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The Fourth Commandment Exodus 20:8-10



Remember the Sabbath day by keeping it holy. Six days you shall labour and do all your work, but the seventh day is a Sabbath to the Lord your God.



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Then he said to them, The Sabbath was made for man, not man for the Sabbath.

Mark 2:27



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“As it stands in the Ten Commandments, the fourth commandment is primarily a great piece of social and humanitarian legislation. It is not primarily a religious regulation at all. It is social legislation based on religious belief.”

William Barclay



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“Principles became regulations, and law became legalism.”

“Instead of being a day designed to protect the health and the rights and the welfare of the working man, it became a day of prohibitions.”



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“On the day called the Day of the Sun all who live in cities or in the country gather together in one place.”

Justin Martyr - AD 170

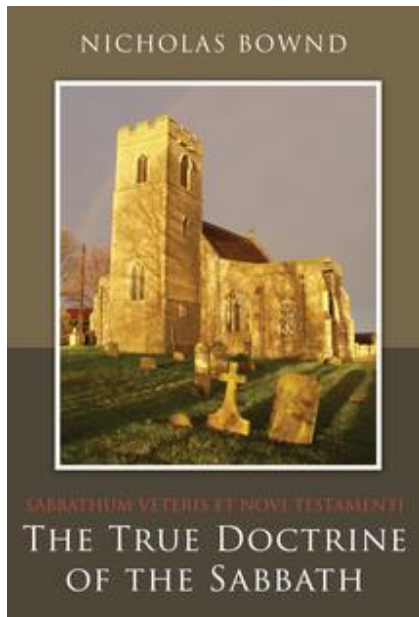
“We keep no Sabbath Day: we keep the Lord’s Day as a memorial of the beginning of the second new creation.”

Athanasius – AD 360



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“The True Doctrine of the Sabbath”
by Nicholas Bownd
1595



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One person considers one day more sacred than another; another considers every day alike. Each of them should be fully convinced in their own mind.

Romans 14:5



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Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day. These are a shadow of the things that were to come; the reality, however, is found in Christ.

Colossians 2:16-17



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Sunday is the Day of Resurrection.

We should celebrate it by **what we do** as Christians,
not by **what we avoid doing**.

“Make Sunday Special!”



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There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his. Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.

Hebrews 4:9-11



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