

## Keep the Sabbath Holy

### A. What Is the Sabbath?

1. It Is the Fourth of the Ten Commandments. Ex 20:8-9  
*<sup>8</sup> Remember the Sabbath day, to keep it holy.  
<sup>9</sup> Six days you shall labor and do all your work.*
2. Sow six years, rest seventh year, lie fallow, Ex 23:10-13; Ex 16:29  
and receive abundance. Work six days and rest the seventh day.
3. *<sup>27</sup> The Sabbath was made for man, and not  
man for the Sabbath. <sup>28</sup> Therefore the Son of Man  
(Jesus) is also Lord of the Sabbath.* Mark 2:27

### B. Consequences for Not Keeping the Sabbath Holy.

1. Disobedience to the Sabbath is death. Ex 31:14-16
2. Lack of Faith does not reap God's rewards. Heb 11:6
3. Working seven days is not faith and causes stress, sickness and burn out.
4. Sin robs you of Sabbath assets, protection, provision and health.

### C. How to Keep the Sabbath Holy.

1. Rest on the seventh day like God did. Gen 2:2-3
2. Be like God as you were created in His image. Gen 1:27; Eph 5:1
3. Imitate God and Christ Jesus (AMPC). 1 Thess 1:6; 1 Pet 2:21
4. Guard your body which is God's holy temple. 1 Cor 3:16-17
  - a. Stay healthy, have nutritious meals, stay hydrated by drinking enough water, get circadian sleep, exercise, and don't overdo it.
5. Worship God in spirit and in truth. John 4:23
6. Praise stills (stops) the avenger. Ps 8:2 (WBT)
7. Attend a church assembly of the Body of Christ. Heb 10:25
8. Pray and read the Word of God. Phil 4:6; 2 Tim 3:16
9. Cease from labor for a complete rest and festivity to honor Jehovah, enjoy quality time having fellowship and food with family and friends.
  - a. Some non-Jews Fast on Sabbath. Jews are not allowed to Fast because Sabbath is a celebration of God's love and joy to family by praying, eating, and being together. Ask the Holy Spirit what you should do.
10. Be blessed with supernatural assets, protection, Lev 25:20-22;  
provision, health, restoration, and fertility. Ex 16:23-26; 23:10-13
  - a. Being obedient to working six days and giving God a Sabbath Day produces more than being disobedient and working seven days.
11. Obey the Fourth Commandment. Ex 20:8-11
  - a. Commandments 1-3 are about God.
  - b. Commandments 5-10 are about other people.
  - c. Commandment 4 is about YOU.
12. Keep the Sabbath holy by being obedient to God by taking an entire day off!