**The Ten Commandments: The God of Time[[1]](#footnote-1)**

*“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 to the LORD your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. For in six days the LORD made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.”*

*(Exodus 20:8–11 ESV)*

**Introduction:**

1. **What to do (20:8):**
2. **How to do it: Work and rest (20:9-10)**
	1. **Luke 4:16**
	2. **Luke 13:10-17**
		1. This is a strict command: Numbers 15:32-36; Luke 23:56

**Tomas Watson** "To do servile work on the Sabbath shows an irreligious heart, and greatly offends God. To do secular work on this day is to follow the devil's plough; it is to debase the soul. God made this day on purpose to raise the heart to heaven, to converse with him, to do the angel's work; and to be employed in earthly work is to degrade the soul of its honor."

**Packer on keeping the Lord’s Day:** "How? By an ordered lifestyle in which, within the set rhythm of toil and rest, work and worship, due time is allotted to sleep, family, wage-earning, homemaking, prayer, recreation, and so on, so that we master time instead of being mastered by it." (68)

1. **Why keep it? Ex. 20:11**
	1. **Deut. 5:12-14** - Sabbath looks back not only to creation but to redemption. God saves. IN Egypt they worked 7 days a week, but God gives them rest.
	2. God works for us. - **Ex. 31:13**!!!

**Ignatius**: "Christians no longer observe the Sabbath, but direct their lives toward the Lord's Day, on which our life is refreshed by Him and by His death."

**B.B. Warfield:** "Christ took the Sabbath into the grave with him and brought the Lord's Day out of the grave with him on the resurrection morn."

**Tomas** **Watson**: "When Saturday evening approaches, sound a retreat; call your minds off from the world and summon your thoughts together, to think of the great work of the approaching day…evening preparation will be like the tuning of an instrument, it will fit the heart better for the duties of the ensuing Sabbath."

1. Much of this material is owed to: Packer, *Keeping the Ten Commandments*; Ryken, *Written in Stone*; Calvin, *The Institutes of the Christian Religion*; Clowney, *How Jesus Transforms The Ten Commandments*. [↑](#footnote-ref-1)