

## Least of These, Lesson 3 “Sabbath: A Day of Freedom”

### Memory Verse

**Mark 2:27 (NKJV)** *And He said to them, “**The Sabbath was made for man, and not man for the Sabbath.**”*

### Sabbath Before Sinai

**Genesis 2:3** *Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.*

**Genesis 26:5 (NKJV)** *because Abraham obeyed My voice and kept My charge, My commandments, My statutes, and My laws.”*

**Mark 2:27 (NKJV)** *And He said to them, “**The Sabbath was made for man, and not man for the Sabbath.**”*

ἄνθρωπος, ὁ, *man*, both as a generic term and of individuals,

**Exodus 4:29–30 (NKJV)** *Then Moses and Aaron went and gathered together all the elders of the children of Israel. <sup>30</sup> And Aaron spoke all the words which the Lord had spoken to Moses. Then he did the signs in the sight of the people.*

**Exodus 5:4–5 (NKJV)** *Then the king of Egypt said to them, “Moses and Aaron, why do you take the people from their work? Get back to your labor.” <sup>5</sup> And Pharaoh said, “Look, the people of the land are many now, and you make them rest from their labor!” [shabath /shaw·bath/] “rest”*

**Exodus 20:8 (NKJV)** *“Remember the Sabbath day, to keep it holy.*

**Exodus 20:10 (NKJV)** *but the seventh day is the Sabbath of the Lord your God. ...<sup>vs. 11</sup> (NKJV) For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the Lord blessed the Sabbath day and hallowed it.*

**Why would God say “remember” if it did not exist prior to Sinai?**

### Manna Enough

**Exodus 16:18 (NKJV)** *So when they measured it by omers, he who gathered much had nothing left over, and he who gathered little had no lack. Every man had gathered according to each one’s need.*

**2 Corinthians 8:13–15 (NKJV)** *For I do not mean that others should be eased and you burdened; <sup>14</sup> but by an equality, that now at this time your abundance may supply their lack, that their abundance also may supply your lack—that there may be equality. <sup>15</sup> As it is written, “He who gathered much had nothing left over, and he who gathered little had no lack.” **In the morning before it melted.***

**Exodus 16:19–30 (NKJV)** *And Moses said, “Let no one leave any of it till morning.” <sup>20</sup> Notwithstanding they did not heed Moses. But some of them left part of it until morning, and it bred worms and stank. And Moses was angry with them. <sup>21</sup> So they gathered it every morning, every man according to his need. And when the sun became hot, it melted. <sup>22</sup> And so it was, on the sixth day, that they gathered twice as much bread, two omers for each one. And all the rulers of the congregation came and told Moses. <sup>23</sup> Then he said to them, “This is what the Lord has said: ‘Tomorrow is a Sabbath rest, a holy Sabbath to the Lord. Bake what you will bake today, and boil what you will boil; and lay up for yourselves all that remains, to be kept until morning.’ ” <sup>24</sup> So they laid it up till morning, as Moses commanded; and it did not stink, nor were there any worms in it. <sup>25</sup> Then Moses said, “Eat that today, for today is a Sabbath to the Lord; today you will not find it in the field. <sup>26</sup> Six days you shall gather it, but on the seventh day, the Sabbath, there will be none.” <sup>27</sup> Now it happened that some of the people went out on the seventh day to gather, but they found none. <sup>28</sup> And the Lord said to Moses, “How long do you refuse to keep My commandments and My laws? <sup>29</sup> 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.** ” <sup>30</sup> So the people rested on the seventh day.*

**\*Leviticus 23:3 (NKJV)** *‘Six days shall work be done, but the seventh day is a Sabbath of solemn rest, a holy convocation. You shall do no work on it; it is the Sabbath of the Lord in all your dwellings. Convocation = miqra’ /mik·raw “sacred assembly”.*

**Ezekiel 44:24 (NKJV)** *They shall keep My laws and My statutes in all My appointed meetings, and they shall hallow My Sabbaths.*

### Two Reasons for Sabbath

**Ezekiel 20:12 (NKJV)** *Moreover I also gave them My Sabbaths, to be a sign between them and Me, that they might know that I am the Lord who sanctifies them.*

**Ezekiel 20:20 (NKJV)** *hallow My Sabbaths, and they will be a sign between Me and you, that you may know that I am the Lord your God.’*

**\*Exodus 31:17 (NKJV)** *It is a sign between Me and the children of Israel forever; for in six days the Lord made the heavens and the earth, and on the seventh day He rested and was refreshed.’ ”*

**Deuteronomy 6:8 (NKJV)** *You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes.*

### A Day of Equality

**Deuteronomy 5:12–15** (NKJV) ‘Observe the Sabbath day, to keep it holy, as the Lord your God commanded you. <sup>13</sup> Six days you shall labor and do all your work, <sup>14</sup> 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. <sup>15</sup> 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.

**Exodus 20:8–11. What does it say about the servants and strangers, even animals, and what does it mean?**

**\*Proverbs 12:10** (NKJV) *A righteous man regards the life of his animal, But the tender mercies of the wicked are cruel.*

**Have a gentile push the elevator button. Eating out on Sabbath?**  
 Donkey or ox, clean or unclean animals.

### A Day of Healing

**Matthew 12:9–13** (NKJV) *Now when He had departed from there, He went into their synagogue. <sup>10</sup> And behold, there was a man who had a withered hand. And they asked Him, saying, “Is it lawful to heal on the Sabbath?”—that they might accuse Him. <sup>11</sup> Then He said to them, “What man is there among you who has one sheep, and if it falls into a pit on the Sabbath, will not lay hold of it and lift it out? <sup>12</sup> Of how much more value then is a man than a sheep? Therefore it is lawful to do good on the Sabbath.” <sup>13</sup> Then He said to the man, “Stretch out your hand.” And he stretched it out, and it was restored as whole as the other.*

**Luke 13:10–17** (NKJV) <sup>10</sup> Now He was teaching in one of the synagogues on the Sabbath. <sup>11</sup> And behold, there was a woman who had a spirit of infirmity eighteen years, and was bent over and could in no way raise herself up. <sup>12</sup> But when Jesus saw her, He called her to Him and said to her, “*Woman, you are loosed from your infirmity.*” <sup>13</sup> And He laid His hands on her, and immediately she was made straight, and glorified God. <sup>14</sup> But the ruler of the synagogue answered with indignation, because Jesus had healed on the Sabbath; and he said to the crowd, “There are six days on which men ought to work; therefore come and be healed on them, and not on the Sabbath day.” <sup>15</sup> The Lord then answered him and said, “*Hypocrite! Does not each one of you on the Sabbath loose his ox or donkey from the stall, and lead it away to water it? <sup>16</sup> So ought not this*

*woman, being a daughter of Abraham, whom Satan has bound—think of it—for eighteen years, be loosed from this bond on the Sabbath?”*

**John 9:14–16** (NKJV) *Now it was a Sabbath when Jesus made the clay and opened his eyes. <sup>15</sup> Then the Pharisees also asked him again how he had received his sight. He said to them, “He put clay on my eyes, and I washed, and I see.” <sup>16</sup> Therefore some of the Pharisees said, “This Man is not from God, because He does not keep the Sabbath.”*

### Sabbath Rest for the Land

**Leviticus 25:1–7** (NKJV) *And the Lord spoke to Moses on Mount Sinai, saying, “Speak to the children of Israel, and say to them: ‘When you come into the land which I give you, then the land shall keep a sabbath to the Lord. Six years you shall sow your field, and six years you shall prune your vineyard, and gather its fruit; <sup>4</sup> but in the seventh year there shall be a sabbath of solemn rest for the land, a sabbath to the Lord. You shall neither sow your field nor prune your vineyard. What grows of its own accord of your harvest you shall not reap, nor gather the grapes of your untended vine, for it is a year of rest for the land. And the sabbath produce of the land shall be food for you: for you, your male and female servants, your hired man, and the stranger who dwells with you, for your livestock and the beasts that are in your land—all its produce shall be for food.*

**2 Chronicles 36:19–21** (NKJV) *Then they burned the house of God, broke down the wall of Jerusalem, burned all its palaces with fire, and destroyed all its precious possessions. <sup>20</sup> And those who escaped from the sword he carried away to Babylon, where they became servants to him and his sons until the rule of the kingdom of Persia, <sup>21</sup> to fulfill the word of the Lord by the mouth of Jeremiah, until the land had enjoyed her Sabbaths. As long as she lay desolate she kept Sabbath, to fulfill seventy years.*

**Exodus 21:1–2** (NKJV) “Now these are the judgments which you shall set before them: <sup>2</sup> If you buy a Hebrew servant, he shall serve six years; and in the seventh he shall go out free and pay nothing.

**Deuteronomy 15:1–4** (NKJV) “At the end of every seven years you shall grant a release of debts. <sup>2</sup> And this is the form of the release: Every creditor who has lent anything to his neighbor shall release it; he shall not require it of his neighbor or his brother, because it is called the Lord’s release. <sup>3</sup> Of a foreigner you may require it; but you shall give up your claim to what is owed by your brother, <sup>4</sup> except when there may be no poor among you; for the Lord will greatly bless you in the land which the Lord your God is giving you to possess as an inheritance—