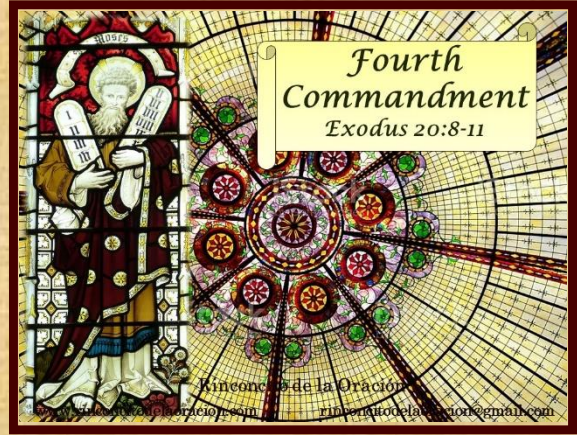


According to Exodus 20:8-11, the Fourth Commandment says: *“Remember the Sabbath day, to keep it holy. Six days shalt thou labour and do all thy work: But the seventh day is the Sabbath of the Lord thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy 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 seventh day: wherefore the Lord blessed the Sabbath day and hallowed it.”*



What is the order of this commandment?

The Fourth Commandment orders us to dedicate to God a time of observance that He has indicated through His Word; and especially one complete day out of each seven as a day of rest made holy by Him.

Leviticus 19:30

Which of the seven days of the week has God indicated as a day of observance?

Since God’s Creation up to the Resurrection of Jesus Christ, God indicated the seventh day of the week to be a day of weekly rest; and from then on it will be the first day of the week until the end of all time.

Genesis 2:3

How will the day of rest be made holy?

The day of rest will be made holy by sanctified observance during the whole day abstaining from jobs or recreation permitted during the other days dedicating all time whether public or private to worship God, except for those required works of need and mercy.

Leviticus 23:3 – Matthew 12:11

According to this Fourth Commandment, what is it that is forbidden?

The Fourth Commandment forbids omission or complying negligently with required duties, and the desecration of the day of idleness, or doing that which is in itself sinful, or by unnecessary thoughts, words, or deeds, in connection with our worldly occupations or distractions.

Ezekiel 23:38 – Isaiah 58:13

What reasons are given by the Fourth Commandment?

The reasons given by the Fourth Commandment are: that God has given us six days of the week for our own activities; He claims a special day for Himself on the seventh day; it is the Lord's own example and His blessing on the day of rest.

Exodus 31:15 – Leviticus 23:3 – Exodus 31:17 – Genesis 2:3

Conclusion: God standardized the day of rest at the beginning of Creation. When God rested from His work on the seventh day, He created that day as a day of rest from all our work (Genesis 2:3). It is as if God had said: "Having a lot of things to do, there is no excuse not to take a day off which you need, I created the universe and found time to rest from My work."

First of all: The Lord has wanted to show His children a day of rest on the seventh day, a day of observance; thus on that day all obligations must cease so that the Lord may act upon each one of us. This means a day of rest reserved for the Lord during which He will be able to act upon us through the Holy Spirit.

In the second place: God wanted a certain day in which people would get together in order to listen to the Law and meditate about His work, so that with that in mind people will put mercy, compassion and charity into practice concerning God's glory.

In the third place: God wanted to give one day off to all servants and to all those subjected to others so that they would have some rest from their work. God's holiness is very large.

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