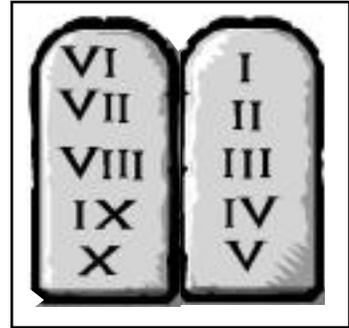


עֲשֶׂרֶת הַדְּבָרִים

Word Number Four - זְכוֹר

THE FOURTH WORD of the Ten words is:

“Remember the sabbath day, to keep it holy.”



When HaShem repeated the Ten Words to Israel through Moses as the people were preparing to enter the Promised Land (Deut 5), the fourth word is stated differently: “Observe the Sabbath day to keep it holy.” Originally we were to “remember” the Sabbath day, but here we are to “observe” it. Apparently God intends that we do

both! How do we “remember” the Sabbath, and how do we “observe” it? The first thing to know is that the “Sabbath day” is the seventh day of the week—it comes at the end of our work. In fact, the word “Sabbath” (שַׁבָּת) means “to cease,” meaning we stop our normal work in order to rest. Resting from our normal work is an important part of keeping the Sabbath. We should also understand that “to keep it holy” means to set it apart from the other six days of the week—to make it a day set apart particularly for worship, gathering with our community, reading Torah (the Bible) together, and being together to enjoy the rest that our Father has given to us in Yeshua.

Now what is the difference between “remembering the Sabbath” and “observing the Sabbath?” “Remembering” has to do with *why* we keep the Sabbath, and “observing” means actually doing those things God has commanded us with regard to the Sabbath.

Why do we keep the Sabbath? First, because it is the sign between us and God that we have a covenant together. God has promised to be our God, and that we would be His people. The reminder of this covenant is the weekly Sabbath. He asks us to rest in Him, not to worry but to trust that He will keep His promises. So when we set apart the Sabbath day from all other days, we are constantly reminded that we are His children and He is our Father. Secondly, when we keep the Sabbath it is a little taste of what we will enjoy in the world to come, when we will be with Yeshua forever, and everything will be right. That’s why we try to make our weekly Sabbath the best day of the week.

How do we keep the Sabbath? First, we don’t do the normal work which takes up so much of our time the other six days of the week. Secondly, we don’t go to the store or the mall or a restaurant and spend our money—we leave that for the other days of the week. Thirdly, we gather together in the synagogue to be with our brothers and sisters, and to enjoy worshipping together, reading the Torah, eating together, and resting. Fourthly, we don’t take long trips on the Sabbath (if we can help it). We try to avoid things that will cause us stress! In short, we spend the day with one another, focusing our thoughts on God. We make His delights our delights!