



**Obeying God's Laws Benefits Believers**  
**September 17, 2017**  
**Exodus 31:12-18**

*“Say to the Israelites, ‘You must observe my Sabbaths. This will be a sign between me and you for the generations to come, so you may know that I am the LORD, who makes you holy’” (Exodus 31:13).*

The LORD commanded Moses to tell the Israelites that they must keep the Sabbath as a lasting covenant for generations. The LORD himself set the example for the Israelites and gave Moses this reason for the establishment of the Sabbath as a sign of their relationship with Him: “For in six days the LORD made the heavens and the earth, and on the seventh day he rested and was refreshed” (Exodus 31:17). The Sabbath observance is one of the Ten Commandments, the moral law. God gave the moral law for the benefit of every person and every society. Observing the Sabbath directly benefits every person who will rest one day a week. Everyone knows how people can make poor decisions when they are not rested and refreshed, and knowing our human nature as created in the image of God, God gave a moral law regarding our need for rest and refreshment when He gave the law of the Sabbath to Moses. Some may say they do not need to obey the law of the Sabbath, that they do not need the rest and

refreshment that God designed the Sabbath law to give them, but whether they think they need to obey that law or not they will naturally suffer mentally, physically and spiritually for ignoring their need for rest and refreshment. Jesus also emphasized God's reason for giving this law: "The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath" (Mark 2:27-28).

### **Thinking Further**

1. Name a way people can show they agree with the covenant God gave through Moses?
2. What does God make us and what is one or two means He uses to do so?
3. Why is there a penalty for disobeying God's Law?

4. Who has given us good examples of what it means to observe the Sabbath?

5. What two benefits did God receive when He rested on the seventh day? Do people need these benefits from observing the Sabbath?

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