

## “The 4<sup>th</sup> Commandment”

### Exodus 20:8-11

The 4<sup>th</sup> Commandment is the \_\_\_\_\_ of the 10. This is not because the 4<sup>th</sup> Commandment is more \_\_\_\_\_ than the other nine, but because it requires more \_\_\_\_\_.

In the Old Testament the Sabbath was a day to “\_\_\_\_\_ from work.” It was \_\_\_\_\_, the 7<sup>th</sup> day of the week.

We can divide what the Bible says about the Sabbath in 3 sections.

#### 1. What the \_\_\_\_\_ Testament Says. Exodus 20:8-11

The \_\_\_\_\_ time the Sabbath is mentioned in the Bible is found in Exodus 16 when God sent \_\_\_\_\_ from heaven. They were not to \_\_\_\_\_ manna on the Sabbath Day. God was trying to teach the Israelites that He did not expect them to work \_\_\_\_\_ days a week.

A. God Commands His People to \_\_\_\_\_. Ex 20:9

B. God Commands His People to \_\_\_\_\_. Ex 20:10

#### 2. What \_\_\_\_\_ Says. Matthew 12:1-14

The Jewish rabbis came up with a long list of \_\_\_\_\_ describing what could and could not be done on the Sabbath. What God intended as a \_\_\_\_\_ became a \_\_\_\_\_.

On the Sabbath Day, Jesus went to the \_\_\_\_\_ and \_\_\_\_\_ people.

#### 3. What the \_\_\_\_\_ Testament Says. Colossians 2:16-17

According to Colossians 2, some aspects of the Sabbath are no longer binding and were only a \_\_\_\_\_ of things to come.

2 principles in the 4<sup>th</sup> Commandment still \_\_\_\_\_ to us today - God \_\_\_\_\_ us to work and He expects us to rest. The day of rest will replenish your \_\_\_\_\_ and refresh your \_\_\_\_\_.

---

Explanation Collect Healed Old Shadow New Cease Burden  
Spirit Saturday Rest Apply Manna Longest Expects Rules  
Blessing First Important Jesus 7 Work Synagogue Energy