

A STUDY OF THE TEN COMMANDMENTS

DECALOGUE

[God values rest](#)

Exodus 20:8-11;
Deut. 5:12-15

Wayne Braudrick

Life Change: — We find rest in God

October 25, 2026

I groaned aloud in frustration

Rest is based on God's character & conduct

Ex 20:8-11

Genesis 2:2–3 contains four lines, the first three of which are parallel, each possessing seven words (in the Hebrew), with the midpoint of each line having the same phrase, “the seventh day.” A literal translation displays the structure:

So God finished by *the seventh day* his work which he did,
and he rested on *the seventh day* from all his work which he did,
and God blessed *the seventh day* and sanctified it,
because on it he rested from all his work which God created to do.
– Kenneth Matthews, *Genesis Vol 1*

Appropriate rest is productive

Pr 6:9-11;
Ec 4:6

Rest requires planning

Ex 16:4-5

Prepare:

- Do not over-schedule rest day.
- Get work done or “banked” the night before.

Protect:

- Get help from family & coworkers.
- Do not be inflexible but do be firm.

Pray:

- Request a God-focused sense of joy.
- Take captive any false guilt ahead of the day off.

Rest requires trust

Ma 11:28



Upcoming
Events



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DECALOGUE



courtesy stocksys

YES.



**Is this the
commandment
on Sabbath
rest?**

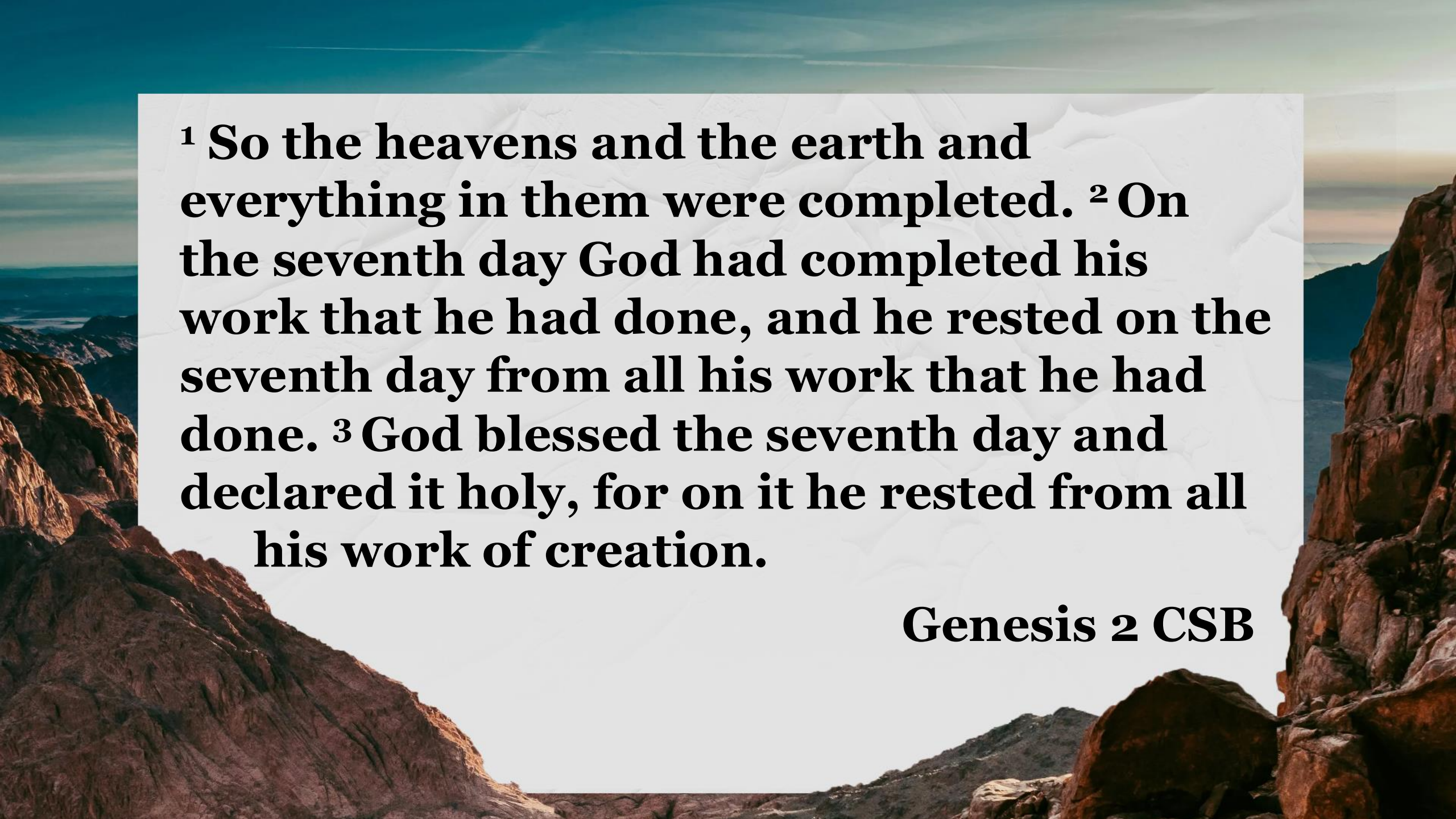


Then just take the week off and tell everyone you were determined to master the subject before teaching it. Pray and send them home.



courtesy visit Frisco

**20:8 Remember the Sabbath day, to keep it holy:
9 You are to labor six days and do all your work,
10 but the seventh day is a Sabbath to the Lord
your God. You must not do any work—you, your
son or daughter, your male or female servant,
your livestock, or the resident alien who is within
your city gates. 11 For the Lord made the heavens
and the earth, the sea, and everything in them in
six days; then he rested on the seventh day.
Therefore the Lord blessed the Sabbath day
and declared it holy.**



¹ So the heavens and the earth and everything in them were completed. ² On the seventh day God had completed his work that he had done, and he rested on the seventh day from all his work that he had done. ³ God blessed the seventh day and declared it holy, for on it he rested from all his work of creation.

Genesis 2 CSB

Genesis 2:2–3 contains four lines, the first three of which are parallel, each possessing seven words (in the Hebrew), with the midpoint of each line having the same phrase, “the seventh day.” A literal translation displays the structure:

**So God finished by *the seventh day* his work which he did,
and he rested on *the seventh day* from all his work which
he did,
and God blessed *the seventh day* and sanctified it,
because on it he rested from all his work which God
created to do.**

– Kenneth Matthews, *Genesis Vol 1*, 176–177

¹ So the heavens and the earth and everything in them were completed. ² On the seventh day God had completed his work that he had done, and he rested on the seventh day from all his work that he had done.

Hebrew: כלה khl = celebratory term of finished perfection

Hebrew: שבת sbt [sha bot']

The critical term “rested” (*šābat*) occurs twice in vv. 2–3 [and] means “the cessation of creative activity”; it has this same sense in its only other occurrence in Genesis, where God promises the postdiluvian world that the times and seasons “will never cease” (8:22)...The end of his work was related to the completion of creation, not due to fatigue. There was simply nothing left to do; the created order was whole, requiring only the sustaining grace of God’s superintendence. – Kenneth Matthews, *Genesis Vol 1*, 180

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Hebrew: מְלָאכָה melakha = work

So God finished by *the seventh day* his work which he did, and he rested on *the seventh day* from all his work which he did, and God blessed *the seventh day* and sanctified it, because on it he rested from all his work which God created to do. – Kenneth Matthews, *Genesis 2:2-3*

⁸ Remember the Sabbath day, to keep it holy: ⁹ You are to labor six days and do all your work, ¹⁰ but the seventh day is a Sabbath to the Lord your God.

Exodus 20 CSB



courtesy British Museum

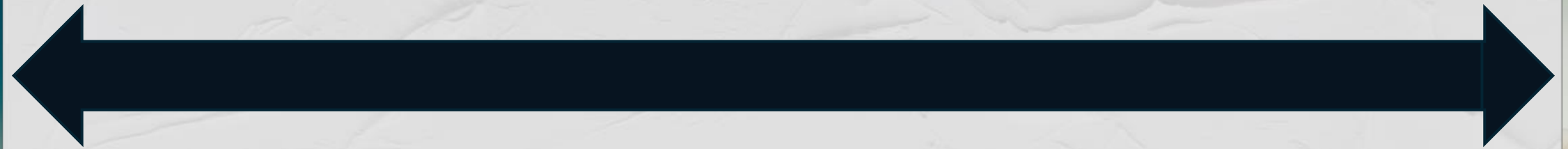
20:11 the Lord blessed the Sabbath day and declared it holy.



If you refuse [me] I will break in the doors of hell and smash the bolts...I shall bring up the dead to eat food like the living; and the hosts of dead will outnumber the living.

– a goddess in *Epic of Gilgamesh*

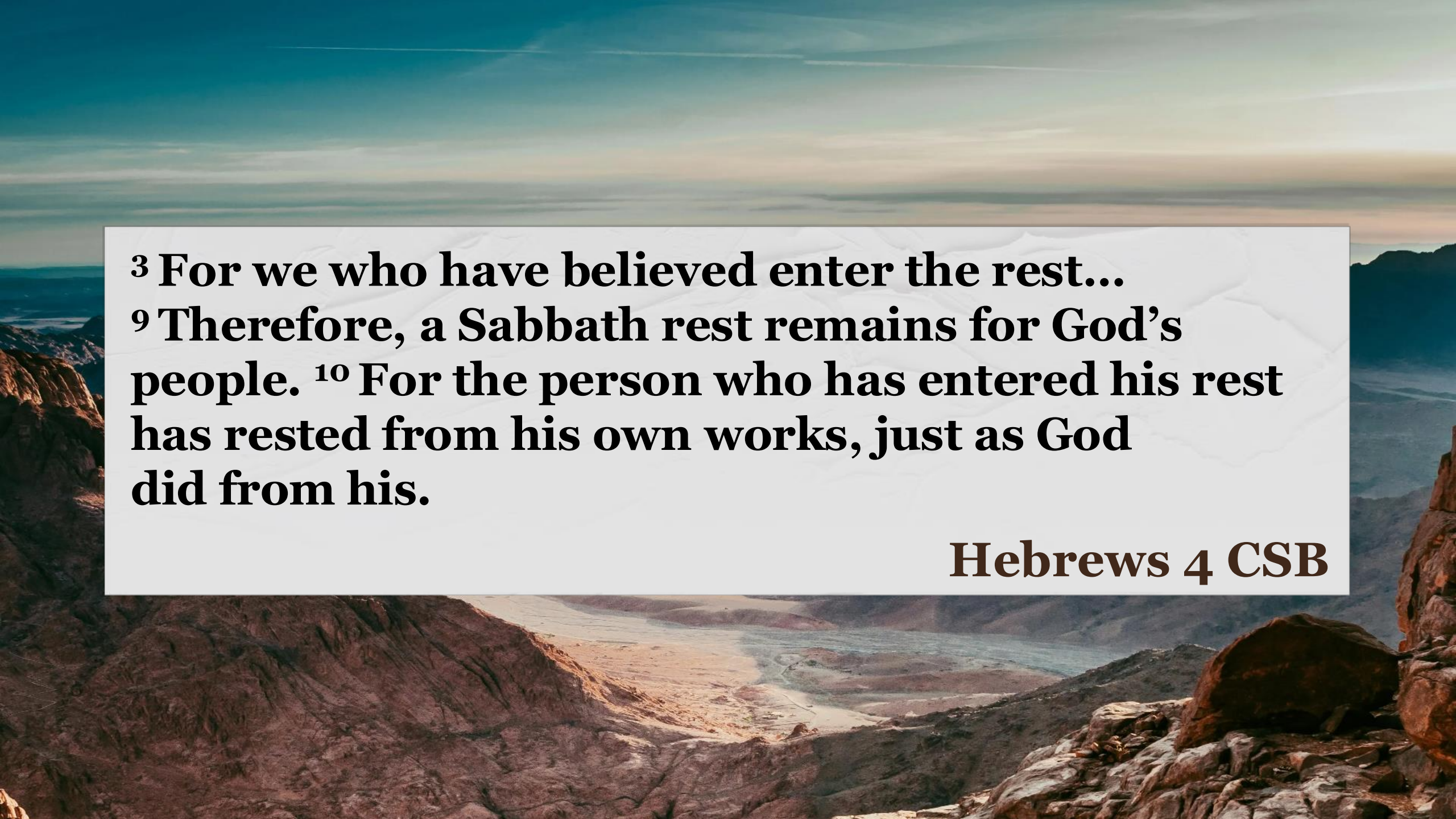




God's rest is tied to His character & His creative conduct. His character never changes and His creative work continues forever – even after human sin, all things will be made new.



The Mosaic Law is temporary. It has a clear start & ending fulfillment in God's timing and Person.



**³ For we who have believed enter the rest...
⁹ Therefore, a Sabbath rest remains for God's
people. ¹⁰ For the person who has entered his rest
has rested from his own works, just as God
did from his.**

Hebrews 4 CSB

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⁹ Therefore, a Sabbath rest remains for God's people. ¹⁰ For the person who has entered his rest has rested from his own works, just as God did from his.

- 1) Spiritually: we quit relying on our own efforts to earn a right relationship with God. We must stop falling away from grace and falling into human effort for sanctification.**
- 2) Physically: we embrace activity cessation so we can celebrate God's work.**

¹² Be careful to remember the Sabbath day, to keep it holy as the Lord your God has commanded you. ¹³ You are to labor six days and do all your work, ¹⁴ but the seventh day is a Sabbath to the Lord your God. Do not do any work—you, your son or daughter, your male or female slave, your ox or donkey, any of your livestock, or the resident alien who lives within your city gates, so that your male and female slaves may rest as you do. ¹⁵ Remember that you were a slave in the land of Egypt, and the Lord your God brought you out of there with a strong hand and an outstretched arm. That is why the Lord your God has commanded you to keep the Sabbath day.

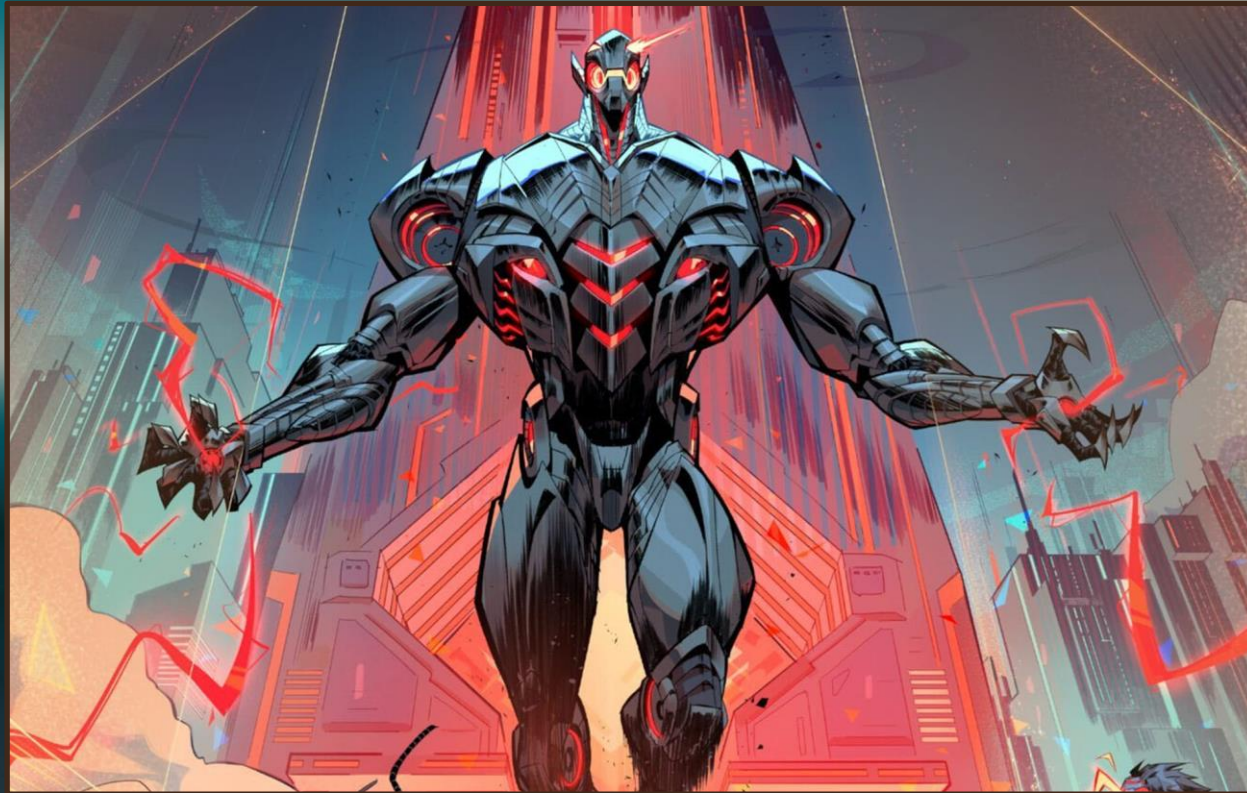
Deuteronomy 5 CSB

**God gives two
spiritual disciplines
which expressly
expose our neediness:
rest and fasting.**





People say, “I’m going to sleep now,” as if it were nothing. But it’s really a bizarre activity. “For the next several hours, while the sun is gone, I’m going to become unconscious, temporarily losing command over everything I know and understand. When the sun returns, I will resume my life.” – George Carlin, *Brain Droppings*

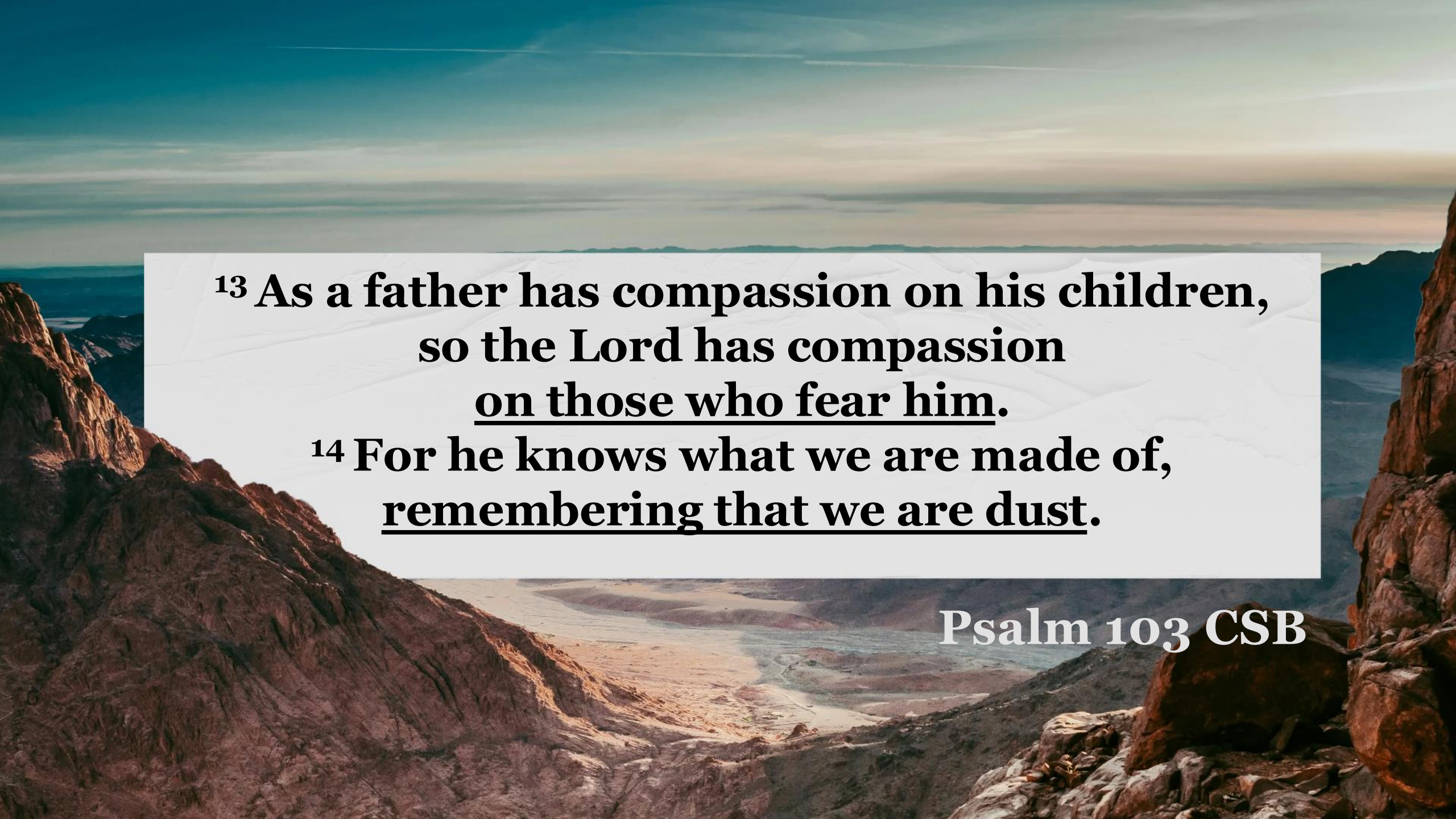


Comics made an entire genre out of this phenomenon – the person who tries to become superhuman ends up becoming only super evil.



In 2019, the Stanford Memory Lab pointed out that what we call “multitasking” is actually just rapid switching between activities. And they proved that all switching comes at a cumulative cost: perspective gets eroded rapidly and the human brain loses the capacity to focus.

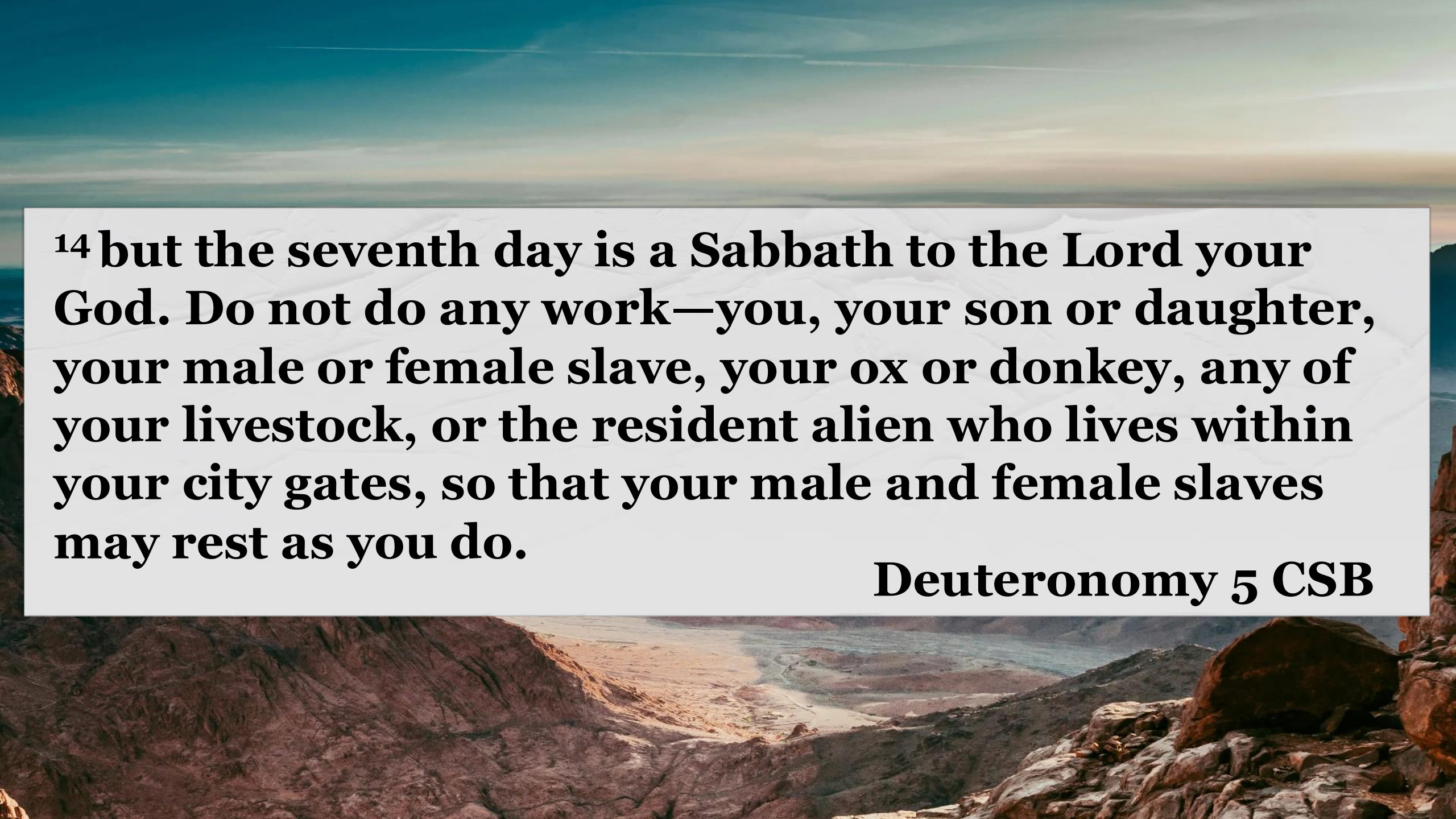
For my own part...I often feel an urge to switch quickly between tasks in a never-ending search for novelty and distraction. I might take a short break to check my email, for example, or browse a news site while I'm in the middle of working on a creative project. Sometimes I'm able to see this tendency toward distraction for what it is and push the impulse aside, but other times I'll find myself switching to a different task before my mind has even registered what I'm doing. – Aaron Childee, “Here's Why Multitasking Isn't Helping You” in *Common Good*, November 2026



**¹³ As a father has compassion on his children,
so the Lord has compassion
on those who fear him.**

**¹⁴ For he knows what we are made of,
remembering that we are dust.**

Psalm 103 CSB



¹⁴ but the seventh day is a Sabbath to the Lord your God. Do not do any work—you, your son or daughter, your male or female slave, your ox or donkey, any of your livestock, or the resident alien who lives within your city gates, so that your male and female slaves may rest as you do.

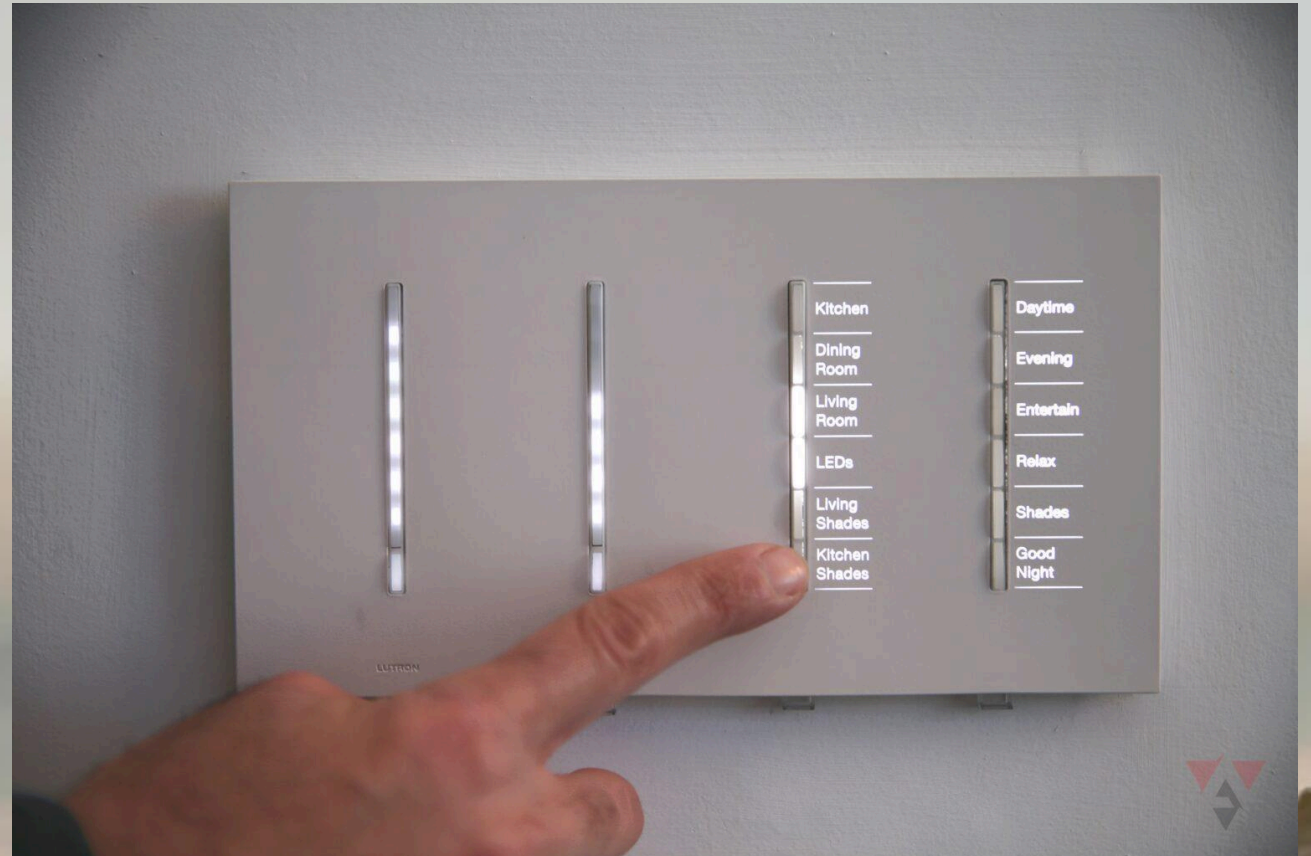
Deuteronomy 5 CSB



courtesy Dani Edwards



**They need to rest.
Cycle them off and
wait. Be patient
and then turn
them back on.**



**9 How long will you stay in bed, you slacker?
When will you get up from your sleep?**

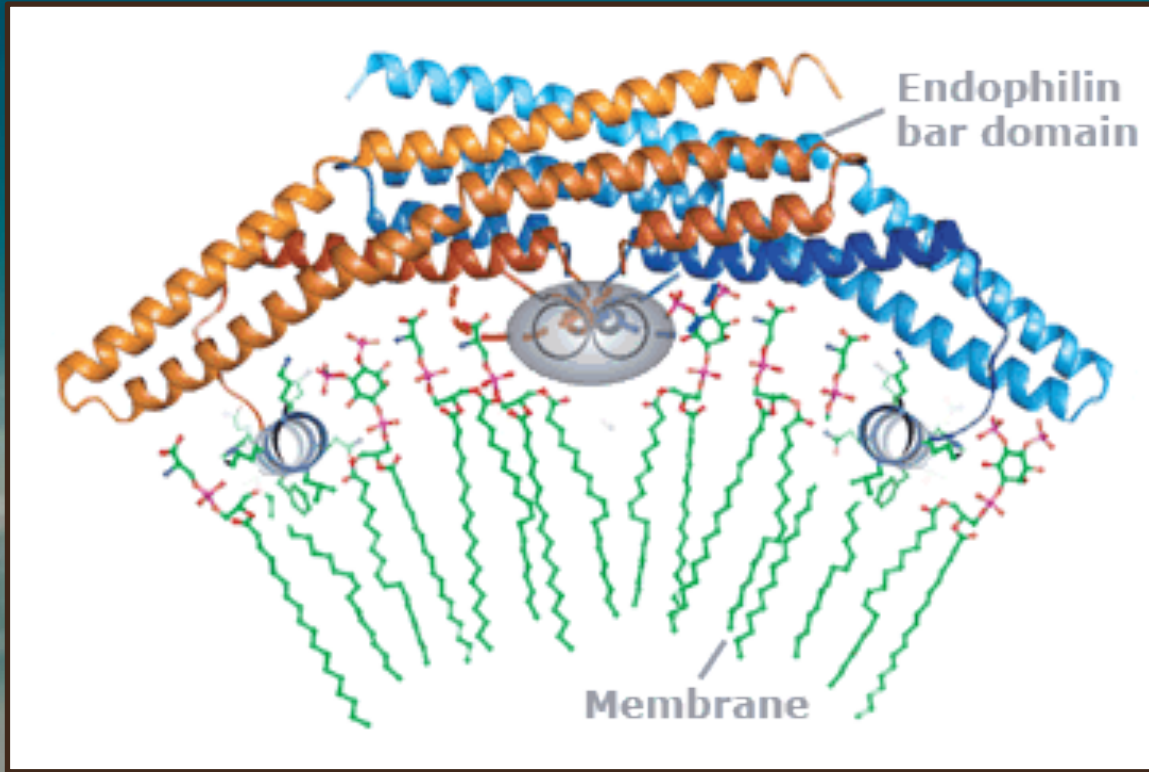
**10 A little sleep, a little slumber,
a little folding of the arms to rest,
11 and your poverty will come like a robber,
your need, like a bandit.**

Proverbs 6 CSB

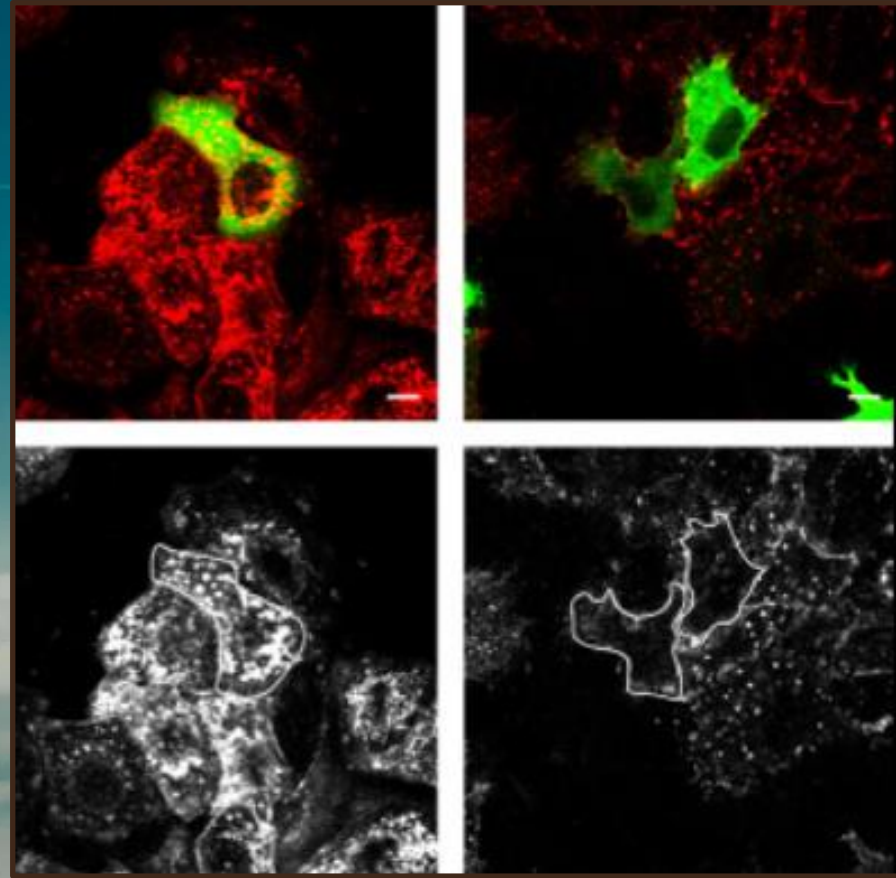
**6 Better one handful with rest
than two handfuls with effort and a pursuit of the
wind.**

Ecclesiastes 4 CSB

Dr. Harvey McMahon



Membrane curvature by the endophilin BAR domain drives fast endophilin-mediated endocytosis (FEME).



“If the body as a whole didn’t sleep regularly, the cells lost capacity to properly filter cellular waste and were subject to random protein build-up.”

**God doth not need
Either man's work or his own gifts; who best
Bear his mild yoke, they serve him best. His state
Is Kingly. Thousands at his bidding speed
And post o'er Land and Ocean without rest:
They also serve who only stand and wait.**

**“When I Consider How My Light is Spent”
by John Milton**



⁴ Then the Lord said to Moses, “I am going to rain bread from heaven for you. The people are to go out each day and gather enough for that day. This way I will test them to see whether or not they will follow my instructions. ⁵ On the sixth day, when they prepare what they bring in, it will be twice as much as they gather on other days.”

Exodus 16 CSB





courtesy familymeal

**⁸ Remember the Sabbath day, to keep it holy:
⁹ You are to labor six days and do all your work,
¹⁰ but the seventh day is a Sabbath to the Lord
your God. You must not do any work—you, your
son or daughter, your male or female servant,
your livestock, or the resident alien who is
within your city gates.**



Exodus 20 CSB



Suppose a Christian feels it's important to have a regular day of joy to delight in God's work & imitate his celebratory cessation of activity. What planning & discipline must take place in order for the Christian to celebrate a biblical Sabbath?

Prepare:

- **Do not over-schedule rest day.**
- **Get work done or “banked” the night before.**

Protect:

- **Get help from family & coworkers.**
- **Do not be inflexible but do be firm. [This includes saying “No” to good things that regularly fall on the rest day.]**

Pray:

- **Request a God-focused sense of joy.**
- **Take captive any false guilt ahead of the day off. [It helps to think through the Deuteronomy 5 text, especially that rest is not earned. It is a must.]**

¹² Be careful to remember the Sabbath day, to keep it holy as the Lord your God has commanded you.

¹³ You are to labor six days and do all your work,

Deuteronomy 5 CSB

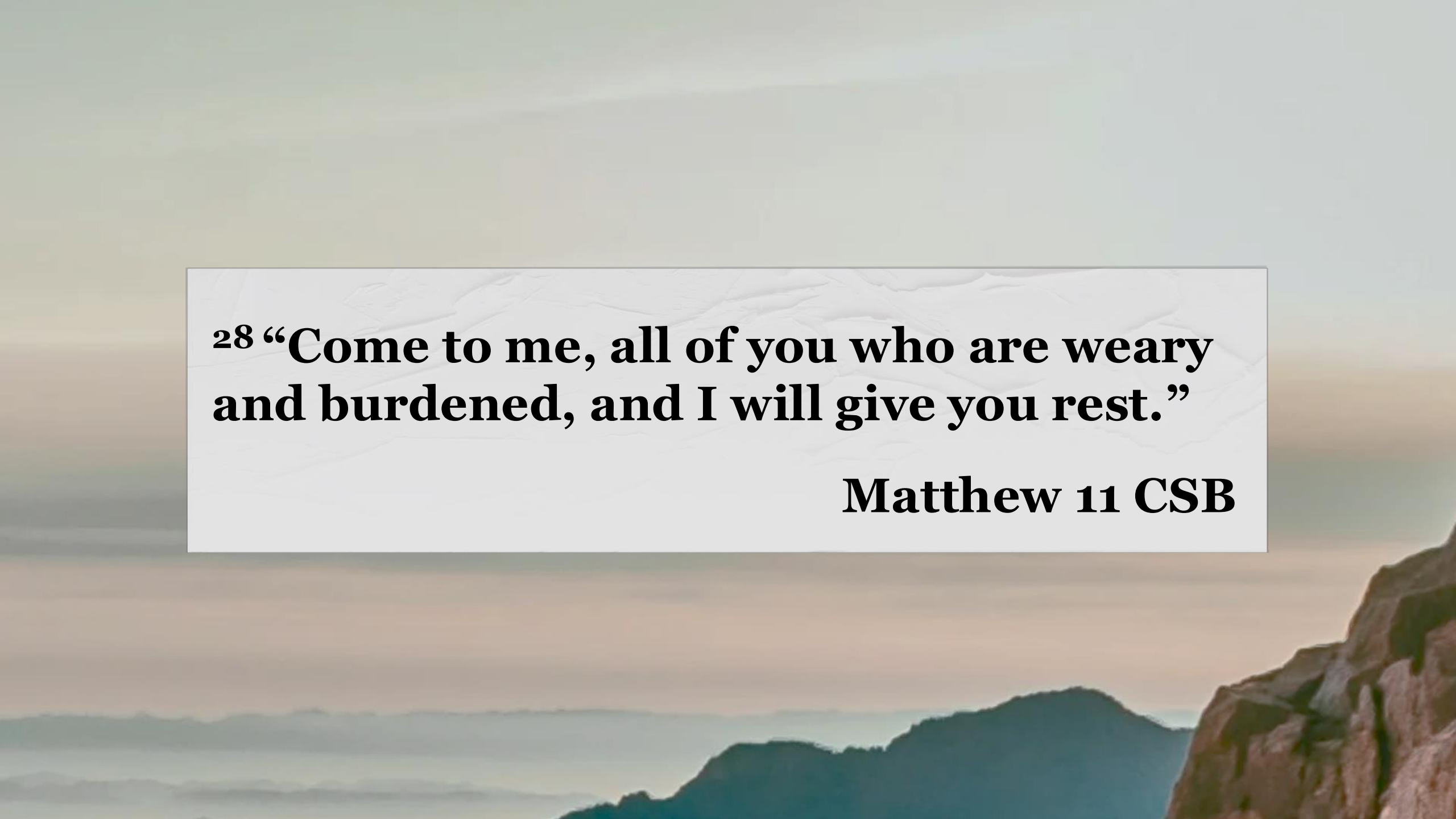
Hebrew: שמר smr = to guard; to stand as a warden or protector; to keep watch

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Deuteronomy 5 CSB

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**²⁸ “Come to me, all of you who are weary
and burdened, and I will give you rest.”**

Matthew 11 CSB

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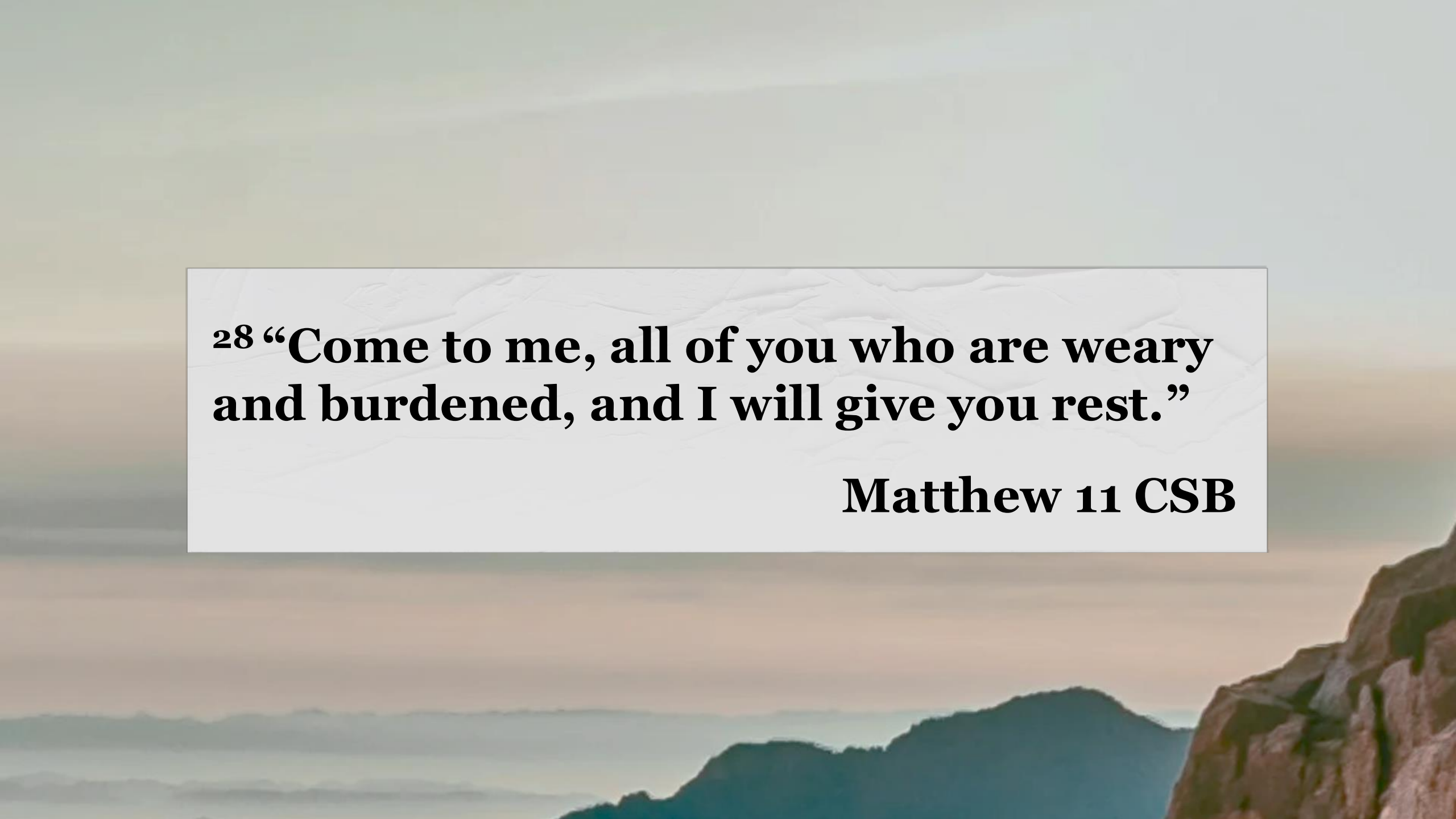
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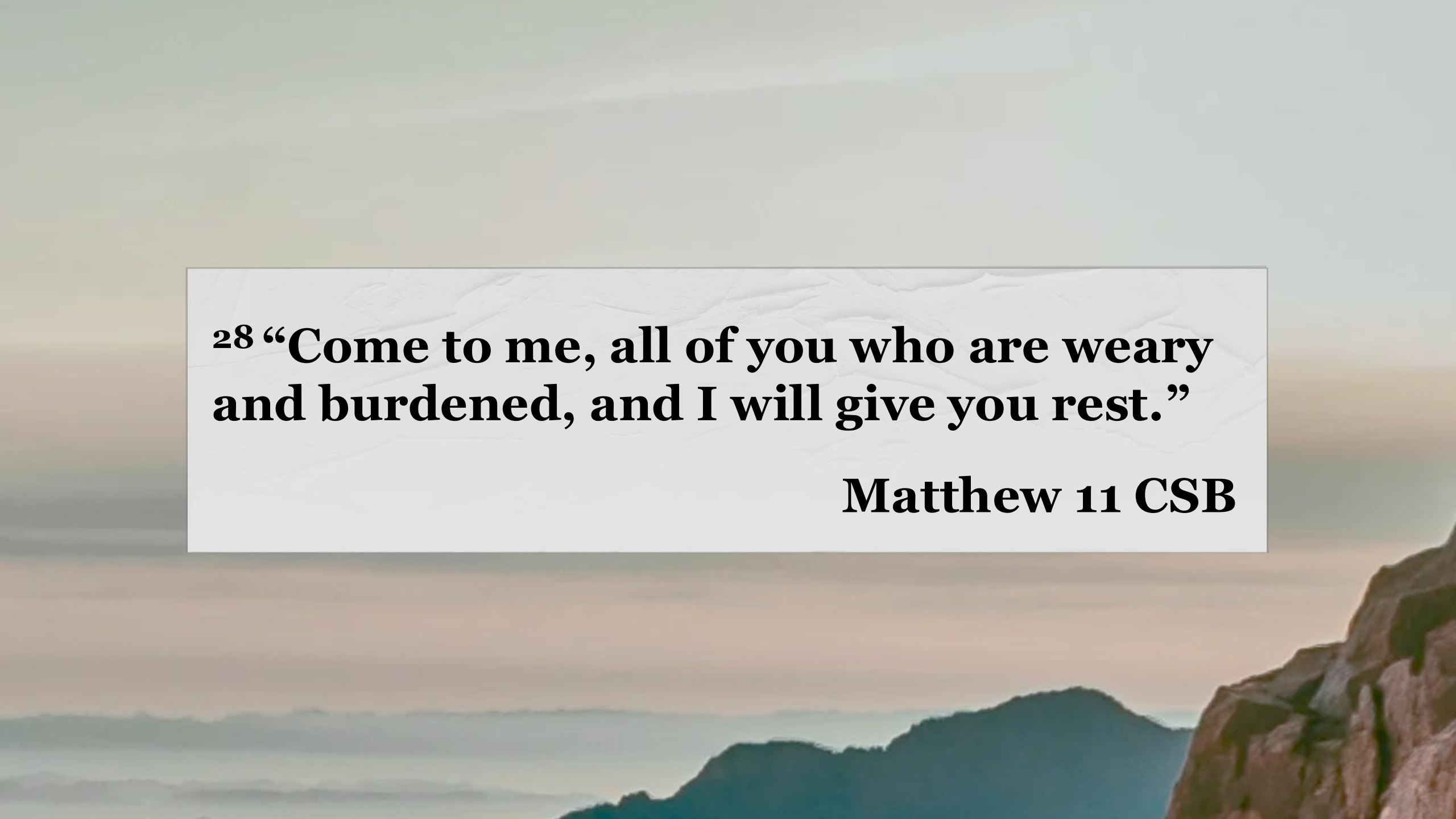


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Matthew 11 CSB

**Daddy, check my closet, leave on the bathroom light
I smile and say “All clear” when I tuck him in for the night
But Daddy, I’m still scared, can I sleep with you instead?
I kneel down beside my little man and I bow my head
– Eric Church, “Monsters”**





**²⁸ “Come to me, all of you who are weary
and burdened, and I will give you rest.”**

Matthew 11 CSB

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