



## [Deuteronomy 5:12-15](#)

(12) "Observe the Sabbath day, to keep it holy, as the LORD your God commanded you. (13) Six days you shall labor and do all your work, (14) 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 ox, nor your donkey, nor any of your cattle, nor your stranger who *is* within your gates, that your male servant and your female servant may rest as well as you. (15) And remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there by a mighty hand and by an outstretched arm; therefore the LORD your God commanded you to keep the Sabbath day.

*New King James Version*

Notice *how* we are commanded to sanctify the day. The emphasis here is on being free. [God](#) says, "Remember [on this day] that you were a slave." The implication is obvious. When the Israelites were slaves, they had no freedom to make choices. Therefore, if we keep this day properly, we can remain free. If properly used, the [Sabbath](#) compels us to remember the past as well as to look forward to where our lives are headed.

We do this through Bible study and hearing sound, inspired messages combined with meditation and conversation in [fellowship](#). In church services we hear a great deal about the [Kingdom of God](#) and [the world](#) today. Most messages involve [sin](#) in some way. Sin is the transgression of the law ([I John 3:4](#)), but the [Ten Commandments](#) are the law of liberty ([James 1:25](#)). By keeping them, we remain free of enslavement by [Satan](#), this world, and death. On the Sabbath, God instructs His people through His Word on how to keep His commandments and thus remain free. [Exodus 16:4](#), 25-30 explains further:

Then the LORD said to [Moses](#), "Behold, I will rain bread from heaven for you. And the people shall go out and gather a certain quota every day, that I may test them, whether they will walk in My law or not." . . . Then Moses said,

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"Eat that today, for today <sup>(<http://www.theberean.org>)</sup> is a Sabbath to the LORD; today you will not find it in the field. Six days you shall gather it, but on the seventh day, the Sabbath, there will be none." Now it happened that some of the people went out on the seventh day to gather, but they found none. And the LORD said to Moses, "How long do you refuse to keep My commandments and My laws? See! For the LORD has given you the Sabbath; therefore He gives you on the sixth day bread for two days. Let every man remain in his place; let no man go out of his place on the seventh day." So the people rested on the seventh day.

The [first commandment](#) that God specifically revealed after He freed Israel from slavery was the one intended to keep them free, the Sabbath. God gave them this witness of a double portion of manna on the sixth day and none on the seventh for forty years! Contrary to those who assert the Sabbath has been done away or replaced, the Sabbath is a wonderful gift of God.

— John W. Ritenbaugh

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