”***

God speaks about our ***“labour”*** and our ***“work”***

I want us to notice what God says about our **Work**

First, we see …

**A. Man’s ‘Responsibility to’ Work**

In **v. 9** the 4th Commandment says - ***“Six days shalt thou labour, and do all thy work”***

Notice carefully that the 4th Commandment does not say - *“It is recommended that you work”*

Neither does it say - *“You might want to think about working”*

No, it says - *“thou shalt labour” and “do…thy work”*

The 4th Commandment reminds us that work is ordained of God

In fact, it is commanded of God

Work is a responsibility of man

In **II Thessalonians 3:10-12**, Paul addressed the responsibility of man to work

He said in **vs. 11, 12 - *“For we hear that there are some which walk among you disorderly, working not at all, but are busybodies” “Now them that are such we command and exhort by our Lord Jesus Christ, that with quietness they work, and eat their own bread”***

Apparently there were some who were not working

Paul admonishes them to work

In fact, Paul is very plain when it comes to someone who will not work

He said in **v. 10 - *“For even when we were with you, this we commanded you, that if any would not work, neither should he eat”***

In plain, everyday language, Paul said - *“If a man won’t work, let him starve!”*

If a person can’t work due to some physical problem, caring people are to step in and give assistance

But, if a man can work and will not work, don’t help him

**Genesis 2:15 -** ***“And the Lord God took the man, and put him into the Garden of Eden to dress it and to keep it”***

From the beginning God established the principle that man should work

Some people are like the man who wanted a job in a bakery because he wanted to loaf around!

I have met a lot of lazy people

Please understand that God never rewards or condones laziness

He commands that we work!

As the 4th Commandment says - *“thou shalt labour” and “do thy…work”*

**Man’s ‘Responsibility to’ Work**

**B. Man’s ‘Rest from’ Work**

**v. 9** tells us that we are to put in a full week of work,

But there is to be a day in the week when we rest from work

We read in **v. 10 - *“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”***

God not only Commands us to work,

But He also Commands us to take a day off from work

Somewhere in the past few years the expression 24/7 has made it into our vocabulary

We have always had alcoholics, but now we have workaholics

According to the Bureau of Labor Statistics, 25% of all full-time workers spend 49 or more hours on the job each week

Of these, 11% are at work 60 hours or more

According to a poll taken by Salary.com, almost 3 out of every 4 respondents said they work more than the presumed 40 hours per week;

- 45% said they worked 41 to 50 hours per week

- 17% said they work 51 to 60 hours per week (while)

- 10% said they work over 70 hours per week

I recently came across a list of rules for the “Coronary and Ulcer Club”

1. Your job comes first, Forget everything else.
2. Saturdays, Sundays, and holidays are fine times to be working at the office. There will be nobody else there to bother you.
3. Always have your briefcase with you when not at your desk. This provides an opportunity to review completely all the troubles and worries of the day.
4. Never say “no” to a request. Always say “yes”
5. Accept all invitations to meetings, banquets, committees, etc.
6. All forms of recreation are a waste of time
7. Never delegate responsibility to others; carry the entire load yourself
8. If your work calls for traveling, work all day and travel at night to keep that appointment you made for eight the next morning
9. No matter how many jobs you already are doing, remember you always can take on more

Do you belong to this club? Unfortunately many do

As the 4th Commandment teaches us, man is to work

However, man is to take a break from work at least one day a week

**Quote:** It was Vance Havner who used to fondly say - *“If we don’t come apart, we will fall apart”*

**Ill.** A limo driver was asked how many miles he was expected to get out of his limo. He said that he had driven his previous vehicle over 400,000 without a single major engine repair, and that he fully expected to do the same with his current one. When he was asked how he could possibly put that many miles on a car, he replied with a single word: *"Maintenance."*

The 4th Commandment is talking about the *“maintenance”* of our bodies

God, Who created our bodies, knows what is best for them

That is why He commanded that we take a day in which work is suspended and we rest

**Quote:** It was Aesop who said - *"If you keep a bow always bent, it will break eventually; but if you let it go slack, it will be more fit for use when you want it"*

For many American’s, the bow is at the point of breaking

You say - *“I can’t afford not to work 7 days a week”*

God says - *“You can’t afford to work 7 days a week”*

At some point your 24/7 lifestyle will catch up with you

**v. 11 - *“For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day…”***

God did not take the seventh day off because He was tired or ready to collapse

He did so to establish a Principle for man and to illustrate the need for man to do the same

**THE SABBATH AND “OUR WEEK”**

**THE SABBATH AND “OUR WORK”**

Then, Lastly …

**III. THE SABBATH AND “OUR WORSHIP”**

In **v. 8** He says - ***“Remember the sabbath day, to keep it holy”***

In **v. 11** God says He - ***“blessed the sabbath day, and hallowed it”***

This one day of the week that is addressed by the 4th Commandment not only involves our Work,

But also our Worship

The word ***“holy”*** that is used in **v. 8** speaks of *making, pronouncing, or observing something as clean*

The word ***“hallowed”*** in **v. 11** is the same word

God is telling us that we are to make and observe one day in the week as His day

This day should be …

**A. The ‘Weekly Assembling’ of the Saint**

The 4th Commandment reminds us that we are to assemble together one day a week

There are many people who would never think of breaking the Commandments that say we are Not to steal, kill, or commit adultery

Yet, they never think twice about breaking this Commandment

I guess this is the Optional Commandment

Someone might say - *“I just miss occasionally”*

That’s like saying, *“I only steal occasionally,” “I only kill occasionally,” or “I only commit adultery occasionally”*

The Logic just isn’t there

To break the 4th Commandment is just as serious as breaking any of the other commandments

Many act like Sunday is just any other day, never taking what God says about making it Holy, Serious

However, it is Not just any other day

It is the Lord’s Day!

Where should a Christian be on the Lord’s Day?

A Christian should be in Church on Sunday!

God’s command is that we are to make it His day and observe it as a Holy Day

**Hebrews 10:25 *– “Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching”***

**The ‘Weekly Assembling’ of the Saint**

**B. The ‘Worshipping Attitude’ of the Saint**

In **Deuteronomy 5:12** we read - ***“Keep the sabbath day to sanctify it, as the LORD thy God hath commanded thee”***

Then God said in **v. 15 - *“And remember that thou wast a servant in the land of Egypt, and that the LORD thy God brought thee out thence through a mighty hand and by a stretched out arm: therefore the LORD thy God commanded thee to keep the sabbath day”***

When the Christian assembles together on the Lord’s Day they are to reflect and remember how God has redeemed them by His grace

We are to come together in adoration and celebration

We are to come together as sinners saved by grace to worship the Lord that saved us

With the Psalmist (**5:7**) we should say …

***“But as for me, I will come into thy house in the multitude of Thy mercy: and in Thy fear will I worship toward Thy holy temple”***

**Psalm 132:7 - *“We will go into His tabernacles: we will worship at His footstool”***

There is one day a week when we are to rest as a Worker and to rejoice as a Worshipper

What are you doing with this one day?

**CONCLUSION**

**Just remember whatever your excuse is for not being in church on Sunday, that you will have to give account of it one day to the Lord**

**Will it hold up?**

**THE SABBATH AND “OUR WEEK”**

**THE SABBATH AND “OUR WORK”**

**THE SABBATH AND “OUR WORSHIP”**