

The background of the image is a complex marbled pattern with swirling, wavy lines in shades of grey, white, and light blue. A horizontal band of white, textured material, resembling paper or fabric, runs across the middle of the image. Overlaid on this white band is the text '10 TEN COMMANDMENTS'. The number '10' is a large, teal-colored numeral. The words 'TEN COMMANDMENTS' are in a bold, black, sans-serif font with a teal outline.

10

**TEN COMMANDMENTS**

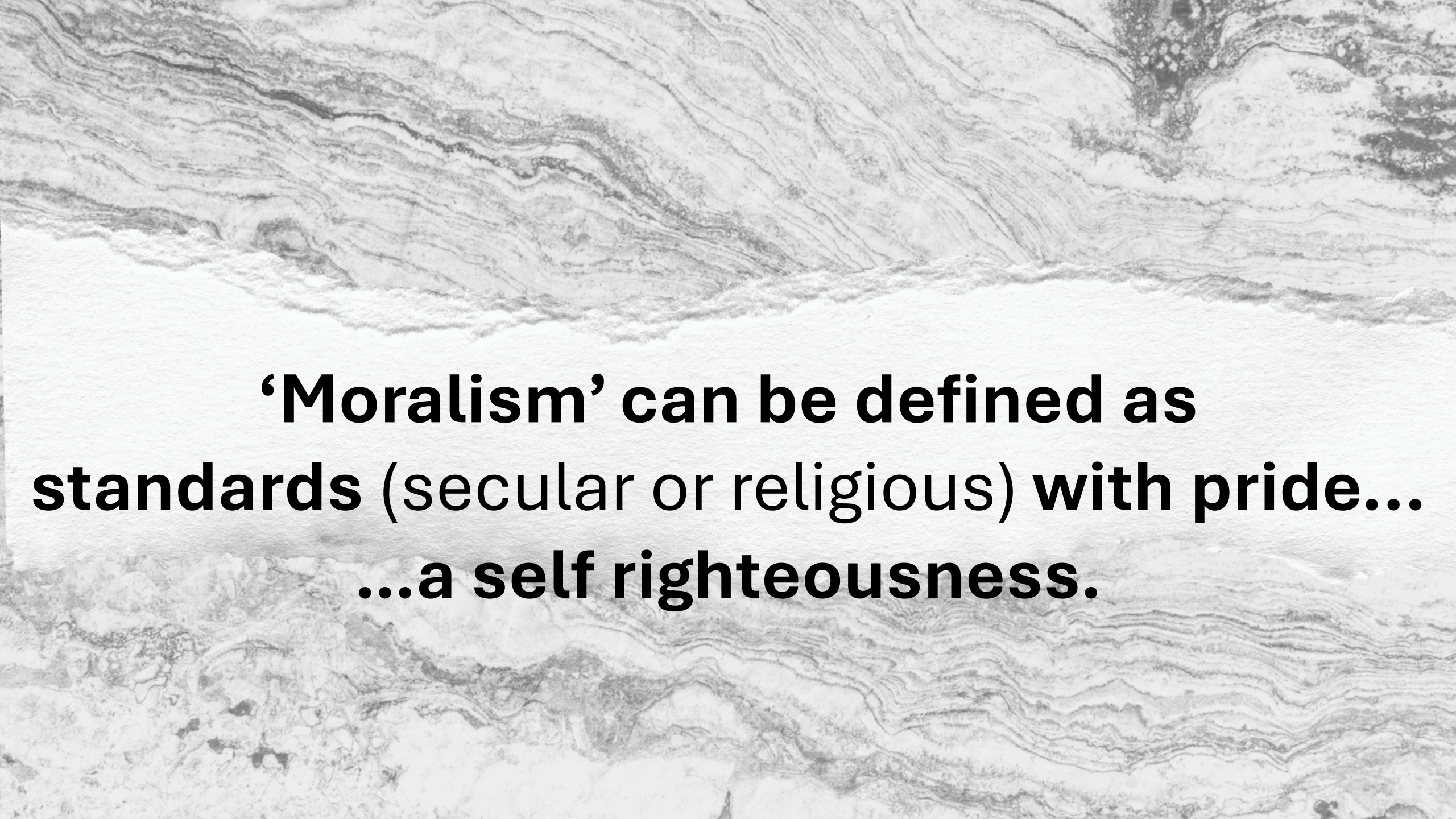
# **The Ten Commandments**

(and every other commandment in the Scriptures)

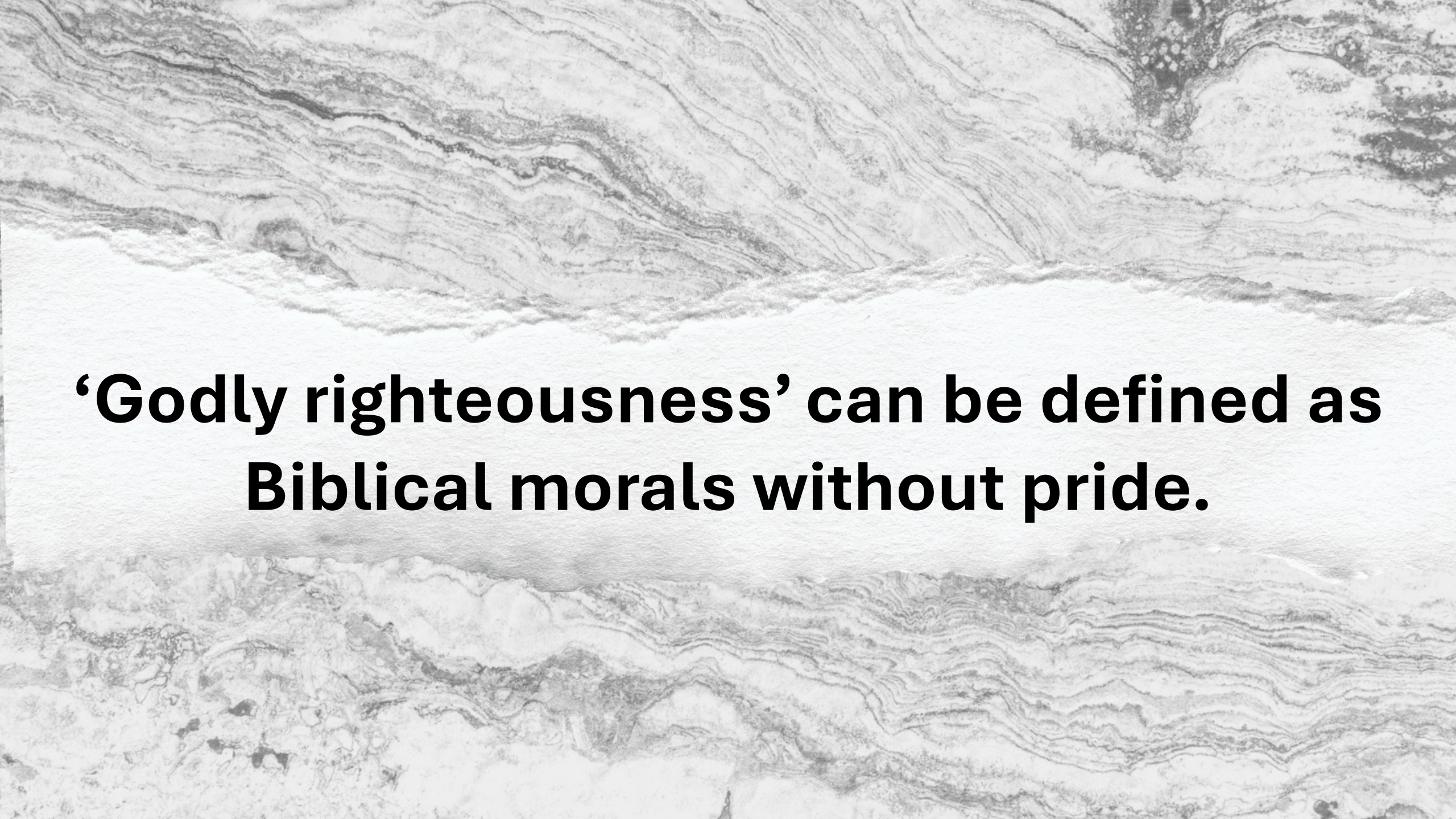
**...they are morals...**

**...but they are not just rules for 'moralism'...**

**...they are training in 'righteousness.'**

The background of the image is a piece of marbled paper with a complex, wavy pattern of grey, white, and light brown tones. The pattern resembles natural stone or mineral deposits. In the center, there is a rectangular area of plain white paper where the text is located.

**‘Moralism’ can be defined as  
standards (secular or religious) with pride...  
...a self righteousness.**

The background of the image is a piece of marbled paper with a complex, wavy pattern of grey, white, and light brown tones. The pattern resembles natural stone or watercolor washes. In the center, there is a horizontal strip of plain, off-white paper where the text is located.

**‘Godly righteousness’ can be defined as  
Biblical morals without pride.**

# Moralism vs. Righteousness

---

**'Moralism'** is rooted in shame and blossoms into pride...

**'righteousness'** is rooted in truth and blossoms into humility.

**'Moralism'** is focused on making ourselves look good...

**'righteousness'** is focused on revealing the character of God.

**'Moralism'** is all about religion...

**'righteousness'** is all about relationship.

**'Moralism'** is interested in "one-upmanship"...

**'righteousness'** is interested in lifting one another up due to understanding that God is the only one who is actually righteous.

**'Moralism'** creates chaos in our lives due to our duplicity...

**'righteousness'** creates stability due to our honesty.

**'Moralism'** strangely enough ends up being destructive...

**'righteousness'** works toward being productive.

**'Moralism'** actually puts people under bondage of performance...

**'righteousness'** offers freedom of redemption.

**'Moralism'** forces people to make excuses for their shortcomings...

**'righteousness'** allows forgiveness to be offered and accepted.

# The three philosophical battlefields of our day:

**Metaphysics**: Having a foundation for explaining and understanding the reality that we have 'being' or 'identity.'

**Morals**: *(the human dilemma)* How do we deal with mankind's ability to be both amazingly noble and yet profoundly cruel?

**Epistemology**: How can we know that we know something we suspect *(or have hope)* is knowable...  
...the nature, scope, and limitations of knowledge?

# 10 TEN COMMANDMENTS

**Exodus 20** stands as a call to God's people  
to live responsibly.





# **10** TEN COMMANDMENTS

**Exodus 20 stands as a call to God's people  
to live responsibly...**



# 10 **TEN COMMANDMENTS**

**Exodus 20 stands as a call to God's people  
to live responsibly...**

(to love the Lord your God with all your heart, mind, soul  
and strength; and to love your neighbor as yourself)

# **10** TEN COMMANDMENTS

**Exodus 20 stands as a call to God's people  
to live responsibly...**

(to love the Lord your God with all your heart, mind, soul  
and strength; and to love your neighbor as yourself)

**...and sits amidst the call to  
a life of maturity and sanctity (chapter 19).**

1

**Have no other  
gods before Me.**

2

**Have no graven  
images.**

3

**Do not take  
God's name in  
vain.**

5

**Honor your  
father and your  
mother.**

4

**Remember the  
Sabbath.**



4 Not that important...

**Remember the  
Sabbath.**

4 Not that important...

**Remember the  
Sabbath.**

...the consequences are minimal.

4

A common myth is that people can learn to get by on little sleep with no negative effects. However, research shows that getting enough quality sleep at the right times is vital for mental health, physical health, quality of life, and safety.

According to the Centers for Disease Control and Prevention, about 1 in 3 adults in the United States reported not getting enough rest or sleep every day.

Sleep deficiency can interfere with work, school, driving, and social functioning. You might have trouble learning, focusing, and reacting. Also, you might find it hard to judge other people's emotions and reactions. Sleep deficiency also can make you feel frustrated, cranky, or worried in social situations.

Children who are sleep deficient might be overly active and have problems paying attention. They also might misbehave, and their school performance can suffer.

...t

Sleep deficiency is linked to many chronic health problems, including heart disease, kidney disease, high blood pressure, diabetes, stroke, obesity, and depression.

**4**

# Remember the Sabbath

Exodus 20

# 4

## Remember the Sabbath

### Exodus 20

<sup>8</sup> “Remember the Sabbath day, to keep it holy.

<sup>9</sup> Six days you shall labor, and do all your work,

<sup>10</sup> 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.

<sup>11</sup> 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.

# 4

## Remember the Sabbath

### Exodus 20

Zakar: Infinitive absolute

<sup>8</sup> “Remember the Sabbath day, to keep it holy.

<sup>9</sup> Six days you shall labor, and do all your work,

<sup>10</sup> 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.

<sup>11</sup> 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.

# 4

## Remember the Sabbath

### Exodus 20

Zakar: Infinitive absolute

<sup>8</sup> “Remember the Sabbath day, to keep it holy. qadash: to be set apart or consecrated

<sup>9</sup> Six days you shall labor, and do all your work,

<sup>10</sup> 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.

<sup>11</sup> 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.

## Gettysburg Address: Abraham Lincoln, November 19, 1863

Four score and seven years ago our fathers brought forth on this continent, a new nation, conceived in Liberty, and dedicated to the proposition that all men are created equal.

Now we are engaged in a great civil war, testing whether that nation, or any nation so conceived and so dedicated, can long endure. We are met on a great battle-field of that war. We have come to dedicate a portion of that field, as a final resting place for those who here gave their lives that that nation might live. It is altogether fitting and proper that we should do this.

But, in a larger sense, we can not dedicate -- we can not consecrate -- we can not hallow -- this ground. *The brave men, living and dead, who struggled here, have consecrated it, far above our poor power to add or detract.* The world will little note, nor long remember what we say here, but it can never forget what they did here. It is for us the living, rather, to be dedicated here to the unfinished work which they who fought here have thus far so nobly advanced. It is rather for us to be here dedicated to the great task remaining before us -- that from these honored dead we take increased devotion to that cause for which they gave the last full measure of devotion -- that we here highly resolve that these dead shall not have died in vain -- that this nation, under God, shall have a new birth of freedom -- and that government of the people, by the people, for the people, shall not perish from the earth.



# 4

## Remember the Sabbath

### Exodus 20

Zakar: Infinitive absolute

<sup>8</sup> “Remember the Sabbath day, to keep it holy. qadash: to be set apart or consecrated

<sup>9</sup> Six days you shall labor, and do all your work,

<sup>10</sup> 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.

<sup>11</sup> 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.

# 4

## Remember the Sabbath

### Exodus 20

Zakar: Infinitive absolute

<sup>8</sup> “Remember the Sabbath day, to keep it holy. qadash: to be set apart or consecrated

<sup>9</sup> Six days you shall labor, and do all your work,

<sup>10</sup> but the seventh day is a Sabbath to the Lord your God.

On it you shall not do any kol: all, the whole work, son,  
or your daughter, your male servant, or your female servant,  
or your livestock, or the sojourner who is within your gates.

<sup>11</sup> 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.

# 4

## Remember the Sabbath

### Exodus 20

Zakar: Infinitive absolute

<sup>8</sup> “Remember the Sabbath day, to keep it holy. qadash: to be set apart or consecrated

<sup>9</sup> Six days you shall labor, and do all your work, melakah: work or occupation

<sup>10</sup> but the seventh day is a Sabbath to the Lord your God.

On it you shall not do any kol: all, the whole son,  
or your daughter, your male servant, or your female servant,  
or your livestock, or the sojourner who is within your gates.

<sup>11</sup> 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.

# 4

# Remember the Sabbath

## Exodus 20

Zakar: Infinitive absolute

<sup>8</sup> “Remember the Sabbath day, to keep it holy. qadash: to be set apart or consecrated

<sup>9</sup> Six days you shall labor, and do all your work, melakah: work or occupation

<sup>10</sup> but the seventh day is a Sabbath to the Lord your God

On it you shall not do any kol: all, the whole work, son,  
or your daughter, your male servant or your female servant  
or your livestock, or the sojourner

<sup>11</sup> 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.

Accomplishing life; making life work;  
*doing what needs to be done to be  
responsible for the station that God  
has assigned to me.*

# 4

# Remember the Sabbath

## Exodus 20

Zakar: Infinitive absolute

8 "Remember the Sabbath day to keep it holy.

qadash: to be set apart or consecrated

### 168 hours in a week

- 49 hours for sleep.....119 left over.
- 1 hour per day for grooming.....112
- 40 hours for a job.....leaves 72 hours.
- Commute 10 hours.....62 hours left.
- Eating and cooking 15 hours...47 hrs.
- Chores---10 hours per week....37 hrs.
- Family and Friends (10 hrs.)....27 hrs.
- Incidentals: Dr's. appointment;  
work out; the dog; reading; etc.  
(8 hrs.)...leaves us with 19 hrs.

and do **all** your work, melakah: work or occupation

Sabbath to the Lord your God

**kol: all, the whole**



Accomplishing life; making life work;  
***doing what needs to be done to be responsible for the station that God has assigned to me.***

the Sabbath day and made it holy.

# 4

## Remember the Sabbath

### Exodus 20

Zakar: Infinitive absolute

<sup>8</sup> “Remember the Sabbath day, to keep it holy. qadash: to be set apart or consecrated

<sup>9</sup> Six days you shall labor, and do all your work, melakah: work or occupation

<sup>10</sup> 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.

<sup>11</sup> 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.

# 4

## Remember the Sabbath

### Exodus 20

Zakar: Infinitive absolute

<sup>8</sup> “Remember the Sabbath day, to keep it holy. qadash: to be set apart or consecrated

<sup>9</sup> Six days you shall labor, and do all your work, melakah: work or occupation

<sup>10</sup> 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.

<sup>11</sup> 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.

# 4

## Remember the Sabbath

### Exodus 20

Zakar: Infinitive absolute

<sup>8</sup> “Remember the Sabbath day, to keep it holy. qadash: to be set apart or consecrated

<sup>9</sup> Six days you shall labor, and do all your work, melakah: work or occupation

<sup>10</sup> 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.

<sup>11</sup> 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.



# 4

## Remember the Sabbath

### Exodus 20

Zakar: Infinitive absolute

<sup>8</sup> “Remember the Sabbath day, to keep it holy. qadash: to be set apart or consecrated

<sup>9</sup> Six days you shall labor, and do **all** your work, melakah: work or occupation

<sup>10</sup> but the seventh day is a Sabbath to the Lord your God

Hebrew- nuach: *repose*

(to place something, especially one’s confidence or trust in something or someone),  
*to dwell, to settle, to be quiet, to have rest following your labor*

<sup>11</sup> 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.

# 4

## Remember the Sabbath

### Exodus 20

Zakar: Infinitive absolute

<sup>8</sup> “Remember the Sabbath day, to keep it holy. qadash: to be set apart or consecrated

<sup>9</sup> Six days you shall labor, and do all your work, melakah: work or occupation

<sup>10</sup> but the seventh day is a Sabbath to the Lord your God

Hebrew- nuach: *repose*

(to place something, especially one’s confidence or trust in something or someone),  
*to dwell, to settle, to be quiet, to have rest following your labor*

<sup>11</sup> For in six days the Lord made heaven and earth, the sea,  
and all that is in them and rested on the seventh day.

*Relational trust has always been at the heart of God’s Sabbath invitation.*

# 4

## Remember the Sabbath

### Exodus 20

Zakar: Infinitive absolute

<sup>8</sup> “Remember the Sabbath day, to keep it holy. qadash: to be set apart or consecrated

<sup>9</sup> Six days you shall labor, and do **all** your work, melakah: work or occupation

<sup>10</sup> 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.

<sup>11</sup> 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.

# 4

## **Remember the Sabbath**

**Early Church (largely Jewish) controversies concerning what carried over to the Gentile church...**



Constantinople

Strait of Bosphorus

Black Sea

Strait of Dardanelles

Nicaea

ASIA MINOR

ARMENIA

Dorylaeum

Manzikert

Ephesus

ANATOLIA

Iconium

Tigris River

CILICIA

Edessa

Tarsus

Aleppo

Antioch

Euphrates River

Latakia

Cyprus

Tripoli

Palmyra

Mediterranean Sea

Byblos

Beirut

Damascus

Tyre

Acre

Jerusalem

Jericho

Alexandria

Gaza



Constantinople

Strait of Bosphorus

Black Sea

Strait of Dardanelles

Nicaea

ASIA MINOR

ARMENIA

Dorylaeum

Manzikert

Ephesus

ANATOLIA

Iconium

Tigris River

CILICIA

Edessa

Tarsus

Aleppo

Antioch

Euphrates River

Cyprus

Mediterranean Sea

Latakia

Tripoli

Palmyra

Byblos

Beirut

Damascus

Tyre

Acre

Jericho

Jerusalem

Gaza

Alexandria





Constantinople

Strait of Bosphorus

Black Sea

Strait of Dardanelles

Nicaea

ASIA MINOR

ARMENIA

Dorylaeum

Manzikert

Ephesus

ANATOLIA

Iconium

Tigris River

CILICIA

Edessa

Tarsus

Aleppo

Antioch

Euphrates River

Latakia

Cyprus

Tripoli

Palmyra

Byblos

Mediterranean Sea

Beirut

Damascus

Tyre

Acre

30-40 AD

Jerusalem

Jericho

Alexandria

Gaza



Constantinople

Strait of Bosphorus

Black Sea

Strait of Dardanelles

Nicaea

ASIA MINOR

ARMENIA

40 AD

ANATOLIA

Manzikert

Ephesus

Dorylaeum

Iconium

Tigris River

CILICIA

Edessa

Tarsus

Aleppo

Antioch

Euphrates River

Latakia

Cyprus

Tripoli

Mediterranean Sea

Palmyra

Byblos

Beirut

Damascus

Tyre

Acre

30-40 AD

Jerusalem

Jericho

Alexandria

Gaza





40 AD

30-40 AD



Constantinople

Strait of Bosphorus

Black Sea

Strait of Dardanelles

Nicaea

ASIA MINOR

ARMENIA

40 AD

ANATOLIA

Manzikert

Ephesus

Dorylaeum

Iconium

Tigris River

CILICIA

Edessa

Tarsus

Aleppo

Antioch

Euphrates River

Latakia

Cyprus

Tripoli

Palmyra

Mediterranean Sea

Byblos

Beirut

Damascus

Tyre

Acre

30-40 AD

Jerusalem

Jericho

Alexandria

Gaza



Constantinople

Strait of Bosphorus

Black Sea

Strait of Dardanelles

Nicaea

ASIA MINOR

ARMENIA

40 AD

Manzikert

ANATOLIA

Dorylaeum

Iconium

Tigris River

Ephesus

CILICIA

Edessa

Tarsus

Aleppo

Euphrates River

Antioch

Cyprus

Latakia

Mediterranean Sea

Tripoli

Palmyra

Byblos

Beirut

Damascus

Tyre

Acre

30-40 AD

Jerusalem

Jericho

Alexandria

Gaza



40-50 AD

30-40 AD



50-90 AD

40-50 AD

30-40 AD

# 4

## Remember the Sabbath

**Early Church (largely Jewish) controversies concerning what carried over to the Gentile church...**

**Acts 15** **48 AD: Jerusalem Council**

- <sup>1</sup> But some men came down from Judea and were teaching the brothers, “Unless you are circumcised according to the custom of Moses, you cannot be saved.”
- <sup>2</sup> And after Paul and Barnabas had no small dissension and debate with them, Paul and Barnabas and some of the others were appointed to go up to Jerusalem to the apostles and the elders about this question.
- <sup>3</sup> So, being sent on their way by the church, they passed through both Phoenicia and Samaria, describing in detail the conversion of the Gentiles, and brought great joy to all the brothers.
- <sup>4</sup> When they came to Jerusalem, they were welcomed by the church and the apostles and the elders, and they declared all that God had done with them.

# 4

## Remember the Sabbath

### Early Church (largely Jewish) controversies concerning what carried over to the Gentile church...

- <sup>5</sup> But some believers who belonged to the party of the Pharisees rose up and said, “It is necessary to circumcise them and to order them to keep the law of Moses.”
- <sup>6</sup> The apostles and the elders were gathered together to consider this matter.
- <sup>7</sup> And after there had been much debate, Peter stood up and said to them,  
“Brothers, you know that in the early days God made a choice among you, that by my mouth the Gentiles should hear the word of the gospel and believe.
- <sup>8</sup> And God, who knows the heart, bore witness to them, by giving them the Holy Spirit just as He did to us,
- <sup>9</sup> and He made no distinction between us and them, having cleansed their hearts by faith.
- <sup>10</sup> Now, therefore, why are you putting God to the test by placing a yoke on the neck of the disciples that neither our fathers nor we have been able to bear?

# 4

## Remember the Sabbath

### Early Church (largely Jewish) controversies concerning what carried over to the Gentile church...

- <sup>11</sup> But we believe that we will be saved through the grace of the Lord Jesus, just as they will.”
- <sup>12</sup> And all the assembly fell silent, and they listened to Barnabas and Paul as they related what signs and wonders God had done through them among the Gentiles.
- <sup>13</sup> After they finished speaking, James replied,  
“Brothers, listen to me.
- <sup>14</sup> Simeon has related how God first visited the Gentiles, to take from them a people for His name.
- <sup>15</sup> And with this the words of the prophets agree, just as it is written,



# 4

## Remember the Sabbath

**Early Church (largely Jewish) controversies concerning what carried over to the Gentile church...**

<sup>16</sup> “After this I will return,  
and I will rebuild the tent of David that has fallen;  
I will rebuild its ruins,  
and I will restore it,  
<sup>17</sup> that the remnant of mankind may seek the Lord,  
and all the Gentiles who are called by my name,  
says the Lord, who makes these things  
<sup>18</sup> known from of old.’

# 4

## Remember the Sabbath

**Early Church (largely Jewish) controversies concerning what carried over to the Gentile church...**

- <sup>19</sup> Therefore my judgment is that we should not trouble those of the Gentiles who turn to God,  
<sup>20</sup> but should write to them to abstain from the things polluted by idols, and from sexual immorality, and from what has been strangled, and from blood.  
<sup>21</sup> For from ancient generations Moses has had in every city those who proclaim him, for he is read every Sabbath in the synagogues.”

# 4

# Remember the Sabbath

## Hebrews 4

- <sup>1</sup> Therefore, while the promise of entering His rest still stands, let us fear lest any of you should seem to have failed to reach it.
- <sup>2</sup> For good news came to us just as to them, but the message they heard did not benefit them, because they were not united by faith with those who listened.
- <sup>3</sup> For we who have believed enter that rest, as He has said,  
    “As I swore in my wrath,  
    ‘They shall not enter my rest,’”  
    although His works were finished from the foundation of the world.
- <sup>4</sup> For He has somewhere spoken of the seventh day in this way:  
    “*And God rested on the seventh day from all His works.*”
- <sup>5</sup> And again in this passage He said,  
    “*They shall not enter my rest.*”

# 4

## Remember the Sabbath

- <sup>6</sup> Since therefore it remains for some to enter it, and those who formerly received the good news failed to enter because of disobedience,
- <sup>7</sup> again He appoints a certain day, “Today,” saying through David so long afterward, in the words already quoted, “Today, if you hear His voice, do not harden your hearts.”
- <sup>8</sup> For if Joshua had given them rest, God would not have spoken of another day later on.
- <sup>9</sup> So then, there remains a Sabbath rest for the people of God,
- <sup>10</sup> for whoever has entered God's rest has also rested from His works as God did from His.

# 4

## Remember the Sabbath

<sup>6</sup> Since therefore it remains for some to enter it, and those who formerly received the good news failed to enter because of disobedience,  
<sup>7</sup> again He appoints a certain day, “Today,” saying through David so long afterward, in the words already quoted, “Today, if you hear His voice, do not harden your hearts.”

<sup>8</sup> For if Joshua had given them rest, God would not have spoken of another day later on.  
<sup>9</sup> So then, there remains a Sabbath rest for the people of God,  
<sup>10</sup> for whoever has entered God's rest has also rested from His works as God did from His.

So...therefore...what now?

---

So...therefore...what now?

---

**The sabbath is not so much a  
commandment we are bound to;**

# So...therefore...what now?

---

The sabbath is not so much a  
commandment we are bound to;  
**it's a promise we're invited to enjoy...**



# So...therefore...what now?

The sabbath is not so much a commandment we are bound to; **it's a promise we're invited to enjoy...**

...to step back and rest from your work,  
enjoy the fruit of your labor,  
and trust God that *it* is enough.

# So...therefore...what now?

The sabbath is not so much a commandment we are bound to; **it's a promise we're invited to enjoy...**

...to step back and rest from your work,  
enjoy the fruit of your labor,  
and trust God that He is enough.

# So...therefore...what now?

## *Matthew 11:28*

Jesus said,  
“Come to me,  
all who labor and are heavy laden,  
and I will give you rest.”

and trust God that He is enough.

it's

...t

# 10 TEN COMMANDMENTS

---

