



Daily Verse and Comment

Deuteronomy 5:12-15

(12) "Observe the Sabbath day by keeping it holy, as the LORD your God has commanded you. (13) Six days you shall labor and do all your work, (14) but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your ox, your donkey or any of your animals, nor the alien within your gates, so that your manservant and maidservant may rest, as you do. (15) Remember that you were slaves in Egypt and that the LORD your God brought you out of there with a mighty hand and an outstretched arm. Therefore the LORD your God has commanded you to observe the Sabbath day.

New International Version

The [Sabbath](#) is clearly stated, in Exodus 20 and Deuteronomy 5, to have two major purposes. The Sabbath is to remind us that [God](#) is Creator; we look back on Him creating. But it is also designed to show us that the Sabbath is the day that He has given to keep us free; it reminds us that we were once slaves.

Remembering God as Creator is good, but because it happened in the dim past, it does not always help us in our immediate concerns. But every Sabbath we are also reminded that God is our redeeming Liberator, and that we keep the Sabbath because we are free—and because we want to remain free. Those who are redeemed who do not keep the Sabbath do not retain their liberty.

Nations establish memorials for specific reasons. Here in the United States we have a Presidents' Day, Martin Luther King Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day, Armistice Day, and so on. Why do we have these days? Our nation's leaders want us to be periodically reminded of our heritage. They want us to remember why we

have what we have, why we should hold on to these things, and why we should strengthen what we have.

God's Sabbath—His memorial—is so important to His purpose that He has it recur every week! Not once a year, but every week! It is a constant reminder of our spiritual heritage from Him and of our release from [sin](#), and it reorients us in any area in which we may have turned aside.

— John W. Ritenbaugh

To learn more, see:

[The Fourth Commandment \(Part 2\)](#)



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