

## Lesson 9:

### "The Forgotten Commandment"



The Bible makes it very clear that God requires us to keep all ten of His commandments, but amazingly, most churches, today, only teach obedience to nine commandments. The one commandment of the ten that begins with the word remember has been almost entirely forgotten and overlooked by MOST churches! What is the forgotten commandment and why is it important? Complete this lesson with the King James Bible and find out!

#### 1) What is the forgotten commandment?

"Remember the \_\_\_\_\_, to keep it holy. Six days shalt thou labour, and do all thy work: But the \_\_\_\_\_ is the sabbath of the LORD thy God: in it thou shalt not do \_\_\_\_\_, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: For in six days the LORD \_\_\_\_\_ heaven and earth, the sea, and all that in them is, and \_\_\_\_\_ the seventh day: wherefore the LORD blessed the \_\_\_\_\_, and hallowed it." -Exodus 20:8-11

\*Note: The forgotten commandment is the fourth commandment. Many church goers have been spiritually blinded of the importance of the Sabbath and feel that breaking it will not be detrimental to their soul's salvation. Could breaking the Sabbath cause a person to be lost and miss out on heaven? The Sabbath is one of the Ten Commandments and breaking any of God's commandments on a regular basis, without repentance, will keep us from entering heaven.



Sin is breaking one or more of God's commandments. (1 John 3:4)



If the church doesn't teach the Sabbath commandment,...



...then, the church will continue to break the fourth commandment without repentance and forgiveness.

#### 2) Which day of the week is the Sabbath day? -Exodus 20:10

1 - The "se\_en\_h d\_y is the Sa\_bath of the Lord thy God."

\*Note: Contrary to popular belief, Saturday is the seventh day of the week as opposed to Sunday. Webster defines Saturday as “the seventh day of the week” and Sunday as “the first day of the week.” (Merriam - Webster) A day in Genesis 1:5 is defined as “evening and the morning.” In God’s timing, a day begins at sunset, instead of 12:00 am. Therefore, Sabbath begins at sunset Friday and ends sunset Saturday. “From even unto even, shall ye celebrate your Sabbath.” -Leviticus 23:32.

Sunday 1st Day		JANUARY						
S	M	T	W	T	F	S		
1	2	3	4	5	6	7		
8	9	10	11	12	13	14		
15	16	17	18	19	20	21		
22	23	24	25	26	27	28		
29	30	31						
		Saturday 7th Day						

### 3) What was the origin of the Sabbath day? What did God do to the Sabbath day at this time? -Genesis 2:1-3

1 - The Sabbath was created after God “en\_\_ed His wo\_\_k” of creation on the “sev\_\_nth day.”

2 - God “bl\_\_ssed the sev\_\_nth day and san\_\_ti\_\_ied it.”



\*Note: The Sabbath did NOT originate in modern times, nor did it originate from Moses’ time. The origin of the Sabbath was creation week in the VERY BEGINNING! God put a special blessing on the Sabbath and “sanctified” it . To sanctify means to make holy or to dedicate as special.

### 4) What does the Bible say about the consistency of God? -Malachi 3:6, Hebrews 13:8

1 - God does NOT “ch\_\_nge” and He is the same “yes\_\_erd\_\_y, to\_\_ay and for\_\_ve\_\_.”

**\*Note: The Sabbath day was consistently kept throughout history.....**



...at the Garden of Eden after creation. (See Genesis 2:1-3)



...in the wilderness after God sent “Ma\_\_a” as food. This was even before the people of Israel reached Mount Sinai. -Exodus 16:23-31



...at Mount Sinai when God wrote the commandments on “two t\_\_bles of test\_\_m\_\_ny, tables of st\_\_ne.”  
-Exodus 31:14-18



...when Jesus went into the “sy\_\_ag\_\_gue on the Sa\_\_ath d\_\_y”, which was His “cus\_\_om.” -Luke 4:16



...after Jesus died on the cross. Instead of anointing His body, His disciples "re\_ted on the Sa\_b\_th according to the com\_a\_dment."  
-Luke 23:54-56.



...during the period of the New Testament Church. Paul taught in the "syn\_gog\_e\_e\_ery S\_\_bath." -Acts 18:4



In the "New He\_\_vens and New Ea\_\_th", all "flesh" will come together to wor-ship every "Sab\_\_ath" day. -Isaiah 66:22, 23

## 5) What does the Bible say we should rest from on the Sabbath day? -Jeremiah 17:21, 22, Nehemiah 13:16, 17, Isaiah 58:13

- 1 - We must NOT "do any wo\_\_k" on the "Sa\_\_ath day.
- 2 - The children of Israel "so\_\_d on the Sabb\_\_th", which caused God to be angered with them. We must not buy or s\_\_ll on the Sabbath.
- 3 - We must NOT do our "own w\_\_ys", nor find our "o\_\_n plea\_\_ure", nor speak our "own w\_\_rds" on the Sabbath day.

\*Note: The work referred to here is employment type work or typical chores in or outside of the house. We are also commanded to rest from buying and selling on the Sabbath, which would cause others to work for you. Thine own pleasure is referring to entertainment, sports, games or music that does NOT cause your mind to reflect on Jesus. Thine own words is conversation about work or worldly pleasure.

## 6) Why does God want us to rest from work, pleasure and entertainment on His Sabbath day? What does God want us to NOT love? -1 John 2:15

- 1 - God doesn't want us to love the "wo\_\_d, neither the th\_\_ngs in the world."

\*Note: God knew from the very beginning that if we work and play all seven days of the week that we would forget our Creator. When man forgets the Creator, we naturally began to worship the created -- famous people, money, houses, cars and other material possessions. When you rest from these things on the Sabbath and spend more time with your Creator, you will find yourself more at peace and less burdened down by the troubles of the world.



Working 7 days a week leads to idolatry.

**\*Question: What things are permissible to do on the holy Sabbath Day?**



Sabbath is a day to  
"R\_\_ad" the Bible.  
(Luke 4:16)



Spend time in  
"Pr\_\_er."  
(Acts 16:13)



Go to church to  
"wo\_\_sh\_p" God.  
(Isaiah 66:22, 23)



Visit and pray for  
the s\_\_ck.  
(Matthew 12:10-12)

**\*Note:** Though, there are restrictions on the Sabbath, we must NOT become like the Scribes and Pharisees, who felt burdened down by the rules of the Sabbath. The Truth makes us FREE and there is freedom in the Sabbath to do things that draw us closer to Jesus!



Go out and witness  
to others.



Develop your musical  
talent for the Lord.

## 7) What food preparations did God's people make the day prior to the Sabbath day? -Exodus 16:23.

1 - The day before the Sabbath, we must "bak\_\_" and "se\_\_the" [boil] your food so that it will be prepared for the next day.

**\*Note:** On the Sabbath, not only are we to rest from going to work, doing chores and watching secular entertainment, we must also rest from cooking. Warming up food is permissible on the Sabbath, but all the toilsome food preparations should be done on Friday, before sunset -- the preparation day. This is so you can have more time to focus on Jesus instead of being distracted by kitchen duty like Martha. (See Luke 10:40-42)

## 8) How did people start worshipping on Sunday as opposed to the true Sabbath -- Saturday? -Daniel 7:25

1 - The little horn power (Papacy) would "think to ch\_\_nge TI\_\_ES and L\_\_WS." Times is referring to the day of the Sabbath.



**\*Note:** The Roman Catholic system, the Papacy, is the fulfillment of the "Little Horn" of Daniel 7. This prophecy foretells that they will attempt to change God's Sabbath day in His Ten Commandment law. The Papacy openly admits to making this change: "We (The Catholic Church) observe Sunday instead of Saturday because the Catholic Church transferred the solemnity from Saturday to Sunday." -Peter Geiermann, The Convert's Catechism of Catholic Doctrine (St. Louis, B. Herder Book Co., 1957 ed.), p.50. A later study will explain this prophecy in greater detail.

## 9) What will God's people, who enter the gates of heaven, do and keep? -Revelation 22:14. 1 - They will "do His co\_\_mand\_\_ents."

Appeal) Will you make a commitment to keep all of God's commandments, including the seventh day Sabbath? \_\_\_\_.

**\*Download the next lesson at: <https://www.soldiers4christ.us>**