

Written in **STONE!**

A Study of the 10 Commandments - Part 4

"One Day!"

Exodus 20:8-11 (NKJV)

8 "Remember the Sabbath day, to keep it holy.

9 Six days you shall labor and do all your work,

10 but the seventh day *is* the Sabbath of the Lord your God. *In it* you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who *is* within your gates. 11 For *in* six days the Lord made the heavens and the earth, the sea, and all that *is* in them, and rested the seventh day. Therefore the Lord blessed the Sabbath day and hallowed it.

Genesis 2:2-3 (NKJV)

2 And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. 3 Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.

1. With our Mind we are to Remember The Lord's Day (vs. 8)

8 "Remember the Sabbath day, to keep it holy.

2. With our Body we are to Rest on The Lord's Day (vs. 8, 10a)

8 "Remember the Sabbath day, to keep it holy. . . .

10 but the seventh day *is* the Sabbath of the Lord your God. *In it* you shall do no work: . . .

Mark 2:27 (NKJV)

27 And He said to them, "The Sabbath was made for man, and not man for the Sabbath.

Exodus 20:10 (NLT)

10 but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you.

3. With our Spirit we are to Rejoice in The Lord's Day (vs. 8, 11)

8 "Remember the Sabbath day, to keep it holy. . . . 11 For *in* six days the Lord made the heavens and the earth, the sea, and all that *is* in them, and rested the seventh day. Therefore the Lord blessed the Sabbath day and hallowed it.

Exodus 20:10 (NKJV)

10 but the seventh day is the Sabbath of the Lord your God. . .

Isaiah 58:13-14 (NKJV)

13 "If you turn away your foot from the Sabbath, *From* doing your pleasure on My holy day, And call the Sabbath a delight, The holy *day* of the Lord honorable, And shall honor Him, not doing your own ways, Nor finding your own pleasure, Nor speaking *your own* words, 14 Then you shall delight yourself in the Lord; And I will cause you to ride on the high hills of the earth, And feed you with the heritage of Jacob your father. The mouth of the Lord has spoken."

Psalms 122:1 (NKJV)

1 . . . I was glad when they said to me, "Let us go into the house of the Lord."

Colossians 2:16-17 (NKJV)

16 So let no one judge you in food or in drink, or regarding a festival or a new moon or sabbaths, 17 which are a shadow of things to come, but the substance is of Christ.

Romans 14:5-6 (NKJV)

5 One person esteems *one* day above another; another esteems every day *alike*. Let each be fully convinced in his own mind. 6 He who observes the day, observes *it* to the Lord; and he who does not observe the day, to the Lord he does not observe *it*. He who eats, eats to the Lord, for he gives God thanks; and he who does not eat, to the Lord he does not eat, and gives God thanks.

Romans 14:5 (TLB)

5 Some think that Christians should observe the Jewish holidays as special days to worship God, but others say it is wrong and foolish to go to all that trouble, for every day alike belongs to God. On questions of this kind everyone must decide for himself.

Matthew 11:28 (NKJV)

28 Come to Me, all *you* who labor and are heavy laden, and I will give you rest.