Elder Matt Downs
The Fourth Commandment: Remember the Sabbath Day

- Title: The Fourth Commandment: Remember the Sabbath Day
- Speaker: Elder Matt Downs
- Link to Sermon: https://www.youtube.com/live/InQskbNpoKU
- Date of Sermon: 11/01/2026
- Main Bible verse: Exodus 20:8-11 (continuing the series on the Ten Commandments)

Summary and Highlights

Opening — Elder Matt Downs continued the series on the Ten Commandments ("the ten words"), focusing on the Fourth Commandment: "Remember the Sabbath day, to keep it holy." This is the first positive command ("you shall") rather than a prohibition. It reaches all the way back to creation.

Creation Rest – Genesis 2:1-3 — "Thus the heavens and the earth were finished… and on the seventh day God finished his work… and he rested… So God blessed the seventh day and made it holy." The seventh day is emphasized three times and has no evening/morning formula—it does not end. God's "rest" does not mean He was tired. In the ancient Near Eastern context, divine rest followed creation and meant ruling, stability, sovereignty, and enjoyment of what was made. God invited Adam and Eve into that rest in a paradise/temple-like Eden. The Fall broke it; people were cast out into toil, pain, and death.

The Sabbath Command – Exodus 20:8-11 — Six days labor, seventh day a Sabbath to the Lord—no work for anyone in the household. It is grounded in creation: "For in six days the Lord made heaven and earth… and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy." The Sabbath was a weekly taste of the rest that was lost, a reminder not to rely on self but on God, and a covenant sign between the Lord and Israel (Exodus 31:12-17).

Linked to the Exodus and the Land – Deuteronomy 5:12-15; Exodus 33:14 — In Deuteronomy the command is also tied to deliverance from slavery in Egypt. The promised land itself is described as rest (Exodus 33:14; Deuteronomy 12). Israel was offered the good news of rest but rejected it through unbelief. Later generations experienced partial rest under Joshua and David, yet the pattern of sin and exile showed the rest remained incomplete. Psalm 95 (quoted in Hebrews) warns: "Today, if you hear his voice, do not harden your hearts… they shall not enter my rest." Prophets (Isaiah 11, 32) look forward to ultimate peace and a glorious resting place found in the Shoot of Jesse (Jesus).

Fulfillment in Christ – Matthew 11:28-30 — Jesus said, "Come to me, all who labor and are heavy laden, and I will give you rest… you will find rest for your souls." This is not political or military rest, but rest for the soul. Jesus is Lord of the Sabbath (Mark 2:27-28; Matthew 12:8). He fulfilled the law rather than abolishing it. On the Sabbath He healed the paralyzed and the blind, restoring what sin had broken and pointing to the inbreaking of God's ultimate rest. His death ("It is finished") and burial on the Sabbath, followed by resurrection, opened the way for new creation and true rest through relationship with Him.

Entering God's Rest Today – Hebrews 3–4 — "While the promise of entering his rest still stands… we who have believed enter that rest… there remains a Sabbath rest for the people of God. For whoever has entered God's rest has also rested from his works as God did from his." Faith in Jesus is the way into the rest Israel was offered but missed. The weekly Sabbath was a shadow; the substance is Christ.

Closing Challenge — The Sabbath pointed backward to creation and forward to the ultimate rest found only in Jesus. Do not harden your heart. Today, if you hear His voice, come to Him and find rest for your soul. He is gentle and lowly in heart; His yoke is easy and His burden is light.

Key Takeaway — The Fourth Commandment called Israel to remember the Sabbath as a taste of the rest God established at creation and promised in the land. That rest was repeatedly broken by unbelief and sin, yet it pointed forward to Jesus, who is Lord of the Sabbath and who offers true rest for the soul to all who come to Him in faith. Through His finished work we enter God's rest; the promise still stands today.

Plan of Salvation — God is holy; every person is a sinner deserving judgment (Romans 3:10, 23; 6:23). In love God sent His Son, Jesus Christ, who lived sinlessly, died for our sins, and rose again (Isaiah 53:5–6; 1 Cor. 15:3–4; 2 Cor. 5:21). Salvation is by grace alone through faith alone in Christ alone, not by works (Eph. 2:8–9; Titus 3:5). God calls us to repent and believe in the Lord Jesus as Savior and Lord (Mark 1:15; Romans 10:9–10, 13). All who trust Christ are forgiven, declared righteous, born again, adopted, and given eternal life (John 1:12–13; 3:16; Romans 5:1; 8:1).

A Prayer of Salvation — Heavenly Father, I know I am a sinner and cannot save myself. I believe Jesus Christ is Your Son, that He lived a sinless life, died for my sins, and rose again. Today I turn from my sin and trust Jesus alone as my Savior and Lord. Forgive my sins, give me a new heart, and help me follow You. Thank You for Your grace and the gift of eternal life. I confess Jesus as Lord and receive Him by faith. In Jesus' name, Amen.

If you prayed this prayer or have any prayer request, or looking for a place to attend please contact us:
Laveen Baptist Church • 5036 W. Dobbins Rd, Laveen, AZ 85339 • 602-237-4885 • lbc@laveenbaptistchurch.org • laveenbaptistchurch.org